



Graduate Student Newsletter

Volume 2, Issue 3: Summer 2017

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SOCIETY FOR HEALTH PSYCHOLOGY

We hope you are enjoying your summer, and getting ready for the APA Convention in Washington, D.C. in a few weeks! Below, we've compiled a list of programming at APA that may be of interest to SfHP trainees. Throughout the newsletter, we highlighted the students who received SfHP Graduate Student Research Awards, we spoke with members of the Early Professionals Research Council about the importance of engaging during the early career stage, we shared some of the great programming of the rapidly growing Campus Representatives program, and we highlighted an exceptional mentor in health psychology. Enjoy!

- Allison and Val

APA Convention, August 3-6, 2017, Washington D.C.

SfHP Student Council Events:

- Internship Meet and Greet
Friday, August 4th, 6-7pm, Marriott Marquis, Salon 14
Please email div38studentreps@gmail.com to RSVP
- Informal Health Psychology Internship Application Q&A Session
Saturday, August 5th, 9-10am, Hospitality Suite (Room # TBD)
***Free breakfast!

Also, check out the programming from other great organizations:

- *American Psychological Association of Graduate Students:*
[APAGS at the APA Convention](#)
- *SfHP Programming:*
[Broadening the Impact and Visibility of Behavioral Sciences in Healthcare and Health Policy](#)
- Click [here](#) to view the APA Convention webpage.

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GRADUATE STUDENT RESEARCH AWARD WINNERS



Chloe Boyle, M.S.

University of California, Los Angeles

Project title: Stress, Inflammation and Reward Processing: Implications for Major Depressive Disorder

Why I study health psychology: I am drawn to the integrative nature of health psychology, as I am most interested in how psychological constructs, like stress, positive emotions, and emotion regulation, influence and are influenced by the body.



Casey Gardiner, M.A.

University of Colorado Boulder

Project title: Mechanisms of Dietary Behavior Change: Incentives, Motivation, and Weight Status

Why I study health psychology: Health psychology affords me the opportunity to conduct research across the translational spectrum, with an aim to develop insights that inform basic science in psychology and neuroscience while also enhancing public health.



Kristie Harris, M.S.

The Ohio State University

Project title: Insomnia, cognitive impairment, and decision-making among patients with heart failure: A randomized study of brief behavioral treatment for insomnia

Why I study health psychology: I enjoy learning about the complex interplay of mental and physical processes and seeing the effect that psychological interventions can have in improving quality of life among chronically ill patient populations.



Amy Noser, M.S.

University of Kansas

Project title: Physical Activity and Glycemic Variability in Pediatric Type 1 Diabetes

Why I study health psychology: My interest in the study of health psychology within the context of clinical psychology is driven by two passions: 1) the opportunity to conduct patient-oriented research and 2) the opportunity to use the empirical process to study personal health behaviors in real-world settings.



Sarah Stromberg, M.S.

University of Florida

Project title: The Impact of Pre-Surgical Dietary and Psychosocial Factors on Post-Surgical Diet in a Population of Bariatric Surgery Patients

Why I study health psychology: I truly enjoy working in the field of health psychology, because I have always been interested in the connection between lifestyle behaviors and psychological well-being. I also love working with a variety of at-risk populations in hopes of improving their mental and physical health.



Early Career Professionals Council

Interview with ECPC members, Dr. Annie Bradford and Dr. Betsy Seng

“The mission of the Early Career Professionals Council (ECPC) is to promote and enhance the involvement of early career psychologists by providing a defined voice and presence within SfHP.”

1. What do you see as the role of Early Career Professionals (ECPs; defined by APA as “people who have received their doctoral degree within the past 10 years”) in the field of health psychology?

Today’s ECPs often begin their first faculty or practice positions after longer periods of training (than their counterparts who entered the field many years ago. As such, ECPs are well-positioned to break into leadership roles early in their careers. With the support and vision of our mid-career and senior colleagues, ECPs have taken increasingly prominent roles in SfHP and related organizations.

2. What is the purpose of the ECPC within the SfHP?

Per ECPC chair, Dr. Seng: The purpose of the ECPC is two-fold. First, the ECPC ensures representation of ECPs on every committee and council within SfHP. This way, SfHP can continue to grow as an organization that meets the needs of this important subset of members. Secondly, the ECPC is a place to nurture future leaders of SfHP. The ECPC provides a space for ECPs to develop and hone their leadership skills within a supportive environment.

In Dr. Bradford’s experience: The ECPC played a pivotal role in my involvement in SfHP. What was really nice was the opportunity to be productive right from the beginning - I asked for a task or job to do in the service of the ECPC, and I got one! The ECPC is a vital point of entry for ECPs in health psychology who want to be engaged in professional initiatives to promote health psychology. It’s also a very friendly and welcoming group that made me feel right at home.

3. What is notable about the transition from student/trainee to ECP?

All of a sudden, you are the one who is supposed to have the answers! Of course, that’s not really true, but the transition involves learning to exercise and reflect on your independent judgment, and that can be both exciting and unnerving. Mentoring is important during this transition, especially in socializing ECPs to serve as highly qualified, independent experts. How do you hone and trust your professional judgment? How do you obtain and respond to feedback? How do you resolve ethical gray areas or dilemmas? These are all situations that new ECPs encounter and for which mentoring is critical.

4. Do you have any advice for how can students/trainees can prepare to successfully transition to ECP in health psychology?

As eager as many trainees are to specialize, remember that high quality, broad-based training is really valuable, as is experience in related/overlapping areas (e.g., geropsychology and rehabilitation psychology). Beyond that, seek experiences where a supervisor or mentor has time to observe your performance and give detailed, actionable feedback. If you are curious about a professional activity, find out if a mentor or supervisor is willing to involve you more in that process. Becoming a good, efficient writer will pay off enormously. Join the SfHP Student Council and/or similar student groups within professional societies. Finally, don’t be afraid to take risks!

For more great resources, check out these podcasts hosted by the ECPC!

Podcast #1 (17 minutes): [Foundations to Future: Roles of Early Career Professionals in SfHP](#)

Podcast #2 (10 minutes): [Work-Life Balance for Early Career Professionals](#)



SfHP Campus Representatives 2016-2017

“The SfHP Campus Representative Program is sponsored by Student Advisory Council and is designed to increase inclusion and engagement of students across undergraduate and graduate programs that have a focus in health psychology.”

Our campus representatives have been busy this year—check out some of the activities they planned and executed!

Sara Hills (Oklahoma State) hosted two events this year, a Brown Bag Lunch discussion of a film, facilitated by Dr. Chandra Story, and a Professional Social event for doctoral students in different fields of psychology.



Amaurita Kanai (John F. Kennedy University) planned a 5k run/walk and healthy food potluck for JFK students.



Chaelin Karen Ra (University of Southern California) hosted painting night for Health Behavior Research students.

Sara Sagui-Henson (UNC Charlotte) hosted an interdisciplinary health research exchange that served as a networking social event for faculty and students.



Celia Wong (University of Houston) hosted a cookout party for students.

To learn more about the campus rep program, visit our [webpage](#).
To get involved, please contact please contact Div38studentreps@gmail.com.



Mentor Highlight

By: Valeria Martinez

Meet Adrienne Williams, PhD

Assistant Professor of Clinical Family Medicine
Director of Behavioral Science

Dr. Adrienne Williams learned the value of mentorship at an early age from her father. Her dad prepared her to think about college starting in grade school. When I talked with Dr. Williams about how mentoring played a role in her career she said:

“Early mentoring from my dad helped me learn the foundational elements of career development. He taught me specific skills that I probably took for granted until I realized that all people had not been taught those skills. I know my current career is where it is now because of those skills.”

Dr. Williams also expressed how informal mentoring has played a role in the advancement of her career, stating:

“Informal mentoring has been extremely important and has helped me through specific questions, decisions, and barriers. Interestingly, I attribute a lot of my development to informal mentoring. Peer mentoring (i.e. bouncing things off of people at my same career stage but with better skills in certain areas) has been particularly helpful, and less intimidating.”

Working in an interdisciplinary field as a health psychologist, often means mentors do not fully understand the skill-sets and career development of a clinical psychologist. For example, Dr. Williams has experienced **“ill-fitting mentors whose advice was well-intended, but from a different field or lifestyle.”** On the other hand, she expressed having wonderful short-term mentorship with mentors from a variety of professional organizations, including SfHP.

Dr. Williams’ positive experiences with both formal and informal mentoring inspired her to start a clinical health psychology networking program while serving on the ECPC for SfHP. She saw the need for this program because health psychologists are often the only psychologists in their departments in academic medical settings. This program is thriving with multiple events nationwide increasing yearly. She regularly engages in peer mentorship for clinical consultation and career development.

Dr. Williams tailors her mentoring style for each situation and believes in the **“combination of teaching mentees how to fish, giving them fish, and being direct.”** She desires mentees to not only be good, but to be strong. She mentors students from all academic fields, and said:

“I love paying it forward. It is so exciting to see people realize how they can reach their goals and see how their dreams can become possible.”





Keep up with Society for Health Psychology on Social Media!

Watch for SfHP's social media challenges and use the hashtag:

#ThisIsHealthPsych



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

In addition, we recently updated the student resources page of our website with a list of all the **internship training programs** out there that have a health psychology track or specialty. [Check it out here!](#)

Student Advisory Council Members:

Council Chair: Jenny Warnick, University of Florida

Chair-elect: KayLoni Olson, Alpert Medical School Brown University

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

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- ◆ Matt Jasinski, Wayne State University