From the Editors Desk:

For our winter newsletter, we’re including a mix of recurring columns and one-time features! Our recurring columns will introduce the SAC Diversity committee (pg. 7), professional development resources for self-care during interview season (pg. 8-10), and review some of the changes in billing codes for health psychology services (pg. 11). In addition, this newsletter also features some of the activities organized by our amazing SFHP campus reps (pg. 2-4), and YOUR contributions to our new social media campaigns (pg. 5-6)!

We love hearing from you! Please continue to send your feedback, questions, and comments to us via email (div38studentreps@gmail.com) or on social media (@DrClaireC, @KDing18).

- Claire and Ke

New SFHP Student Travel Award for the 2019 APA Convention

Who: Current graduate student members of SFHP who have limited leadership experience but are dedicated to increasing their involvement in SFHP. Students can be in any year of their doctoral program, including those on internship. Candidates are not required to have submitted a poster/presentation proposal to APA.

What: $1,825 in funding for the APA Convention in Chicago, IL from August 8th – 11th. Award funds are to be utilized for airfare, hotel, food, and other travel expenses. The awardee is expected to: (1) attend at least three relevant SFHP events during the 2019 APA Convention; and (2) write a brief newsletter article about their experience as an emerging student leader at the APA Convention.

When: Applications are due March 31, 2019.

Why: To promote engagement and leadership among SFHP student members!

Questions? More details are available on the SFHP website!
The SfHP Student Advisory Council Membership Committee facilitates the SfHP Campus Representative program, which allows students to act as liaisons between SfHP and their graduate program. By speaking to their fellow students on behalf of SfHP and communicating information from the Student Council, campus representatives (or “reps”) are grassroots leaders in the field of health psychology.

One of the most important responsibilities for the campus reps is to host a SfHP-sponsored event that promotes health psychology. These can range from hosting panels on applying to internship/practicum/post-docs, to formal presentations of student research, to bringing in guest speakers! We sat down with two 2018-2019 campus reps to hear about the events they organized, and their experiences with being a SfHP campus rep at their schools.

Megan Stranski is a third-year clinical PsyD student from Midwestern University in Downers Grove, IL. Her program is generalist in nature, but her health psychology interests involve women's health, oncology, primary care, and chronic pain.

Christine Naya is a second-year PhD student in Health Behavior Research at the University of Southern California Department of Preventive Medicine. She studies the short-term and long-term impact of stress on health behavior and health outcomes of pregnant mothers, infants, children, and families. Christine’s current projects involve the marriage of intensive longitudinal data, collected via ecological momentary assessment, and psychoneuroendocrine markers, such as cortisol, in mothers, fathers, and children.

SfHP: What made you want to participate in the campus reps program?

**Megan:** I wanted to participate in the campus reps program so I could become more involved in the health psychology field, both locally and nationally. Further, I also wanted to provide a space where others interested in health psychology in my program could come and discuss current events in the field and provide each other with support.

**Christine:** As a student in the Health Behavior Research department, I originally did not have many opportunities to connect with Health Psychologists, even though my interdisciplinary work on stress and behavior seemed extremely in line with SfHP’s mission. Once I joined the society’s newsletter, I felt that my colleagues could also benefit from networking with SfHP members and learning about ongoing research in Health Psychology. As a campus representative, I want to promote my colleagues and department to continue expanding their research interests and incorporate health psychology constructs into their expertise in health behavior.

“As a campus representative, I want to promote my colleagues and department to continue expanding their research interests and incorporate health psychology constructs into their expertise in health behavior.”

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SfHP: What was the event that you planned for the 2018-2019 academic year?

Megan: We had Dr. Tina Gentile (an alumnus of Midwestern University) come to our Midwestern University Campus to talk about her current work at the UCLA Vatche and Tamar Manoukian Division of Digestive Diseases. She also lectured about the field of GI health psychology and health psychology in general.

Christine: I planned a "Spring into Yoga" event. The yoga session provided an opportunity for students to come together and take advantage of some time and space to decompress and practice mindfulness with a professional yoga instructor, who is also a fellow PhD student in the department and an expert in mindfulness research. We not only practiced a one hour yoga session, but also got to discuss mindfulness tips and the relevance of Health Psychology topics to not only our research, but also our daily lives as graduate students.

SfHP: How did your event go? What kind of feedback did you get from attendees?

Megan: The event went so well that we now have a Division 38: Health Psychology Special Interest Group that is lead by the Division 38 student rep. Attendees provided feedback about appreciating the opportunity to learn about specialties within the health psychology field and wanting to learn about more specialties in future lectures.

Christine: The students absolutely loved the session and have asked to put on another yoga class later this semester!

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SfHP: Do you have any "lessons learned" from hosting your event? What might you tell another campus rep who is thinking about planning a similar event?

Megan: Allow plenty of time to iron out the details (room reservation, flyers, promoting the speaker) before the event is supposed to happen. If you have an invited speaker, I'd also recommend following up with the speaker afterwards and sending them a thank you letter for coming. That's how I was able to form a great relationship with Dr. Tina Gentile.

Christine: I think our event style of mini-presentation in the beginning (with information on SfHP) followed by an active, engaging session (such as yoga) is a great way to incorporate the educational component of the event with a fun, upbeat way to apply that knowledge. Graduate students are very busy and constantly bombarded by seminars/events to go to, so to put on a successful event, I think it has to be more than just a PowerPoint presentation or simple talk (unless the speaker is very engaging!).

SfHP: Would you recommend being a SfHP member and/or campus rep to future students in your program?

Megan: I would 100% recommend being a Division 38 member and student rep to anyone in my program because I have gotten to meet and form relationships with many individuals in the health psychology field both in the Chicagoland area and nationally!

Christine: Yes! It's relatively low commitment, while enjoying training opportunities, newsletters, updates, and networking opportunities!
On November 19, 2018, the SAC took over the SfHP Twitter (@APADivision38) account in honor of Professional Development Month. We shared professional development tips, busted career development myths, and highlighted student accomplishments!

Thank you for your active participation in that campaign - your likes, retweets, replies, and shares made it a huge success! We tweeted 99 times and reached 21,791 people! You can compare this to the average day on the SfHP Twitter account in the graph below. We might be a bit biased, but the spike on November 19th is pretty impressive!

Not only did we reach thousands of people with the takeover, we also had really impressive rates of engagement with the content! One of the major statistics that Twitter provides is the “engagement rate”, or the number of engagements (retweets, replies, likes, etc.) divided by the number of impressions. Our engagement rate for November 19th was 2.6%, just above the SfHP average of 1.5% for the past 28 days! Information about specific types of engagement is in the table below:

<table>
<thead>
<tr>
<th>Engagement Statistic</th>
<th>SAC Takeover</th>
<th>SfHP Average</th>
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<tr>
<td>Likes</td>
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Since the takeover was so successful, we’re planning two more! Save the dates below:

- **Friday March 8th**: Every year on this date (3/8), Division 38 takes to social media for the #ThisIsHealthPsych event! This event is meant to spread the word about health psychology and the important impact that it can have in individual lives and society at large. On 3/8/19 SfHP encourages all health psychologists to post on social media something that they did that day and include the hashtag #ThisIsHealthPsych.

  On 3/8, the SAC will be hosting a Twitter Chat from 12-1PM EST. Along with our special guests SfHP president-elect Dr. Zeeshan Butt, Dr. Tiffany Taft, Dr. Alexandra Gee, and SAC president-elect Jessica Naftaly, we will discuss some common issues in health psychology training. Topics will range from “a day in the life of a health psychologist” to what trainees in health psychology can do to prepare for the future of the field! To follow along with the chat, search for the chat hashtag (#ThisIsHealthPsych) in the Twitter search bar. Then, select "latest" from the headers at the top. This way, it shows you the latest Tweets using that hashtag.

  Want to know more? Read about the #ThisIsHealthPsych campaign on the SfHP website! They have lots of information and examples from prior years!

- **Sunday April 7th**: The World Health Organization marks World Health Day on 4/7. For over 50 years, this date has highlighted important health issues such as mental health, maternal and child care, and climate change, with a particular focus on their global impact. The SAC will be doing a full-day takeover of the SfHP Twitter account on 4/7, starting at 8am EST! Join the movement by Tweeting and using the hashtags #WorldHealthDay and #HealthForAll!

  This year, WHO’s #WorldHealthDay campaign is focused on universal health coverage. This is WHO’s number one goal: ensuring that everyone can obtain the care they need, when they need it, right in the heart of the community.

Have ideas for Twitter content? Want to get in on the action? Email us at div38studentreps@gmail.com!
**What Drew You to Join the Diversity Committee?**

I wanted to get more involved and have a passion for the field of health psychology, so when the opportunity came up, it was a sure thing to apply!

-- Tamara

I wanted to spread awareness about the field of health psychology, in general, but specifically with an eye to include people of diverse ethnic and cultural backgrounds and international students. Introducing people to what we do from smaller and diverse community only advances our efforts to be inclusive and mindful of all experiences, especially as we develop as professionals.

-- Darryl

**Overall Goals for 2019**

The SfHP Diversity Committee vision statement is empowering graduate students by normalizing graduate school experiences while building community. Maximizing diverse connections across specializations, countries, and cultures to help break stigmas and barriers creating inclusiveness with purpose to inform diverse communities of health psychology.

**Passion Project for 2018-2019**

We are creating a blog series to start conversations to address topics of inclusivity and diversity, while addressing pertinent issues of being a graduate student with focus on health psychology. You can find the blog posts on the SfHP website at [https://societyforhealthpsychology.org/councils-committees/student-council/](https://societyforhealthpsychology.org/councils-committees/student-council/)
Self-Care Tips for Surviving Interview Season

It’s the most stressful time of the year: interview season! Whether you’re an undergraduate applying for graduate programs, or a postdoc looking for a faculty position, interviews can be a stressful process. Below, we’ve collected our top 5 self-care tips to help you get through interviews without crashing and burning!

1. Take Care of the Basics

As health psychologists, we know how important it is to eat well, sleep, and exercise. These three behaviors can have a huge impact on your emotional and physical well-being! However, just because we know the research on health behaviors doesn’t mean that we’re immune to forgetting about them. Make time to have a nutritious meal and get enough hours of sleep, even if it feels like you can’t afford it. If you don’t, it may be visible to others and impede your interview performance. Moreover, (as Kiecolt-Glaser et al. (1984) tells us!) you could get sick, which is not fun during interviews.

2. Get Into a Routine

As with any goal, consistency is key! If you were trying to build muscle, you would reach your goal a lot faster by lifting weights daily instead of monthly, right? Put your self-care activity on your calendar like you would any other appointment - this time, you have an appointment with you! When it comes down to it, what gets scheduled gets done. Experiment with scheduling self-care tasks at different times of day to see what resonates best with you. If you find yourself skipping self-care, try scheduling it for a different time, modifying the activity to make it easier to stick to, or finding a friend to hold you accountable. Continue refining and adapting the process as needed!

3. Think Small

Taking time for self-care doesn’t mean that you have to book a whole day to go to the spa. Even little tasks can help you feel better. Consider setting SMART goals for self-care; that is, goals that are specific, measurable, attainable, realistic, and time-bound. For example, a SMART self-care goal might be, “I’m going to go for a 15-minute walk in the park after my interview today.” Still stumped? Check out this list of 50 Small Acts of Self-Care from the website Medium! (Or, for the budget-conscious grad student, these 10 Ways To Treat Yourself For Under $10!)

4. Give In To Your Quirks

Self-care looks different for every person! As a faculty member once told me, self-care is whatever works best for you. For her, self-care was taking a bath the evening after the interview. When I was going on internship and postdoc interviews, I had a special post-interview snack to reward myself (coffee nut M&M’s). In other words, you do you! If you’re not a yoga person, don’t feel like you have to do some sun salutations in your hotel room. Try completing a self-care assessment (like this one) to find activities that are meaningful for YOU!

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Let it Go

Remember, the Zeigarnik effect suggests we tend to focus more on unfinished or difficult tasks than on completed or easier ones. So, odds are you will be prone to focus on what went wrong instead of all the things you did right during interviews. Spend your time focusing on your training and doing things you may have let slip, such as spending time with friends or family, hobbies, or exercise.

“I enjoy a good tennis game with my wife as a self-care activity. Physical exercise and sports can be healthy and fun, and a good way to spend time with people you care about. You can step back from difficult clinical work and reinvigorate your emotional energy by doing something enjoyable and productive.”

-Alex Gordon, Ph.D. student in Clinical Psychology at St. John’s University

“My version of self-care is working out, but specifically strength training. I have been consistently weight lifting 5-6 days per week for 5 years now and it's become my ultimate "me time" that doesn't require a ton of time. Strength training makes me feel strong, capable, and healthy; my dedication to working out bleeds productivity and dedication in other aspects of my life.”

-Kasey Orvidas, Ph.D. student in Applied Social and Community Psychology at North Carolina State University

“Self-care is all about balance. I enjoy participating in a mix of activities that engage my mind and body in different ways, whether it’s Trivia Tuesday with friends, Zumba and hip-hop dance, or something tactile and creative like knitting. Having a variety of outlets allows me to take a step back and appreciate the day-to-day. Find your balance!”

-Bayley Taple, Ph.D. student in Clinical Psychology at Northwestern University

“For me self-care means having a mindful moment outside, no matter the season. Listening to the wind through the trees, feeling the gentle snow land on my face, smelling the wildflowers, and observing the hops of a bird looking for treats. Of course, a Korean face mask is always a favorite as well!”

-Meredith Craven, Ph.D. student in Clinical Psychology at Northwestern University

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“Some of my self-care behaviors are taking my dog for walks and people watching, watching funny clips on YouTube (Ellen DeGeneres scaring people is my favorite!), and doing guided self-compassion meditations (https://self-compassion.org/guided-self-compassion-meditations-mp3-2/). Grad school can be so challenging and I consider myself to be a recovering perfectionist. Giving myself permission to take little breaks and be kind to myself has been a crucial part of self care.”

-Nicole Ryan, Psy.D. student at the Philadelphia College of Osteopathic Medicine

“Sleep is a huge priority for me. I do not function well on less than 7-8 hours of sleep. Also, my go to self-care tip is checking out non-academic books from the local library. Bonus-applying for a library card is free!”

-Jessica Naftaly, Ph.D. student in Clinical Psychology at Rosalind Franklin University

“Self-care are routine activities you do to help reset. It is difficult to engage meaningfully in challenging work when you are depleted, and in the case of patient care, can be unethical. So, if you need a reason to engage in self-care as a graduate student, think of it as an ethical imperative, because: it is! I find the small, routine self-care behaviors the most important. I keep a water bottle and a mug for tea at work, and refill them constantly. This both helps hydration, and it gets me out of my chair at least once per hour. I also quit listening to the news in the car, and instead listen to books on tape or music I particularly enjoy.”

-Elizabeth K. Seng, Ph.D.
Research Assistant Professor, Yeshiva University
Chair, SfHP Early Career Professionals Council

“Self-care for me means making choices to balance work and leisure time, while preserving my health. My two biggest priorities are ensuring that I spend quality time with family and friends and maintaining a physically active lifestyle. I’ve learned though that saying no to an added responsibility is often the best self-care strategy.”

-Kristin Schneider, Ph.D.
Associate Professor, Rosalind Franklin University
Chair, SfHP Membership Committee
New Psychological and Neuropsychological Testing Codes

Why the Change?

To become more accurate in describing and reflecting assessment services.

What has Changed?

The new codes include:
- Base codes for primary service
- Add-on codes for additional time and work

Please Tell Me More!

Neurobehavioral Status Exams
- 96116 for first hour
- 96121 for each additional hour

Psychological Testing Eval
- 96130 for first hour
- 96131 for each additional hour

Neuropsychological Testing Eval
- 96132 for first hour
- 96133 for each additional hour

Test Administration and Scoring (psychologist or neuropsychologist)
- 96136 for the first 30 mins
- 96137 for each additional 30 mins

Test Administration and Scoring (technician)
- 96138 for the first 30 mins
- 96139 for each additional 30 mins

I Want to Know More...

APA Resources:
- Q&A on New CPT Codes: https://www.apaservices.org/practice/reimbursement/health-codes/testing/examining-testing-codes
- CPT and Diagnostic Codes: https://www.apaservices.org/practice/reimbursement/health-codes

Advocacy Alert

Do you work with Medicare and/or Medicaid beneficiaries? You probably know that Medicare/Medicaid reimbursement is particularly complicated!

Want to get more involved? APA advocates for Medicare coverage, reimbursement for psychological services, and psychologist eligibility for providing services to Medicare and Medicaid beneficiaries!!

Read more here.
APA PsycShorts Competition

**Who:** Anyone age 14 and older (including teams of classmates, colleagues, friends, family, etc.). You do **not** have to be a member of APA to submit a video to the competition.

**What:** Make a creative video about psychological science and win $1,000! Your video must communicate a concept or finding from any area of psychological science, and should be intended for a public/lay audience. Videos must be **no longer than two minutes** and should include at least one reference to published peer-reviewed research. Videos will be judged on accuracy, effectiveness and creativity. Up to 11 winners will be selected. Winning videos will be featured on the PsycShorts website and YouTube, and will be showcased at APA headquarters in Washington, DC, and at the 2019 APA Annual Convention in Chicago.

**When:** Submissions are due March 15, 2019. Upload your video to YouTube and submit it via the application portal.

**Why:** To communicate the rigor and impact of psychological science to the public! PsycShorts is an initiative of 2019 APA President Rosie Phillips Davis, PhD, ABPP, aimed at strengthening public understanding of psychological science.

Questions? More details are available on the APA website!

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Student Advisory Council Members:

*Council Chair:* Aviva Ariel-Donges, University of Florida  
*Past chair:* KayLoni Olson, Alpert Medical School Brown University  
*Chair-elect:* Jessica Naftaly, Rosalind Franklin University

**Membership Committee**
- Jessica Naftaly, Rosalind Franklin University
- Nicole Butler, Yeshiva University

**Communication Committee**
- Claire Conley, H. Lee Moffitt Cancer Center
- Ke Ding, University of Florida

**Diversity Committee**
- Tamara Strong-Chavez, John F. Kennedy University
- Darryl Sweeper Jr., William James College

**Diversity Council Liaison to Student Council**
- Valeria Martinez-Kaigi, Yale School of Medicine