

PROFESSIONAL PSYCHOLOGY PROGRAM

Fall 2009

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Letter from the Program Chair

Several months after our move, we are still settling into our new quarters, but I can confidently state that we are in a better place, physically and mentally. For starters, it is good for us to be on campus and connected to the rest of George Washington University. Our new space in Old Main at 1922 F Street, NW, is about 30% larger than our suite on M Street, NW. We have one windowed classroom that is large enough to hold our large classes. All of the classrooms are now wired for presentations, and the entire suite has wireless internet connections.

Perhaps the most significant change and improvement is in our clinic. We now have a large and comfortable waiting room, and new, larger treatment rooms, each with new furniture. In addition to a child treatment room and a group therapy room, we have an observation room from which two treatment rooms may be observed.

Also this year, we are implementing two additional improvements to our clinic. Through collaboration with the GW Department of Psychiatry, we now have regular access to psychiatric consultation as needed. And through a partnership with the Catholic University of America's school of social work, we now have a social work intern performing case management services in our clinic two days a week.

Thank you all for your continued support of the GWU Professional Psychology Program. We look forward to hosting an Open House and showing you around in early 2010. Details coming soon...

Sincerely,

Dorothy

Dorothy E. Holmes, Ph.D., ABPP (Clinical Psychology)

Community Profiles

Even on campus, we may not all know each other. What follows are brief profiles of members of our community, representing our different roles.

Joseph Viola, PhD, Assistant Professor

Joe joined our core faculty in 2008, and has since become a popular professor noted for the time he takes with students. He teaches the fall psychological assessment course (Clinical Interview and Cognitive), Cognitive-Behavioral Therapy, and Cognitive Bases of Clinical Psychology. Joe also works closely with third year students applying for internship and is a Clinic Team leader. As such, Joe has the opportunity to work with students across all aspects of the program, which he very much enjoys. Originally from Erie, PA (by way of New York City), he obtained both an MA and a PhD in clinical psychology from Suffolk University in Boston. His orientation is predominantly developmental, making him a good fit for our program, as he complements this program's psychodynamic leanings well. He also works as the psychologist at St. Albans School in Washington, DC, and has recently started a small private practice. He married his wife Nancy in the summer of 2008 and they live on Capitol Hill; they were lucky enough to spend their honeymoon in Barcelona and parts of Italy.

Patricia Ryan, Executive Assistant



"Trish" joined our program in July of 2008 and has since performed heroic service organizing us and keeping track of details. Her skills were particularly valuable during our recent move to new space on campus, warranting her nomination for a GWU Outstanding Service Award. In her spare time, she is taking advantage of the university's employee benefits by studying for a Masters in Clinical Mental Health Counseling through the GWU Graduate School of Education and Human Development. She holds a Bachelor of Science in Psychology from the University of Florida, and hopes to work with children and families. She also enjoys traveling and running.

Angela Snyder, PsyD, Supervisor

"Angie" is a valued clinical supervisor in our program. She has supervised GWU Professional Psychology students at Linkages to Learning, a school-based program for at-risk children, adolescents and families, where she was a mental health therapist, and most recently in her capacity as a psychologist in private practice. She specializes in eating disorders, depression, anxiety, and relationship difficulties. Working from her office at 2440 M Street, NW, Snyder connects patients with nutritionists and psychiatrists for coordinated care as needed. In addition to her private practice, Dr. Snyder works part-time as a staff psychologist in The Renfrew Center in Bethesda, MD. She also provides therapy for couples, and was recently accepted into a couples training program through the Institute of Contemporary Psychotherapy and Psychoanalysis. Prior to entering our program, from which she graduated in 2006, she earned an MA in International Communication from American University, and has since gained extensive experience working with immigrants, international students, and first generation U.S. citizens. She speaks Spanish. Originally from Oregon, Dr. Snyder loves spending her free time in the mountains and outdoors and she enjoys hiking, biking, and playing tennis.



Mathilde Salmberg, PsyD, Alumna

Mathilde moved to the United States in 1998 to pursue undergraduate studies in psychology at UCLA. She earned her PsyD from GWU in 2006, and currently works as a staff psychologist at Georgetown University, specializing in work with international students. Mathilde became interested in torture and terrorism because they are important issues of our time and because she grew up in a culture (Sweden) that views issues related to governmental forms of aggression very differently than in the U.S. She wanted to learn more about how these views are formed and how they differ across cultures. Her interests in international issues led her to take an active role in the APA Division 52 (International Psychology), where she co-chairs the Early Career Committee and became connected with the Group on International Perspectives on Governmental Aggression and Peace. Based out of Boston University, the group conducts research on war, peace and government aggression. Mathilde recently published two chapters in the book series "State Violence and the Right to Peace: An International Survey of the Views of Ordinary People" and has presented related finding at various conferences. Salmberg wrote chapters titled "A Swedish perspective on war, peace and governmental rights to aggression" and "Eastern perspectives on war, peace and governmental rights to aggression: An integrative conclusion." The work is based on an international study of the views of laypeople on war, peace and governmental rights to aggression (such as torture, invasion, and protest) and how those views are influenced by people's backgrounds and experiences. This past summer, she presented a paper co-authored with M. Barbosa at the 11th European Congress of Psychology in Oslo.



Nadjai Plowden, Student

Nadjai arrived at the GW Professional Psychology Program as an accomplished professional. A graduate of Morehouse College in Atlanta, he earned an MA in Applied Psychology from Yeshiva University. He has worked as a high school special education teacher, a special education advocate, an educational diagnostician, and an owner of an educational consulting company that provides evaluations, tutoring, and educational advocacy (<http://www.thelearningsolutions.net>), all in Washington, DC. After graduation, he plans to continue therapy with adults and children as well as conducting evaluations. He and his wife are raising their son in Bowie, MD.



Minh Riley, Social Work Intern

Minh joined the Center Clinic in the fall of 2009 as our first social work intern. She is currently attending the Master of Social Work program at Catholic University of America, and has an externship at the GWU Center Clinic. Minh is working with our program to develop a



social work program that provides case management services to several of our patients. She identifies specific services to support patients' treatment plans and works individually with patients to help them access resources. Prior to graduate studies, Minh spent the last couple of years teaching junior high students in San Diego, CA. She relocated a year ago to Washington, DC with her husband. When she is not reading academic literature for school, she enjoys traveling, running, and rock climbing.

What Our Grads Are Up To

Rachel Barbanel-Fried (class of 2004) gave birth to her first child, Benjamin Elias Salama, early this November. Benjamin is named after great-grandfathers on both sides of his family.



In September, **Julie Bindeman** (class of 2004) gave a presentation to The Capitol Medical Group about post-partum depression. The talk was attended and well-received by pediatricians, physical therapists, psychologists, and chiropractors.



Bindeman has a private practice, Integrative Therapy of Greater Washington, located in Rockville, MD, is a consultant at the Family Support Center in Bethesda, and teaches in the Masters of Counseling program at Johns Hopkins University.



Cindy Cowan (class of 2006) married Tom Crawford in May of 2008 and is now officially Cindy Crawford.

Linda McGhee (class of 2005), a psychologist with The Landon School in Bethesda, MD, was interviewed for an August 31 article in *The Washington Post* on readying children for school.

Jessica O. Hunter (class of 2001) has opened a second office site in Falls Church, VA, in addition to her group practice in Fairfax, VA. See: www.hunterpsychologicalservices.com.



Amarit Rosin (class of 2006) has two girls, Ayelet, 3, and Miriam, 1. She is opening up a private practice in Albany, NY, and will begin working part time for Human Resource Associates providing EAP services.

Gloria Stautland (class of 2001) married Svein Oeritsland on June 12, 2009, in Sola, Norway.

Candace Weissman (class of 2005) is a fourth year candidate at the Boston Psychoanalytic Society & Institute and has been a co-chair of the Candidates' Council for the past three years. She and her husband have a son, Jake, who is nearly two years old.

Thank You

A special note of gratitude to all the students who helped set up our classroom, office and clinic space prior to the launch of the new academic year. In a little over a week, we moved the entire program and had to prepare for a new class of students and to reopen the clinic for our patients.

Many students helped out, and we are grateful to all. Several went well beyond the call of duty, including: Jonathan Goode, Kate Bieri, Erin Cox, Christine Profito, Swetha Vajapey, Damien Clark, Kristen Moody, Michael Mintz, Ariella Gelb, Natalie Arcario and Patti Olson. Extra-special thanks to staff who helped with details large and small: Trish Ryan, Sarah Koch.

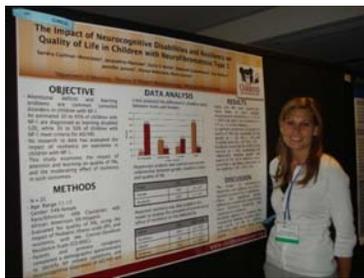
News or Story Ideas? Contact Patrick Cody, editor, at pcody@gwu.edu

Student and Faculty Research

Professor **Paul Gedo** presented “The psychodynamic meanings of delusions of badness” at the October 2009 annual meeting of the International Society for the Psychological Treatment of the Schizophrenias and Other Psychoses, in Rockville, MD. In September, Gedo presented on “Delusions of badness in character disordered patients” to faculty and students in our program.



The GW Professional Psychology **research team** (Carey Heller, Kate Bieri, Janina Brandt, Annaleah Logan, Amanda Zayde, Amanda Spooner, Dana Cohen, Michelle Graham, and Dr. Cheri Marmarosh), presented a poster this summer at the American Psychological Association's Annual Conference in Toronto. The team is looking into the impact of transfers in the Center Clinic. In addition, Kate Bieri, Janina Brandt, and Carey Heller presented their findings to the Society of Psychotherapy Research in Philadelphia this month. Congratulations!



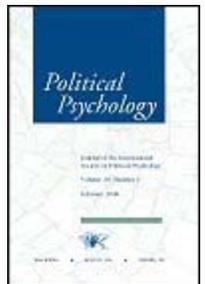
Jacqueline Martone, class of 2010, has had two posters accepted at the International Neuropsychological Society's annual meeting this February in Acapulco. The posters are: “The impact of familial versus spontaneous inheritance of Neurofibromatosis type 1 on neurocognitive profiles in children” and “Gender differences in quality of life in children with Neurofibromatosis Type 1: The role of neurocognitive impairments and resiliency.” Martone is a pediatric neuropsychology intern at NYU Medical Center.

Professor **Richard Ruth** has been appointed to the Death Penalty Task Force of the American Association on Intellectual and Developmental Disabilities. The group will consider whether the death penalty can/should be applied to people with disabilities, and develop a proposed response.

The National Register of Health Service Providers in Psychology, in conjunction with the American Psychological Association of Graduate Students, has awarded **Melanie R. Schettler** with the fall 2009 National Psychologist Trainee Register Credentialing Scholarship. Schettler is one of 26 doctoral students from around the country to be so recognized for commitment to academic and professional excellence. She will graduate with the class of 2010.

Mollie Straff, a first year student in our program, presented as part of a post-conference workshop at the 2009 Conference of the Interdisciplinary Council on Developmental and Learning Disorders. Over the past four years, Straff has worked with a practice in Washington with children who have developmental delays or are on the autism spectrum.

Third year student **Brooke Sweet** is published! See Winter, D. & Sweet, B. (2009). Implicit British perceptions of German leaders in 1938-1939. *Political Psychology*, 30, 839-861.



Fellowships: Third year students Damien Clark, Taryn Millar, Gregory Pearson, Sangeeta Prasad, Amanda Spooner, Brooke Sweet, and Swetha Vajapey are Fellows with the Baltimore Washington Center for Psychoanalysis. Rukhsana Moona Chaudry, Stella Hongola, Jane Keat and Joe Salerno are Fellows with the Washington Center for Psychoanalysis.

“Old Main” (from the GW and Foggy Bottom Historical Encyclopedia)

Architect: Unknown, remodeled by Mills, Petticord & Mills

Date of construction: Unknown, remodeled in 1959

Description: This low-profile three-story red brick building has a dramatic, classically-inspired entrance with thin Tuscan columns and a full entablature. It is formed by a central block of three stories with two flanking, slightly projecting wings. A broken pediment surmounts the door.



The building was formerly owned by the National Association of Life Underwriters (NALU) as their headquarters from 1959-2000.

It previously served as "**St. John's Orphanage**," the principle charity of St. John's Episcopal Church on Lafayette Square, opposite the White House. Originally founded as St. John's Hospital for Children in a house on Pennsylvania Ave., on November 1, 1870, in December 1873, it moved to 1908 H Street N.W. (currently the site of the International Monetary Fund and formerly that of Western Presbyterian Church).

As a result of the depression in the 1870's, funds ran out, but Sister Sarah salvaged the institution, relying on her own resources, largely by moving the forty three orphaned children into a vacant house on this site (20th and F Streets, N.W.) in 1878.

After the house was destroyed by fire in 1914, a fireproof building was erected for the orphanage. There no longer being a need to shelter orphans, it closed after 1956, and was sold to the NALU on March 31, 1959 for \$515,500.

However, the concept of this orphanage has lived on, and the charitable work of St. John's Church for children is being continued presently by St. John's Community Services at various sites throughout the city, including at 4880 MacArthur Boulevard., N.W., in D.C.

Did you know?

Adverse childhood experiences (ACEs) are associated with an increased risk of premature death. Baseline survey data on health behaviors, health status, and exposure to ACEs were collected from 17,337 adults who were 18 years or older during 1995–1997. ACEs included abuse (emotional, physical, and sexual); witnessing domestic violence; parental separation or divorce; and growing up in a household where members were mentally ill, substance abusers, or sent to prison. People with six or more ACEs died nearly 20 years earlier on average than those without ACEs (60.6 years vs. 79.1 years). Average years of lost life per death were nearly three times greater among people with six or more ACEs (25.2 years) than those without ACEs (9.2 years). Previous studies have confirmed that ACEs correlate with negative health behaviors and outcomes, healthcare utilization, and overall health status. The new study was published in the November 2009 issue of the *American Journal of Preventive Medicine*.

The Center Clinic
Professional Psychology Program
George Washington University
1922 F Street, NW, Washington, DC
202-994-4937



Low Fee Mental Health Care for Children, Adolescents and Adults



The Center Clinic is a non-profit community mental health center. Therapists in the clinic are advanced doctoral students in the Professional Psychology Program of The George Washington University. They are supervised by members of our clinical faculty, licensed mental health professionals.

The Center Clinic provides comprehensive quality mental health services to the community at an affordable cost. **We offer a sliding scale fee** based on income and do not have a waiting list. Our services include:

- Adult psychotherapy
- Child and adolescent psychotherapy
- Couples, family and parent-child therapy
- Psychological assessments
- Group therapy
- Parent consultation and guidance

We offer both brief and longer term psychotherapy, and do not have a pre-imposed limit on the number or frequency of sessions. Our guiding perspectives are psychodynamic and developmental; our students are trained in a variety of interventions, including cognitive-behavioral and family systems therapies. If medication is needed, we can refer individuals for psychiatric consultation.

Our program was recently recognized by the American Psychological Association for our multi-cultural competence, psychodynamic psychotherapy and case formulation skills. Several of our therapists are able to provide services in Spanish and other languages.



Location: The Center Clinic is located at **1922 F St., NW**, ground floor, in downtown Washington, DC. We are convenient to the Foggy Bottom and Farragut North Metro stations, and also the #31 and #80 Metro buses.



To schedule an appointment, call 202-994-4937. A coordinator will talk with you on the phone before referring you for therapy and/or testing. Appointments are available between 9:00 a.m. and 8:00 p.m., Monday through Friday. Psychological testing also may be available on Saturdays. **Referrals:** Mental health clinicians who are making referrals may call the clinic with questions about the facility and services. Call **202-994-4937**.