

The George Washington University

Professional Psychology Program

Fall 2015 Newsletter

Letter from the Director

Dear Colleagues, Alumni, and Friends of the Professional Psychology Program,

This fall our program enters its twentieth year of training clinical psychologists who, as we declare in our mission statement, value “openness, curiosity, diversity, tolerance, beneficence, humility, methodological ability, professional ethics and who are skilled in the discovery and equitable provision of effective clinical services.” We look forward to the next twenty years with optimism for the future and appreciation of the accomplishments of our alumni, currently licensed to practice in thirty states.

To help our alumni stay in touch with the program and with each other, we have initiated “The George Washington University's Professional Psychology Program Alumni Association” Linked-In group. If you would like to join, please send your preferred email address to Charles O'Connor, Program Operations Manager at oconnor4@email.gwu.edu and he'll make sure you receive an invitation. As always, all alumni are welcome to drop by in person, and we invite your participation in program activities such as colloquia and CE events.

As you'll see in this newsletter, we've been busy this past year welcoming new students, postdocs and faculty members to our program. We've also been fortunate to have several distinguished nationally known psychologists visit to discuss their work with our students and faculty. We expect the coming year to be equally rewarding!

With best regards from Old Main,

Loring J. Ingraham, Ph.D.

Director, Professional Psychology Program
Professor of Clinical Psychology
The George Washington University



Loring J. Ingraham, Ph.D.
Program Director
Professor of Clinical Psychology

**A warm welcome to all new members of
the GW Professional Psychology Community!**

Welcome Class of 2019!



The George Washington University PsyD Class of 2019

Back row (Left to right): Alexander Abramowicz, Natalia Baez, Aaron Banas, Cristel Bel, Laura Bowles, Greta Carlson

Middle Row: Courtney Dinsmore, Bryce Gold, Celeste Kelly, Tiffany Lin, Shelley Maxwell, Nicole Moore

Front row: Lisa Moscatiello, Melissa Rappo, Ryan Shea, Leisa Small, Marlene Villegas, Chelsea Wettroth

Get to Know our Newest Postdocs



Dr. Michael Magenheimer, Dr. Leslie Klein, and Dr. Justin Hopkins

Dr. Magenheimer earned his undergraduate degree from Ithaca College and his Doctorate from Loyola University Maryland. Dr. Magenheimer's Doctoral training followed a more eclectic theoretical model that has over time become rooted in modern psychodynamic psychotherapy. His training has included cognitive and personality assessment, interpersonal process groups, mindfulness, and individual psychotherapy. Over time Dr. Magenheimer has developed a specific interest in working from a strong multicultural perspective, specifically with male and LGBTQ identified patients. He has trained primarily in counseling centers but also has experience in private practice and community outpatient settings. Outside of psychology, Dr. Magenheimer has spent much of his time mountain biking and rock climbing, both teaching and mountain-guiding in the outdoors. He is thrilled to be welcomed into the GW community and to explore the DC area.

Dr. Klein earned her Bachelor's Degree from Cornell University and her Doctorate (Psy.D.) from the GW Professional Psychology Program. During her training, Dr. Klein gained experience working with patients throughout the lifespan. The majority of her training, however, focused on working with children and adolescents in individual and group psychotherapy, psychological assessment, milieu-based treatment, and family therapy. Dr. Klein has a particular interest in working with adolescents with more severe diagnostic presentations, including those with psychotic symptoms and severe mood disorders. Dr. Klein has trained in a variety of settings, including outpatient clinics, milieu-based therapeutic day schools, adolescent residential units, and home-based therapy. She has been thrilled to return to the Professional Psychology Program in her new role as Postdoctoral Fellow, and has appreciated the warm welcome back from the program community.

Dr. Hopkins graduated from Hampton University in Hampton, Virginia, with a Bachelor's degree in Psychology. He went on to complete his Doctorate in Clinical Psychology (Psy.D.) at Regent University in Virginia Beach, where his training was theoretically eclectic, targeting a wide-variety of populations. He has gained experience providing both cognitive-behavioral and psychodynamic treatment in a number of mental health settings, including community mental health clinics and university counseling centers, as well as federal hospitals. Throughout his training, Dr. Hopkins has focused on cultural dynamics and issues of social justice, as they pertain to his patients, society at-large, and gaps in academic literature. His clinical interests further include psychodynamic understanding of attachment, personality, and trauma. As a Queens, New York native, Dr. Hopkins is excited to return to a psychodynamic-friendly community in a major city, which simply feels like home, both personally and professionally.

Get to Know our Newest Faculty Members



Paul M. Gedo, Ph.D., Associate Professor of Professional Psychology, has assumed the roles of Director of Clinical Training and Associate Program Director. He has been a core faculty member since 2005. He earned a Ph.D. in Behavioral Sciences (Human Development) from the University of Chicago and completed his internship at McLean Hospital, Harvard Medical School. He graduated from the Washington Psychoanalytic Institute in 2002. Since 1989, he has maintained a private practice, seeing children, adolescents and adults for psychotherapy, psychoanalysis, and psychological evaluations.

Dr. Gedo worked in various capacities at Chestnut Lodge Hospital (later CPC Health), eventually serving as Chief Psychologist and Director of Clinical Training in Psychology (1988-2001). He subsequently served on the clinical staff of the Lodge School, and initiated the externship program there.

He is currently part of a study group exploring psychotherapy process and ways that the therapist can maintain awareness in the face of the patient's nihilism and verbal attacks. He and Dr. Hedlund are initiating research into the ways autistic-spectrum youth respond to projective tests.

Karen L. Weise, Ph.D., is a clinical psychologist and child/adolescent psychoanalyst. She received her Doctorate in clinical psychology from City College (CUNY) and completed her psychoanalytic training at the Anna Freud Centre in London, England. Before joining the Professional Psychology faculty in July 2015, Dr. Weise had been on the faculty of the American School of Professional Psychology (DC) for the past 14 years. She is a teaching analyst and member of the child faculty at the Washington Center for Psychoanalysis and has taught and supervised at the Washington School of Psychiatry. She has previously held psychology positions at Children's National Medical Center (Child Development Clinic) and the Reginald S. Lourie Center for Infants and Young Children. Dr. Weise presently has a psychotherapy practice in Northwest, DC where she sees children, adolescents and young adults for assessment and therapy. She has particular clinical interests in the assessment and treatment of autism spectrum disorders, adoption, and parent consultation.



helen DeVinney joins the part-time faculty after working for two years as a postdoctoral fellow here in the program. She is a 2014 recipient of Division 39's Early Career Scholarship, and she has recently agreed to serve as the co-chair of Division 39's Early Career Committee. She came to psychology following graduate work in English, where she focused on theory related to gender, race, and sexuality; she has also worked in education reform, teaching, and publishing. helen is excited about teaching therapists-in-training and she is passionate about pursuing an interdisciplinary approach to dynamic work with patients, blending critical theory and psychoanalysis to help patients explore their experiences and gain empowerment in their lives and communities. In addition to her work teaching and supervising students, helen has begun a small private practice in Washington, DC.

Community Enhancement Committee Contributions



The members of the Community Enhancement Committee have had a busy, fulfilling year enhancing the social and physical environment of our program. Their efforts to make our facilities more functional and attractive and to encourage celebration and connection at social events have made a positive difference in our community's culture. The CEC supported the planning of socials graciously hosted at the homes of Drs. Hedlund and Dershewitz. They also worked to make the already enjoyable end-of-the-year party even more festive with the addition of decorations, more food and drinks, additional seating, music, and an agenda that was a bit lighter on speeches and a bit heavier on socializing.

Much of the work of the CEC last year was devoted to improving how our facilities look and function. One of the most visually impactful changes was the painting of the main entrance hall. The addition of a GWU area rug and a leather bench to the hallway made it even more welcoming and comfortable (along with a new sign with the program name at the 20th street entrance that added a useful, professional touch). The committee also spruced up the Student Storage room by replacing the old, worn-out furniture with clean, cozy leather sofas. A work desk and two desk chairs make the room not only comfortable for relaxing and gathering, but also a functional place to set up a laptop for individual or group work. The kitchen was made more navigable by replacing an unused sofa with a shelf to hold bags underneath and a coffee bar on top. In the clinic, all of the rooms were enhanced with artwork and new lamps. The old rug in the child therapy room was replaced with a large, neutral rug, making it more pleasant for both child and adult patients. The computer room was vastly improved by removing an unused table, adding a file cabinet, and rearranging the furniture to make it more functional, roomier, and better organized. The committee also undertook the task to identify abandoned lockers so that they could be freed for use by newer students. Throughout the facility, the CEC has removed damaged and broken furniture, and coordinated the chairs in each room to match.

The CEC plans to continue to paint and spruce up the area, add and upgrade the artwork, and make our basement facilities look as professional and attractive as possible. They are adding "meet-up" type social events, and will continue to look for ways that allow students and faculty to connect and have fun. An ongoing priority is to continually recruit new students so that the energy and motivation to focus on the social and physical environment of our program will continue.

James Hansell H. Award of Excellence

Dr. Hansell represented excellence in his devotion to his clinical work, innovative research endeavors, and most importantly, collegiality and support of others in the Program. A student who most fully embodied the life and work of Dr. Hansell was the ideal candidate for this award.

The first annual award honors a student who demonstrates excellence in scholarship, clinical practice, participation in committees and activities within the program, interest and engagement in the study of psychotherapy, and overall embodiment of the practitioner-scholar model that Dr. Hansell valued. In addition, the winner of the James H. Hansell Award is one who has contributed to the betterment of the program through support of fellow students, commitment to the class, and dedication to fostering an environment that is supportive, open to diversity, and safe.

We are pleased to announce Chelsea O'Haire, Psy.D. Class of 2015 and Niles Muzyk, Class of 2016 as the first two recipients of this award. Congratulations!



Niles Muzyk, M.Psy., Class of 2016



Chelsea O'Haire, Psy.D., Class of 2015

End of Year Celebration

On June 22, 2015 students, faculty, alumni and supervisors celebrated the end of another successful year on top of 1957 E Street NW. There was great food, tons of laughter, and priceless views! Celebrations ensued over Niles Muzyk, M.Psy., receiving the 2nd Annual James Hansell Award of Excellence.



Colloquia

Friday, September 26, 2014: **Dr. Usha Tummala-Narra** presented "Conceptualizing Cultural Competence from a Psychoanalytic Perspective". Usha Tummala-Narra, Ph.D., is an Associate Professor in the Department of Counseling, Developmental and Educational Psychology at Boston College. She is also in independent practice in Cambridge, MA. Dr. Tummala-Narra received her Doctoral degree from Michigan State University and completed her post-doctoral training in the Victims of Violence Program at Cambridge Hospital in Cambridge, MA. She served as the Founding Director of the Asian Mental Health Program at Cambridge Health Alliance, and the Co-Director of the Trauma and Loss Program at Georgetown University Hospital. She has presented nationally and published peer reviewed journal articles and book chapters on the topics of immigration, ethnic minority issues, trauma, and psychodynamic psychotherapy. She is a recipient of the Collaborative Fellows Grant from the Lynch School of Education at Boston College. Her research focuses on the experiences of race and immigration among youth and adults, and on the experience of traumatic stress among immigrant communities. She is the recipient of the American Psychological Association Division 39 2013 Johanna Tabin Book Proposal Prize, and her book concerning culturally informed practice from a psychoanalytic perspective is in progress. Dr. Tummala-Narra has served as the chair of the Multicultural Concerns Committee for Division 39 (Psychoanalysis), as a member of the Committee on Ethnic Minority Affairs (CEMA) in the American Psychological Association, and as a member of the APA Presidential Task Force on Immigration. She is currently Member-at-Large on the Board of Directors of APA Division 39.

Friday, April 17, 2015: **Kimberlyn Leary, Ph.D., MPA**, presented "We can do better: Psychoanalysis and Public Conversations". Kimberlyn Leary is an Associate Professor of psychology at the Harvard Medical School and chief psychologist at the Cambridge Health Alliance. She is also a faculty affiliate at the program on negotiation at Harvard Law School and an adjunct lecturer at New York University. Dr. Leary began her career as a clinical practitioner focused on improving access to diverse communities. Her early work on "negotiated transactions" in psychotherapy expanded to broader research on negotiation and conflict management. Dr. Leary's global work on conflict negotiations includes studying "critical moments" in mediations to end armed conflict in Southeast Asia and researching social enterprise ventures in the Middle East. She teaches courses on leadership and conflict transformation to undergraduates at Harvard College, on advanced negotiation and mediation to senior executives at Harvard Law School, and on physician-community engagement and the doctor-patient relationship at Harvard Medical School.

In her work as chief psychologist at the Cambridge Health Alliance, Dr. Leary directs the division of psychology and its training programs to deliver culturally sensitive care supporting the hospital's primary care centers, specialty mental health, and acute emergency services. This work includes facilitating partnerships with community agencies, law enforcement, and school systems, and assisting with the health system's transformation to becoming an accountable care organization. Dr. Leary received her BA from Amherst College, her MPA from the Harvard Kennedy School, and her Ph.D. in clinical psychology from the University of Michigan. She received additional postgraduate training as a psychoanalyst. For the past four years, she was the scientific program chair of the American Psychoanalytic Association.

Friday, September 25, 2015: **Dr. Beatrice Beebe** presented "Infant Research and Adult Treatment: Contributions of Microanalysis". Beatrice Beebe, Ph.D., is Clinical Professor of Medical Psychology (in Psychiatry), College of Physicians & Surgeons, Columbia University, New York State Psychiatric Institute; faculty at the Columbia Psychoanalytic Center, the Institute for the Psychoanalytic Study of Subjectivity, and the N.Y.U. Postdoctoral Program in Psychotherapy and Psychoanalysis; co-author with Jaffe, et. al. of *Rhythms of Dialogue in Infancy* (Blackwell Publishing, 2001), author with Lachmann of *Infant Research and Adult Treatment: Co-Constructing Interactions* (Analytic Press, 2002), and author with Knoblauch, Rustin, and Sorter of *Forms of Intersubjectivity in Infant Research and Adult Treatment* (Other Press, 2005). She is in private practice in New York City, specializing in adult psychoanalysis and mother-infant treatment. Currently she directs a primary prevention program for mothers who were pregnant and widowed on September 11, 2001.

2015 Graduation



The George Washington University Professional Psychology Program Class of 2015

On Thursday, May 14, 2015 we welcomed the class of 2015 and their guests with a reception in Old Main. Classmates that had been apart for almost a year shared internship experiences and plans, while faculty and family members expressed their mutual pride in the graduates' accomplishments. Speaking to the group, faculty noted that the four years spent in our program are short compared to the long future association we hope to enjoy: wherever future paths will lead, The Professional Psychology Program remains a home. Following the reception, we proceeded to the Doctoral Hooding Ceremony where it was noted that the designation of "doctor" signifies an original contribution to knowledge and the readiness to teach others, and where in a long-standing tradition, our students had their doctoral hood placed on their shoulders by Provost Lerman and their Major Area Paper reader.

—Loring Ingraham, Ph.D.

Community Updates

Carey Heller, Psy.D., (Class of 2011) and his wife Hope Heller are thrilled to announce the birth of their son, Samuel Harrison Heller, born May 5, 2015, weighing seven pounds, eight ounces.



Julie Bindeman, Psy.D., who was appointed by Governor Larry Hogan to the Task Force on Maternal Mental Health, recently had a chapter published in the medical textbook: Prenatal and Preimplantation Diagnosis: The Burden of Choice edited by Joann Paley Galst and Marion Verp.

Several Austen Riggs Postdoctoral Fellows invited Dr. Paul Gedo to attend an Assessment Seminar and a Treatment Conference there during the first week of October, 2015. He enjoyed getting together with the four Fellows who are GW alums-- Sandra Delgado, Michael Blake, Jeremy Ridenour, and Heather Churchill-- and also in hearing them discuss their work in the seminar and conference. Afterwards, he stayed at Austen Riggs for a conference of educators in psychodynamic psychology, where he met with Jacqueline Wall, Director of the APA's Office of Program Consultation and Accreditation. They also met in small work/discussion groups to consider programmatic and pedagogical challenges. The meetings were collegial and productive.

Karla Steingraber, Psy.D., is currently the President of the Illinois Psychological Association, after having served at Early Career Psychologist Chair, Membership Chair, and President Elect. During her term she planned the IPA Annual Convention entitled: "Are You There, Freud: Vestiges of Dynamics in Cutting Edge Treatments," which took place on November 5-7, 2015. Along with 10 other mental health organizations, she proudly signed a letter of support for Senate Bill 111/House Bill 217, banning Sexual Orientation Change Efforts (aka Conversion "Therapy"). Having started with Volume I, she is currently close to finishing Volume XVII of the Standard Edition of the Complete Psychological Works of Sigmund Freud. Her practice, Aprioris Psychological Health Services, is in Northbrook, Illinois.

Anna Hickner, Psy.D. Class of 2012, is proud to announce the launch of a free online support platform she has created for aspiring mental health professionals called The Inadequate Graduate (TIG) found at www.theinadequategraduate.com. The website features a blog, podcast series, and self-love library meant to provide resources and promote self-care for students and trainees. In addition, TIG has a Facebook page and Twitter account to foster connection and accessibility. It is her hope that The Inadequate Graduate could be helpful to the GWU PsyD community, and if anyone is interested in being interviewed for the podcast series, she would love to talk! All inquiries may be sent to theinadequategraduate@gmail.com.

Dr. Sandra Mann, Dr. Matt Merced, and Dr. Zach Stutman co-authored a paper recently. Here's a link to the abstract: <http://psycnet.apa.org/index.cfm?fa=buy.optionToBuy&id=2015-22658-001>.

Alison McGrath Howard, Psy.D., M.Ed., CGP, Clinical Psychologist and Certified Group Psychotherapist, is pleased to announce two psychotherapy groups starting in Upper NW DC:

1. Social skills group for young adults meets on Monday at 9:00 am in her office. Mixture of pragmatics and here and now process.
2. Women's process group on Tuesdays at 7:00 pm. All ages welcome.

Please contact her with any questions: 4601 Connecticut Ave., NW, Suite 20, Washington, D.C. 20008; [202-368-3501](tel:202-368-3501); www.alisonhoward.com

Community Updates

Dr. Linda Flemming-McGhee (class of 2005) and Dr. Rebecca Resnik (also class of '05) were presenters at the Maryland Psychological Association's annual state convention in Annapolis. Their topic was: First Do No Harm: The Ethics of Assessment.

CEC ANNOUNCEMENT: What says 'Community' better than friends having fun away from 101 Main? To that end, the Community Enhancement Committee will propose a monthly event in the DC area. The event is not obligatory - just a fun way to meet up with current students in each year and to see a slice of the city you might not have known about. Keep your eyes open for recommendations that the CEC will send to you!

Richard Ruth, Ph.D., is on sabbatical this year, and enjoying the time to work on research and writing projects. He has forthcoming articles on feminism and gay men, applying intersectionality theory to disability, the history of psychoanalytic treatment of psychosis in the US (co-written with a GW student), and the ethics of multicultural practice. With PsyD students as collaborators, he is editing a book on emerging issues in LGBT psychology and investigating the implications of Freud's 1913 treatment of a famous Chassidic rabbi.

Volunteer for the National Sexual Assault Hotline

RAINN- the nation's largest anti-sexual assault organization- provides support for sexual assault victims and their loved ones, one such way being through the online hotline. The National Sexual Assault Online Hotline, operated by RAINN, is currently looking for volunteers to help staff the hotline. The online hotline provides live, secure, anonymous crisis support to the growing number of people who prefer communicating online through a simple instant message interface - giving those affected by sexual assault a safe place to turn when they can't find their voice.

As a volunteer, you could help provide much-needed support to victims of sexual assault and their friends and family members. By working on the online hotline, volunteers would be speaking directly with victims and their loved ones through an anonymous chat service. RAINN has helped more than 1.5 million people affected by sexual violence through the National Sexual Assault Hotline and Online Hotline. Your support can mean helping the next million.

If you would be interested in volunteering for the Online Hotline, you can find more information at:
<https://rainn.org/get-involved/volunteer-for-RAINN/ohl-volunteer>

Still want to get involved but the Online Hotline doesn't seem like a good fit for you? There are many other ways to get involved with RAINN: <https://rainn.org/get-involved/volunteer-for-RAINN>

Dr. Robin Haight, class of 2002, has been named President of the Virginia Academy of Clinical Psychologists (VACP). VACP, with approximately 450 members, is the professional association for clinical psychologists in Virginia. Robin encourages all licensed clinical psychologists in Virginia to join; go to www.vapsych.org.