Foundations to Future: Changing Minds

Annette L. Stanton, PhD
Division 38 President

As my year as Division 38 president and our 35th year as an APA Division races to an end, I’m looking forward to seeing many of you in Hawaii (have I mentioned that APA is in Hawaii this year?).

As you can see in the photo, I love the beach. I promise I won’t wear a diaper on my head or eat sand in Hawaii, as I did on my very first beach excursion (unless the beach in Hawaii is as cold or the sand as tasty as it was many years ago).

As you’ll see in this issue of The Health Psychologist (also check our convention page at http://www.health-psych.org/2013APAConvention.cfm), much of the program continues this year’s Division 38 “Foundations to Future” theme, whether through invited mentor/protégé talks, symposia and presentations on cutting-edge health psychology science, or programming to address critical issues for promoting the future of evidence-based practice in health psychology. When held in Hawaii, the convention is structured so that you have ample convention-free time, so please do attend the excellent Division 38 program, including our great Social Hour on Friday evening.

(continued on page 2)

Words of Thanks

Lisa Maria E. Frantsve, PhD
Editor, The Health Psychologist

This issue of The Health Psychologist is not only the last issue that will be distributed by mail in print version, but it is also my last issue as the Editor of our Division’s newsletter. Like any farewell, mine is bitter-sweet.

I look back in gratitude to all who have collaborated with me during my tenure as the newsletter editor – from Bob Kerns, who first planted the seed in my mind and encouraged me to apply for the newsletter (continued on page 4)
and our Membership Meeting late Saturday afternoon, where awards will be conferred.

In considering the future of health psychology as a science and a profession, I think back to a superb Society of Behavioral Medicine conference session I attended this year in San Francisco. Session chair Dr. Michael Stefanek charged the speakers with reflecting on ways they had changed their minds over the course of their careers. Three eminent health psychology/behavioral medicine researchers and past-presidents of Division 38 and/or SBM, Drs. Karen Emmons, Abby King, and Frank Keefe spoke of changing their scientific minds on what constitutes effective interventions in health psychology, from an original view that only individually-conducted, in-person approaches could work to being convinced by and subsequently contributing to the evidence that internet-based and population-based interventions can be effective. They reflected on a more personal metamorphosis from being a deferential graduate student soaking up knowledge to an ever-questioning researcher. Although their CVs portray coherent and systematic lines of research, they spoke of becoming responsive to serendipity, opportunity, and the interests of their students to change their minds about worthwhile professional and scientific avenues to pursue.

I loved this symposium, not only because my colleagues’ accounts of mind-changing experiences were fascinating, but also because it reminded us in the audience that change, whether in professional pursuits or personal identity, can be a very good thing. It reminded us that consistently finding support for our a priori hypotheses or clinical hunches is not necessarily the most useful outcome. How do we need to change our minds in order to advance health psychology science and evidence-based practice? For what it’s worth, here are some ways I’ve changed my mind:

1. **Health psychology offers its most valuable contributions, not through its similarity to other disciplines, but rather through its distinctiveness.**

During my first weeks of exposure to the medical environment in graduate school, I nearly adopted the view that the people doing the most important work were the MDs and that I needed to be as similar to them as possible. Much of my consequent striving to understand biomedical foundations of health and disease is immensely valuable, because I do believe that being able to speak a common language with medical professionals and populations is vital not only to establishing credibility but also to understanding the psychosocial landscape of health and disease. If I do not understand foundations of the pathogenesis, diagnosis, treatment, and prognosis of cancers of the breast versus the pancreas, I cannot pose the most useful research questions or develop maximally effective psychosocial interventions. Also, as Dr. Elissa Epel said in the recent teleconference organized by our Division 38 Student Council, “If we can move biomarkers around, then the medical world listens.”

Over time, I came to realize that my differences from my medical colleagues are where my most potentially valuable contributions to health-relevant research and application lie, however. Initially, I was surprised to learn that I can contribute through my understanding of research conceptualization and design, knowledge of measurement and quantitative approaches, hypothesis-testing orientation, clinical skills, and appreciation of the power of biological, intrapersonal, interpersonal, and environmental contexts of health and disease (i.e., the biopsychosocial model).

Even now, I’m surprised and delighted when medical colleagues approach me to request my thoughts or collaboration on a research idea or to discuss a clinical problem. I’m optimistic that ongoing initiatives in interprofessional education, team science, and integrated health care will establish collaborative approaches as the norm, rather than the relatively rare case which occurs only when a health psychologist introduces the possibility.

2. **Fear does not have to stop you; in fact, emotions are valuable.**

In my first president’s column for our newsletter, I mentioned being terrified of walking in to my first Division 38 Social Hour. For years, I also let fear and self-doubt act as barriers to asking questions, meeting important colleagues, and being willing to take on leadership roles. My quintessentially stoic Midwestern background, some early theoretical and empirical work on emotions, and the initial research on the seeming hazards of emotion-focused coping with stressful experiences all contributed to an uneasy notion that at-
tempts to acknowledge, process, and express emotions were disruptive at best and dangerous at worst.

Fortunately, functionalist theories of emotion, Jamie Pennebaker’s seminal research on expressive disclosure, and my clinical experience with individuals and families confronting cancer or infertility persuaded me that something was wrong with the portrayal of emotional processing and expression as bad. Hence, my leap into research on coping through emotional approach, my examination of “how and for whom and under what conditions” questions regarding its potential adaptive utility, and my interest in psychosocial interventions to promote skills for labeling, tolerating, understanding, and expressing emotions to facilitate goal pursuit. Through changing my mind regarding the potential value of emotions, I’ve benefited in many domains of life, and I hope I’ve contributed to understanding and promoting the well-being and health of others.

3. Engagement in Division 38 (and in professional service more broadly) is fun and meaningful.

Being elected or appointed to any major position might appropriately be greeted with “condolations,” but I’ve changed my mind about how fun and rewarding being Division 38 President would be. Okay, the rare day when I open my email to see way too many Division 38 listserv emails with members “yelling” at each other is decidedly not fun.

Most days with Division 38 are good, however. I have learned a great deal about organizations, education, and integrated health care. I am now even more certain of the value of health psychology science and evidence-based practice, and I am delighted that Division 38 will be a Participating Collaborator in APA’s recently launched Center for Psychology and Health.

I often advise students and early-career psychologists to be selective about the service they perform. Once those in leadership roles know that they’re good and conscientious reviewers or committee members, leaders will ask repeatedly for their service. Although I believe that being judicious in selecting service roles is vital, I also believe strongly in the importance of giving back to our profession and the public. Service also can advance one’s own professional goals. I learned much about the experience of cancer and infertility through conducting pro bono support groups for affected individuals, couples, and families. I continue to learn about every aspect of the research process through reviewing submitted manuscripts and grant proposals. I hope you will seek to serve in ways that are both meaningful to you and of benefit to others.

A key contributor to my having fun this year lies in relationships. I will name names in a future Update for 38 on our listserv, but I do want to mention the fun we have on our weekly 7:00 a.m. Presidents’ call with Liz Klonoff, Kevin Masters, and Barbara Keeton. It’s fun every time I hear our Treasurer, Mark Lumley, assure us that the Division is in excellent financial shape. Our Division 38 Members-at-Large, Chairs and Members of our Councils and Committees, and Editors contribute to the fun by being creative in their initiatives and dedicating their valuable energy to advance the field. I am grateful to every one of you.

If you are someone who avoids service, I hope you change your mind.

A Final Word from the Division President: Please Continue to Support Division 38

Supporting the future of health psychology means supporting Division 38’s early career professionals (ECPs) and students at every level in their pursuit of the science and evidence-based practice of health psychology.

Please encourage colleagues, ECPs, and graduate students to join Division 38 (Note: You do not have to be an APA member to join the Division. See: http://www.apa.org/divapp).

Please contribute to our Tribute Fund (http://www.health-psych.org/Donate.cfm), which this year will support travel of ECPs to present their research at our meeting in Hawaii.

I am honored to serve as your President, and I look forward to seeing you in Hawaii (I’ll be the one eating sand).

Annette L. Stanton, PhD
Division 38 President
From the Editor (continued from page 1)

position, to Barbara Keeton and Jill Masters who have been tireless in helping with many of the behind-the-scenes logistics associated with the creation and publication of each newsletter issue.

Thanks to Alex Rothman, who has always been there to advocate for the Newsletter through Division 38’s Publications and Communications Council, as well as to Kevin Masters, who preceded me as Editor and offered me excellent mentorship in my transition from Assistant Editor to Editor of The Health Psychologist.

Christopher France, Elizabeth Klonoff, and Annette Stanton – our recent past and current Division Presidents – have all been incredibly supportive of my role as the Newsletter Editor and have been a true pleasure to get to know on a more personal basis. They are undoubtedly highly compassionate and driven leaders for our Division and true assets to the field of health psychology.

I am thankful to Zeeshan Butt for approaching me with the excellent idea of having a recurring Early Career Professional (ECP) column and to Andrea “Annie” Bradford for her subsequent series of contributions to the ECP section. Many thanks also to the various students that have contributed to the student column during the past three years – including Kadian Sinclair, Luz Garcini, Patricia Moreno, and Stephanie Hooker.

Thanks also to everyone else who has contributed to the newsletter during the past couple of years. For those of you whom I unintentionally have forgotten to mention by name, I do apologize and do express my gratitude for your support. It has been an excellent adventure to have been able to serve Division 38 as the Newsletter Editor . . . and one I will never regret or forget!

As for the future of The Health Psychologist, I continue to believe that our mantra will be Timbuk3’s one-hit-wonder: “The Future’s So Bright, I Gotta Wear Shades.”

As many of you know already, my successor will be Andrea “Annie” Bradford who has been a regular and active contributor to our recurring ECP column. I had the pleasure of connecting with Annie over the phone a few weeks ago to talk about the Newsletter and have been impressed with her enthusiasm, drive, and interest in continuing to offer the hallmark features of The Health Psychologist, while also readily embracing the transition to an electronic format and incorporation of novel mechanisms to foster communication through the newsletter. I am confident that Annie will continue the legacy of providing Division 38 with a stellar newsletter. Given her experience and interest in evolving technology, it will be exciting to see how The Health Psychologist will evolve under her editorial leadership.

Last but not least, as I bid farewell to my role as the Division 38 newsletter editor, please know that I have no intention of saying a formal good-bye to the many friends and colleagues that I have met through the Division. If anything, the years that I have spent as the Editor of The Health Psychologist have strengthened not only my devotion to Division 38, but also to the many new and ongoing friendships I have made within the Division. Division 38 is a perfect place to make one’s “home” within APA. It is, and will always be, my professional home.

Yes, you will still see me hanging around Division 38 in the years to come . . . most likely wearing sunglasses — because our future is so bright!

As of the Fall 2013 issue, The Health Psychologist will be coming to you via email (as well as posted on our website).

Please be sure we have the best email address for you! Send an update of your email address to division@apa.org. Put "Div 38 newsletter" in the subject line.
The Student Council is excited to announce that we have finalized our program for the upcoming 2013 APA convention in Honolulu, Hawaii! We designed our program to meet student needs and encourage every student affiliate to attend both our symposium and networking event. Here are a few highlights:

**Fostering Effective Mentorship across Graduate School, Internship, and Post-Doctoral Training**

- **Date:** Thursday, August 1
- **Time:** 10:00 – 10:50 am
- **Location:** Hawaii Convention Center, Meeting Room 318B

This symposium will provide a developmental perspective on mentorship issues across three stages of training: (1) graduate school; (2) internship; and (3) post-doctoral training. Three distinguished professors will provide presentations based on their extensive mentorship experience. Dr. **Tim Smith** from the University of Utah, Dr. **Justin Nash** from Brown University, and Dr. **Karen Matthews** from the University of Pittsburgh will be presenting on fostering effective mentorship across graduate school, internship, and post-doctoral training, respectively. Themes discussed will include: determining “fit” between mentors and mentees, defining mentor responsibilities, mentors' expectations for their trainees, balancing personal relationships within a mentorship context, managing issues as they arise, and maintaining a lasting collaborative relationship.

**Training Directors Meet-and-Greet**

- **Date:** Thursday, August 1
- **Time:** 5:00 – 5:50 pm
- **Location:** Hilton Hawaiian Village, Division 38 Suite

This networking event gives students the opportunity to meet and forge connections with health psychology internship and post-doctoral training directors.

**Keeping in Touch …**

In order to stay connected, be sure to like us on Facebook (facebook.com/APADiv38) and follow us on Twitter (@APADivision38).

As always, we welcome your ideas and suggestions. Please let us know your needs or ideas by emailing us at div38studentreps@gmail.com.

Here’s to a great convention! Mahalo!
What’s in Store for Division 38 ECPs at the APA Convention
– And What to Do If You Can’t Be There
Andrea Bradford, PhD

One of the highlights of my experience at last year’s APA Convention was participating in a symposium alongside several fellow members of the Division 38 Early Career Professionals Council (ECPC). The APA Convention offers a great opportunity to connect with - and join! - our increasingly active and visible group of ECPs. One way to get involved is to attend Division 38 talks that are of special interest to ECPs, three of which are highlighted here.

On July 31, the opening day of Convention, a symposium jointly sponsored by Division 45 (Society for the Psychological Study of Ethnic Minority Issues) will focus on the vital role of mentoring in the success of early career minority professionals who are involved in health-related research. Chaired by Dr. John Ruiz, the symposium will feature presentations by representatives from the National Heart, Lung, and Blood Institute and the Graduate School of Public Health at San Diego State University.

On Friday, August 2, Dr. Zeeshan Butt will chair a conversation hour for ECPs. Drs. Karina Davidson and Julianne Holt-Lunstad, two experienced professionals, will discuss negotiation and self-advocacy for faculty employed in academic health centers and arts and sciences departments. Here, ECPs will have an opportunity to obtain career development advice from faculty at the full professor and associate professor levels in an interactive setting.

The following morning, ECPs are invited to attend a symposium chaired by Dr. Amit Shahane titled “A Guide to Navigating Career Success for the Early Career Health Psychologist.” This symposium will offer an ECP-to-ECP perspective on several early career milestones, from giving a job talk to obtaining research funding. ECPC members Drs. Ranak Trivedi, Adrienne Williams, Jeffrey Greeson, and Zeeshan Butt will share their insights on starting strong in a career in health psychology.

If you have not had an opportunity to network with other Division 38 ECPs, mark one or more of these events on your Convention schedule and come introduce yourself to a spectacular group of early career health psychologists!

Whether you participate in-person or virtually, I hope that this year’s Convention will be an opportunity to connect with your fellow members and catch up with new developments in our field!

On a parting note, it has been an honor to edit this column over the past year. As I assume a new role as the editor of The Health Psychologist, I am delighted to announce that the ECP column will continue with Dr. Vaneeta Sandhu overseeing this section. Look for her first column in the Fall edition of the newsletter!

* Note that all dates are based on the most current information as of this writing. For specific information about dates, times, and locations of these events, consult the official APA Convention program.
Follow Us on Twitter, Facebook and YouTube!

If you can’t make it to Convention, you can still follow what’s happening online. ECPC member Dr. Kristine Diaz and other members of the Social Media Committee are working to bring APA Convention highlights to those who can’t be in Honolulu this summer.

New to this year’s social media activity will be online-exclusive interviews from Convention participants, as well as expanded options to stay connected to the Division.

Here are a few tips for staying in the loop:

**Twitter:** Follow @APAconvention on Twitter for general updates, and add @APADivision38 for Division-specific news during Convention. Remember to also follow posts with the #APA2013 hashtag, retweet, and reply!

**Facebook:** As of this writing, 580 people “like” APA Division 38 on Facebook, and so can you! Keep track of news, events, video clips, and more on the Division 38 Facebook page at [http://www.facebook.com/APADIV38](http://www.facebook.com/APADIV38).

**YouTube:** Now available is a preview of Division 38 Convention programming narrated by Dr. Ted Robles, 2013 Division 38 Program Chair. Subscribe to the Division’s YouTube channel for Convention updates to follow: [http://www.youtube.com/user/APADivision38](http://www.youtube.com/user/APADivision38).
**Wednesday, July 31**

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<th>Time</th>
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| 8 – 8:50 am | * Symposium – CE credit  
Translating Health Psychology to a National Scale  
Chair: Annette Stanton  
Speakers: Jeannette Ickovics, Deborah Sundal | Hawaii Convention Center  
Meeting Room 313C        |
| 9 – 10:50 am | * Foundations to Future Symposium – CE credit  
Ethnicity and Health Disparities  
Chair: Norman Anderson  
Speakers: Hector Myers, Tené Lewis | Hawaii Convention Center  
Meeting Room 311          |
| 11 am – 12:50 pm | Symposium  
Mentoring of Early Career Minorities in Health-Related Research *(co-sponsored by Division 45: Society for the Psychological Study of Ethnic Minority Issues)*  
Chair: John Ruiz  
Speakers: Susan Czajkowski, John Elder, Gregory Talavera | Hawaii Convention Center  
Meeting Room 316C        |
| 1 – 1:50 pm | Poster Session  
Health Behaviors, Health Care Systems, Medical Decision-making, Sexual Health | Hawaii Convention Center  
Kamehameha Exhibit Hall   |
| 3 – 5 pm   | D38/SBM/ISBM Collaborative Panel  
Toward the Future of Psychosocial Cancer Research and Evidence-based Practice  
Chair: Annette L. Stanton  
Presenters: Michael Diefenbach, Tracey Revenson, Julia Rowland | Hilton Hawaiian Village  
Division 38 Suite         |

**Thursday, August 1**

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<th>Time</th>
<th>Event</th>
<th>Location</th>
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| 8 – 9:50 am | * Foundations to Future Symposium – CE credit  
Forging Careers and Collaborations in Health Disparities  
Chair: Timothy Smith  
Speakers: Karen Matthews, Linda Gallo | Hawaii Convention Center  
Meeting Room 310          |

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A note about Continuing Education Credit...

* = Sessions awarding CE Credit

Sessions offering CE credit have been approved by the American Psychological Association’s Office of Continuing Education in Psychology (CEP) and the Continuing Education Committee (CEC) to offer CE credit for psychologists. The CEP Office and the CEC maintain responsibility for the delivery of the programs.
### Thursday, August 1 (continued)

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<th>Time</th>
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| 10 – 10:50 am | **Symposium**
Fostering Effective Mentorship across Graduate School, Internship, and Post-Doctoral Training
Co-chairs: Patricia Moreno, Timothy Smith
Speakers: Timothy Smith, Justin Nash, Karen Matthews
Discussant: Stephanie Hooker | Hawaii Convention Center Meeting Room 318B |
| 11 – 11:50 am | **Invited Address – CE credit**
Psychologists as Leaders in Health Systems: A Physician Coaching Program at the University of Rochester
Chair: Annette Stanton
Speakers: Susan McDaniel, David Siegel | Hawaii Convention Center Meeting Room 313B |
| 5 – 5:50 pm   | **Meet-and-Greet**
Health Psychology Training Directors
Chair: Patricia Moreno | Hilton Hawaiian Village Division 38 Suite |

### Friday, August 2

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| 8 – 9:50 am   | **Symposium – CE credit**
Family and Intergenerational Effects on Health and Functioning
Chair: Lawrence Perlmuter
Speakers: Lawrence Perlmuter, Stephanie Leung, Carolyn Tucker, Angelle Sander
Discussant: Anne Kazak | Hawaii Convention Center Meeting Room 312 |
|               | **Symposium – CE credit**
Integrated Primary Care: Best Practices in Doctoral, Internship, and Postdoctoral Training Settings
Chair: Kevin Larkin
Speakers: Ana Bridges, Scott Fields, Mark Vogel | Hawaii Convention Center Meeting Room 306B |
| 10 - 10:50 am | **Business Meeting**
Council of Clinical Health Psychology Training Programs (CCHPTP) | Hilton Hawaiian Village Honolulu Suite I |
| 11 - 11:50 am | **Conversation Hour**
ABPP in Clinical Health Psychology: Tips to Make Board Certification as Painless as Possible
Speaker: John Linton | Hilton Hawaiian Village Honolulu Suite I |
### Friday, August 2 (continued)

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<td>12 – 12:50 pm</td>
<td>* Invited Address – CE credit</td>
<td>Hawaii Convention Center</td>
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<td>Veterans Health Administration National Pain Management Strategy: Implementation of a Stepped Care Model for Pain Management</td>
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<td>Chair: Mark Lumley</td>
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<td>Speaker: Robert Kerns</td>
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<td>1 – 1:50 pm</td>
<td><strong>Invited Address: SBM President</strong></td>
<td>Hawaii Convention Center</td>
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<td>Evolution and Revolution in Health Psychology and Behavioral Medicine</td>
<td>Meeting Room 314</td>
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<td>Chair: Annette Stanton</td>
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<td>Speaker: Alan Christensen</td>
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<td>2 – 3:50 pm</td>
<td><strong>Early Career Professionals Conversation Hour</strong></td>
<td>Hilton Hawaiian Village</td>
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<td>Negotiation and Self-Advocacy for the Health Psychologist: A Conversation Hour with Two Experts</td>
<td>Division 38 Suite</td>
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<td>Chair: Zeeshan Butt</td>
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<td>Speakers: Karina Davidson, Julianne Holt-Lunstad</td>
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<td>6:00 – 8:30 pm</td>
<td><strong>Division 38 Social Event</strong></td>
<td>Outrigger Canoe Club</td>
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<td>2909 Kalakaua Avenue, Honolulu</td>
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### Saturday, August 3

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<tr>
<td>8 – 8:50 am</td>
<td>* Symposium – CE credit</td>
<td>Hawaii Convention Center</td>
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<td>Psychosocial Factors to Optimize Adaptation to Cancer: Promising Avenues but Time to Shift Gears?</td>
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<td>Chair: Tracey Revenson</td>
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<td>Speakers: Keith Petrie, Tae Hart, Stephen Lepore</td>
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<td>Discussant: Jamie Pennebaker</td>
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<td>8 – 9:50 am</td>
<td><strong>Symposium</strong></td>
<td>Hawaii Convention Center</td>
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<td>Health Care Reform and Health Psychology Services: A Town Hall Meeting on Reimbursement Advocacy</td>
<td>Meeting Room 320</td>
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<td>Chair: Helen Coons, W. Doug Tynan</td>
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<td>Speakers: Benjamin Miller, Daniel Bruns</td>
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<td>Discussants: Elena Eisman, Katherine Nordal</td>
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<td>9 – 9:50 am</td>
<td><strong>Division 20 and 38 Developmental Health Award Address</strong></td>
<td>Hawaii Convention Center</td>
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<td>It Sometimes Takes Two: Marriage as a Mechanism for Managing Chronic Illness in Later Life</td>
<td>Meeting Room 311</td>
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<td>Chair: Lynn Martire</td>
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<td>Speaker: Mary Ann Parris Stephens</td>
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Saturday, August 3 (continued)

9 – 10:50 am  Symposium  
A Guide to Navigating Career Success for the Early Career Health Psychologist  
Chair: Amit Shahane  
Speakers: Ranak Trivedi, Adrienne Williams, Jeffrey Greeson, Amit Shahane  
Discussant: Zeeshan Butt  

Hawaii Convention Center  
Meeting Room 314

10 – 10:50 am  Poster Session  
Coping, Family Relationships, Mind/Body Interactions, Psychopathology  

Hawaii Convention Center  
Kamehameha Exhibit Hall

11 – 11:50 am  * Symposium – CE credit  
Emotion Regulation Strategies in Adjustment to Chronic Illness: Predictors and Processes  
Chair: Michael Hoyt  
Speakers: Michael Hoyt, George Bonanno, Judith Moskowitz, Mary Davis  

Hawaii Convention Center  
Meeting Room 313B

3 – 3:50 pm  Presidential Address  
How and for Whom? Opportunity to Integrate Theory, Research, and Practice in Developing Health Psychology Interventions  
Speaker: Annette Stanton  

Hilton Hawaiian Village  
South Pacific Ballroom III

4 – 4:50 pm  Business Meeting  
Division 38 Membership Meeting and Awards  
Chair: Annette Stanton  

Hilton Hawaiian Village  
South Pacific Ballroom III

Sunday, August 4

9 – 9:50 am  * Symposium – CE credit  
Resilience and Health: Various Perspectives Providing Insights for Future Research  
Chair: Christine Dunkel Schetter  
Speakers: Mary Davis, Howard Friedman, Christine Dunkel Schetter  

Hawaii Convention Center  
Meeting Room 306B

11 – 11:50 am  * Symposium – CE credit  
Patient-Oriented Research in Health Psychology  
Co-chairs: Carmela Alcántara, Jonathan Shaffer  
Speakers: Carmela Alcántara, Jonathan Shaffer, Karina Davidson  

Hawaii Convention Center  
Meeting Room 313A
An estimated 3.7 million individuals with severe mental disorders and many more with behavioral health needs will gain access to healthcare when the Affordable Care Act (ACA) is fully implemented. The ACA also supports the Patient Centered Medical Home (PCMH) model of care, which emphasizes health care coordination and integration, including behavioral health.

To adapt to the changing healthcare landscape, it is imperative that psychologists are trained to function effectively in integrated models of care. With that in mind, on May 11, 2013 the Division 38 Integrated Primary Care Curriculum Development Task Force chairs Nancy Ruddy and Bill Gunn, members Helen Coons, Barbara Cubic, Christopher Neumann, Mark Vogel, and Barbara Ward-Zimmerman, and graduate student Joanna Wolfson conducted a meeting focused on development of an integrated primary care psychology curriculum.

Prior to the meeting, committee members engaged in conference calls and worked in small groups to develop core and ancillary training modules designed to teach psychologists the fundamental competencies associated with improving behavioral health integration in primary care and practicing in a primary care setting.

The curriculum is intended to be taught to identified faculty of interested academic institutions who will then help incorporate the modules into the curriculum of their respective institution. Discussion also focused on developing a mechanism for wide distribution which may include regional trainings and ongoing support for individual program faculty development.

Task force efforts toward these goals will continue and a follow-up meeting to finalize curricular development and implementation is being planned for the fall of 2013.
A report over a century ago recommended the inclusion of training on core psychological principles in order to inform physicians toward a more social-oriented approach (Flexner, 1910). Similarly, Dearborn (1901) contended that psychology should have a place in medical school curriculum, including a focus on psychological factors involved in the physician-patient relationship, especially as this impacts pathology and recovery from disease. Indeed, recent research supports that physician communication skills are linked to adherence to treatment regimens, patient satisfaction, as well as symptom and pain management among patients (Bruton, 2011).

Nonetheless, the inclusion of psychological study within medical training has remained a challenge.

What went wrong along the way? Were these well-intentioned recommendations neglected or did they fall victim to the economic design of creating an academic curriculum within a pre-set number of years of training?

Perhaps a little bit of both.

A survey by Verhoeven and colleagues (2002) of medical students found that the acquisition of training in psychology significantly lagged behind that of knowledge in pathological processes. It is not that medical students were disinterested in learning about psychology. Actually, medical students often express how they find psychology to be fascinating. However, medical students often must judiciously allocate their intellectual resources to succeed in their training. The end result is that psychology becomes de-emphasized in their learning.

However, the tide may be shifting in favor of psychology’s increased inclusion within medical schools. The integrated framework promulgated by the Affordable Care Act will require physicians to interact and deliver services within a team-based approach. Within such an inter-professional approach, psychology – and especially health psychology – will be able to clearly define itself as an essential tool within medical education in improving patient outcomes and delivery of care through understanding interpersonal dynamics and the influence of systems on patient success.

How can this goal be achieved? There are possibly limitless iterations on how psychology may be able to gain further influence in medical education and training.

At Yale University School of Medicine, we have developed a unique approach to incorporate more training on psychological principles within medical school training. In collaboration with an attending psychiatrist here at the Yale University School of Medicine, we have established a pilot program in helping to equip medical students to improve competency in team-based care through understanding the dynamics of interactions within a supervised group therapy experience during their third year psychiatry elective clerkship in a culturally diverse outpatient clinic. Given that effective healthcare delivery requires an understanding of the impact of culture, systems, and inter-professional team collaboration, we anticipate that preparing students to work with patients and the teams by which they will be treated may best be achieved vis-à-vis understanding key micro- and macroscopic group therapy principles.

Through a structured curriculum in collaboration with and under the supervision of a behavioral health professional, participation in facilitating group therapy sessions in an outpatient clinic is utilized as a way to gain the skills for inter-professional collaboration in patient-centered care. In addition, a self-assessment was developed for the student as a pre- and post-measure to assess competence during the first week and at the culmination of the 6-week curriculum to track progress. Based on these evaluations, supervisors are then able to focus on assigned readings from the psychological literature, practice scenarios, skill applications, and debriefings that will be congruent with medical students’ competency.
Finding a Place (continued from page 13)

Through a training experience on group therapy principles in action, we perceive that future physicians may acquire the foundation for collaborating with other professionals in the provision of culturally responsive interdisciplinary healthcare. Yet, this is only one example of how to apply the behavioral sciences to medicine.

Like the former American Psychological Association’s president, Dr. Suzanne Bennett Johnson’s (2012) recent call to action for psychologists to seize the opportunity of the paradigm shift within medicine that is more cognizant of psychological factors in the treatment of biological processes, we too support this view.

Psychology can effectively, efficiently, and economically find a place within medical school curricula if we become more adept at demonstrating the relevance of such skills to ensure optimal patient outcomes and inter-disciplinary team management.

References


Ready for your “Close Up”? Division 38 is Looking for Interested Interviewees!

The year 2013 is an exciting time for Division 38. We are celebrating our 35th year as a Division, and health psychology will be well represented at the 2013 APA Annual Convention in Honolulu, Hawaii. With this in mind, we are hoping to capture the excitement in Hawaii through video and/or audio recordings.

The Social Media Committee is seeking Division 38 members who are willing to be audiotaped and/or videotaped at this year’s convention regarding the following topics: (1) Mentor/Mentee Relationships; (2) Early Career Psychologists; (3) Discussion about Division 38 Membership/ Benefits of Membership; and (4) Benefits of attending the APA Annual Convention. Any current Division 38 member is eligible to participate.

The interviews will take approximately 10 minutes and will be recorded in our Division Suite at the Convention Center. Division 38 anticipates sharing these tapings on our social media sites and/or the Division website. We hope that you are willing to participate in these interviews!

Please email Kristine M. Diaz, PsyD, Division 38 Social Media Committee Chair, at apadvsn38@gmail.com if you are interested in participating in these interviews and/or need additional information.
Division 38 Welcomes Next Editor

Division 38 is delighted to welcome Dr. Andrea "Annie" Bradford as the incoming editor of The Health Psychologist, beginning with the Fall 2013 (electronic) version of our newsletter.

Andrea Bradford, PhD is a clinical psychologist and Assistant Professor at the University of Texas MD Anderson Cancer Center. Her interests include women’s sexual and reproductive health, cancer survivorship, and delivery of mental health services in medical care settings.

She received her PhD from the University of Texas at Austin and completed her internship and postdoctoral fellowship training at Baylor College of Medicine. She now heads the Women’s Integrated Sexual Health program in the gynecology service at MD Anderson.

She serves as an associate editor of the journals Archives of Sexual Behavior and the Journal of Clinical Psychology in Medical Settings, and she sits on the board of directors for the International Society for the Study of Women’s Sexual Health.

Welcome aboard, Annie!

2013 Election Results

The Nominations and Elections Committee, under the leadership of Dr. David Williams, is pleased to announce the results of the 2013 Division 38 elections:

President-Elect: Kim Dixon, PhD, MBA, BSN
Member-at-Large: Robert D. Kerns, PhD

Thank you to all who stood for election and to all who voted!