



Society for HEALTH PSYCHOLOGY

Graduate Student Newsletter

Volume 2, Issue 1: Fall 2016

Editors: Allison Carroll, M.S. & Valeria Martinez-Kaigi, M.S.

SOCIETY FOR HEALTH PSYCHOLOGY CELEBRATES 38 YEARS!

The SfHP celebrates 38 years of commitment to the field of health psychology this year, and we kicked off our celebratory events at the 2016 American Psychological Association's Annual Convention in Denver, CO. **Celebrate 38** was the slogan and our SfHP Anniversary Task Force had the mission of planning our conference anniversary events. Events included:

- ◆ **SfHP Presidential Panel: The Trajectory of Health Psychology**
- ◆ **Meet the Presidents: 38 Years of Leadership**
- ◆ **Society for Health Psychology Membership Meeting & Awards**
- ◆ **Society for Health Psychology's 38th Anniversary Celebration**

Graduate students played key roles in these celebratory events. Let's applaud and recognize our fellow colleagues for their significant contributions to the field of health psychology!

SfHP 2016 Graduate Student Research Award Winners:

Michael Bernstein, MA, University of Rhode Island
Lacey Clement, MA, University of Colorado
Helen Murray, Drexel University
Courtney Stevens, MA, University of Colorado
Ashley Whillans, MA, University of British Columbia

SfHP Travel Awards for Outstanding Poster Presentations:

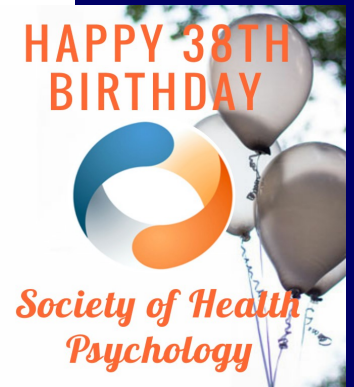
Shuchang Kang, University of Florida
Melissa A. Kwitowski, Virginia Commonwealth University
Anna G. Larson, University of Wisconsin
Tyler C. McDaniel, University of South Carolina
Kyle A. Schofield, Nationwide Children's Hospital
Jaime L. Williams, University of Florida

SfHP Presidential Citation Anniversary Task Force:

Lisa Aster-Gussman, B.A.
Jessica Dietch, M.S.
Allyson Hughes, M.A.
Valeria Martinez-Kaigi, M.S.

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MEET YOUR SfHP STUDENT ADVISORY COUNCIL

Your SAC President: Jenny Warnick, University of Florida

Hi SfHP Students! My name is Jenny Warnick, and I am in the Clinical and Health Psychology doctoral program at the University of Florida. I am honored and excited to serve as your student council chair this year.

A little about me:

I'm originally from Chicago, so naturally I love the Cubs and deep dish pizza. I took a roundabout path to get where I am today. Before I became interested in clinical psychology, I was a professional ballerina. After I retired (yes, that makes me a retiree), I went to Northwestern University to study psychology and am now pursuing my doctorate with an emphasis in pediatric psychology. My current research interests relate to obesity, diabetes, and mobile health.

During my time as chair:

My plan for this year is to increase the student presence within the society by continuing to improve upon the Campus Representative Program and by giving students more opportunities to participate in society related activities. I also hope to ease internship and training fears by providing resources for students thinking about applying to health psychology focused programs. Of course, this cannot be accomplished alone. I am working with a fantastic team of students, the Student Council and the Campus Representatives, who are all looking forward to serving as SfHP student representatives this year. I hope to have the opportunity to meet many of you at upcoming conferences and events. Additionally, I encourage you to reach out to a student representative, or myself, if you are interested in becoming more involved with the society.



Student Advisory Council Members:

Membership Committee

- ◆ Marissa Alert, University of Miami
- ◆ Natasha DePesa, University of Central Florida
- ◆ Hannah Holmes, Wayne State University

Communication Committee

- ◆ Allison Carroll, Northwestern University Feinberg School of Medicine
- ◆ Valeria Martinez-Kaigi, University of North Texas/National Institute of Mental Health

Diversity Committee

- ◆ Angela Gutierrez, San Diego State University/UC San Diego
- ◆ Matt Jasinski, Wayne State University



DIVERSITY HIGHLIGHT

Brought to you by the SfHP SAC Diversity Committee

Diversity in health psychology graduate programs: We can all become agents of change

Angela Gutierrez, M.S.

SDSU/UC San Diego Joint Doctoral Program in Clinical Psychology

Diversity encompasses the fair representation of minority groups, such as those who are ethnic/racial minorities, gender and sexual orientation minorities, and those with disabilities. Diversity within health psychology is especially important given the health disparities affecting underrepresented populations. To prepare health psychology professionals to meet the needs of rapidly growing minority populations, more diversity within health psychology graduate programs is needed. Although several efforts have been implemented at macro-levels (e.g., within national organizations), these are not enough. At the micro-level, one barrier to diversity is minority students' experience of microaggressions within graduate programs. It may be tempting to think that this only happens in settings other than ours—and yet, research shows we all have unconscious biases, these biases influence how we behave, and microaggressions are all too common. Thus, we all have two options: we can put our energy into denying this (to assuage the cognitive dissonance that such an observation creates) or we can use that same energy to improve the current situation. So, what can an individual do? Become an ally. Commit to learn more about situations and experiences that are not common for you. Seek out knowledge generated by sources with backgrounds different than your own. Decide to learn more about the topics that make you uncomfortable. And when you see a microaggression occur, speak up, point it out, address it. The first step is to accept our role in the matter. The next step will flow naturally from that realization.

Call for Student Posts on Diversity in Health Psychology

Matthew Jasinski, M.S.

Wayne State University

The SfHP Student Advisory Council is interested in providing a *voice* for students on the topic of diversity within the field of health psychology. We are excited to announce that we are inviting students to submit short commentaries about diversity topics, which will be posted on the SfHP website and newsletter. Commentaries may address topics including but not limited to the following:

- ◆ Nationwide issues such as health disparities
- ◆ Research regarding diversity in health psychology
- ◆ Personal experiences related to diversity within health psychology
- ◆ Increasing diversity within the field of health psychology
- ◆ Barriers to diversity in the field
- ◆ Ideas for how SfHP can better address diversity topics

Commentaries should be between 100-200 words. Please send them to div38studentreps@gmail.com by December 16, 2016.



CALL TO PARTICIPATE

SfHP Student Council Advisory Campus Representatives

Have you heard from your Campus Representative yet?

If not, chances are your campus has a vacancy for this position. This liaison position was designed to aid in the promotion of communication and community in health psychology across college campuses. Campus Reps are responsible for:

- ◆ Providing campus health psychology students with pertinent information about SfHP activities, including social media events and pertinent training and funding opportunities.
- ◆ Hosting campus events, such as brown bag lunch presentations, seminars and panelist discussions on topics such as health psychology internship training, career development in health psychology, health psychology and public health research, and the role of health psychologists in integrated care.
- ◆ Receiving feedback from students about what SfHP can do to aid in students' academic and professional endeavors.

Interested in becoming a Campus Rep? Reach out to our Student Council for more information at div38studentreps@gmail.com.

Student Datablitz!

Student Research in Health Psychology

In future newsletters, one section will serve to highlight health psychology research conducted by students. All you need to do is submit the abstract from one of your recent first-authored health psychology publications or published conference abstracts. The Student Advisory Council will select a few abstracts to be published in the next newsletter. Email submissions to div38studentreps@gmail.com.

Graduate Student Spotlight

Let us celebrate you!

Tell us about your most recent awards won, degrees conferred, or any other significant accomplishments – and we will include it in the next newsletter! We will select 1-2 outstanding health psychology graduate student(s) to highlight in the next newsletter. Send your accomplishments to div38studentreps@gmail.com.

DID YOU KNOW? SfHP is on Social Media!

Being honest, how often do you use social media during the day? Perhaps as a distraction from your hectic student life? Well why not contribute to your field via social media! The SfHP social media plat could really use your likes, posts, comments, replies etc. via Twitter, LinkedIn, Facebook, and YouTube. Plus it's a fast and fun way to keep up to date on pertinent health psych topics.

Keep a lookout for SfHP's social media challenges and use the hash tag:

#ThisIsHealthPsych

[Twitter](#)
[Facebook](#)
[LinkedIn](#)
[YouTube](#)

Check out the new SfHP webpage!
<https://societyforhealthpsychology.org/>



FUNDING/TRAINING OPPORTUNITIES

SfHP Graduate Student Research Awards Program

<http://www.health-psych.org/StudentsAwards.cfm>

Each year, SfHP sponsors five graduate student awards (\$1500) to support new research. Do not miss out on this great research funding opportunity!

Application Deadline: January 15th (annually)

F31 Ruth L. Kirschstein Predoctoral Individual National Research Service Award (NRSA)

<https://researchtraining.nih.gov/programs/fellowships/F31>

The purpose of the F31 program is "to enable promising predoctoral students with potential to develop into a productive, independent research scientists, to obtain mentored research training while conducting dissertation research."

Application Deadlines: April, August, December

Want to talk to someone who has won an F31? Email

div38studentreps@gmail.com with a description of your interests/project idea and we will connect you with another SfHP graduate student.

National Institutes of Health – Graduate Partnerships Program

<https://www.training.nih.gov/programs/gpp>

Do you like research? Have you ever wondered what it would be like to conduct research at the NIH campus? NIH gives doctoral students the opportunity to conduct their dissertation research directly on campus. Consider applying to the NIH-Graduate Partnerships Program (GPP).

Want to know more? Email div38studentreps@gmail.com and we will put in you contact with a current GPP student.

CBT for Depression and Suicidality—Graduate Student Workshop

<https://www.beckinstitute.org/event/cbt-depression-suicidality-graduate-student-workshop-core-1/#toggle-id-1>

Are you eager to build upon your cognitive behavioral therapy training and education? Well why not learn from Dr. Aaron Beck himself! **The Beck Institute** holds a Graduate Student Workshop every summer, titled "*CBT for Depression and Suicidality*." The workshop is primarily taught by Dr. Judith Beck, with a question and answer and role-play session with Dr. Aaron Beck. Do not miss out on the opportunity to learn CBT from Drs. Beck!

Workshop details: July 24-26, 2017 in Philadelphia, PA

Competitive scholarships are available: <https://www.beckinstitute.org/get-training/scholarships/student-scholarship-competition/>