Letter from the Director

Dear Colleagues,

As the spring semester begins, we are delighted to welcome Dr. James Hansell as he joins us from The University of Michigan as our new Deputy Director and Director of Clinical Training. Please drop by Dr. Hansell’s office to welcome him and say hello. In addition to his research, supervision, and administrative contributions, this spring Dr. Hansell is teaching a new seminar exploring the emerging field of neuropsychoanalysis and the adjacent areas of affective neuroscience and interpersonal neurobiology.

Interest in joining our program remains strong. This year we have received well over four hundred applications for admission to the class entering this coming fall. Faculty members are currently in the midst of reviewing these applications, and we will be inviting selected individuals for on-campus interviews in late February and early March. As always, we welcome students and alumni joining faculty in the interview process.

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Psy.D. Program Goes “Green”

This fall brought many changes to the Professional Psychology Program, among them a greater awareness of our influence on the environment. Thanks to the initiative of Robin O’Sullivan (Class of 2014), GW provided a set of recycling bins for the academic hallway in our suite. In spirit of this effort, reusable silverware and mugs have been purchased for the kitchen to reduce the number of plastic utensils used by members of the community.

Introducing Dr. Jim Hansell

Dr. Jim Hansell has happily joined the Program faculty as of Jan. 1, 2012, taking on the positions of Deputy Program Director, Director of Clinical Training, Director of the Center Clinic, and Professor of Clinical Psychology. Dr. Hansell moved here from Ann Arbor, Michigan, where he spent the past many years at the University of Michigan and in private practice as a training analyst at the Michigan Psychoanalytic Institute and as a psychodynamic psychotherapist. He is the author of an undergraduate Abnormal Psychology textbook (with Dr. Lisa Damour) and many articles on psychoanalytic theory and technique and the interface of psychoanalysis and culture.

Dr. Hansell’s wife, Andrea, is also a clinical psychologist and she will be joining him at their new home in Rockville, MD later in the year after wrapping up her commitments in Ann Arbor. They have two children: Julie, 23, is starting an MA program in Sports Administration at Ball State University in Indiana, and Adam, 20, is a sophomore at the College of Wooster in Ohio where he is a varsity soccer player and probable Psychology major. In his leisure time, Dr. Hansell enjoys hiking, biking, travelling, and playing acoustic and electric guitar.

Looking forward, our faculty members are actively pursuing excellence in clinical service, research and teaching. This spring, a grant awarded to Dr. Marmarosh is allowing the Center Clinic to implement a new record keeping system that will support effective patient treatment and clinical supervision as well as empirical study of assessment and intervention in the clinic.

I look forward to working together this year.
With best wishes for a productive and rewarding 2012,

-Loring Ingraham

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Get To Know Our Newest Members

Administrative Assistants

Heather Ovenshire joined the Professional Psychology staff as Program Secretary in July 2011. Prior to joining the program, she worked as an elementary art teacher for 4 years in Frederick County, Maryland. Heather is currently a graduate student in the International Education Program at The George Washington University. Her favorite part about her job is working with the incredible faculty, staff and students in the Psy.D. program.

Stephanie Lee joined the Professional Psychology Program this past fall. She has an enduring relationship with GWU, previously serving the Law School as Program Coordinator of admissions for international graduate students from 40+ countries, and holds a B.A. in International Affairs and an M.P.A. from the University. Her additional experience includes working with area non-profits, and briefly volunteering abroad to outreach underserved communities. Stephanie is responsible for Departmental Operations with the program, which involves purchasing supplies, recordkeeping of budget and expenditures, processing clinic payments, maintaining personnel files, and handling facility concerns. Stephanie admires the team spirit behind the CEC’s activities and recently provided program purchases of food/drink for the past Community Breakfast, and looks forward to continuing our tradition of student and program collaboration.

Post-Doctoral Fellows

Dr. Mariana Figueira graduated from the GWU Psy.D. program in August of 2011, and has recently rejoined the community as a Postdoctoral Fellow. While in the program she pursued the Adult track, and developed an interest in using contemporary psychodynamic theories for understanding and treating adult patients. Specifically, she is interested in how Self Psychology technique can be combined with relational and affect focused interventions for accelerating the change process in psychotherapy. Dr. Figueira chose to stay in the Center Clinic during her third year of the Psy.D. program and moved to Philadelphia for my internship at Temple University’s counseling center. She is glad to be back at GWU, and is enjoying the opportunity to be involved in teaching, training of student clinicians, and to continue to engage in supervision and clinical work with adult patients.

Dr. Julie Buddensick graduated from the Psy.D. program in 2010. As a student, she worked with children and adolescents and completed her externship at the Lodge School. Dr. Buddensick completed her internship at Sagamore Children’s Psychiatric Center, completing rotations in inpatient, day treatment, and outpatient settings. Since joining the faculty as a Postdoctoral Fellow in August 2011, she has enjoyed the opportunity to train and supervise students. Dr. Buddensick has also enjoyed her first teaching experiences, and will be co-teaching courses in the upcoming semesters to continue to gain these skills. She is fortunate for the opportunity to work closely with students and is thankful for the welcome and support she’s received from the entire Psy.D. community.
Members of the community put their textbooks aside for one Saturday afternoon this fall to enjoy the season at Homestead Farms in Poolsville, Maryland. Faculty, students and their families shared in the laughter and enjoyment of spending time away from Room 101. Together they picked apples, fed farm animals, and braced their stomachs on a very wobbly hayride to a pumpkin patch! Five buckets of fall fruit and many photographs later, enjoyment had been certainly had by all.

The Fall 2011 Colloquium speaker was Fred Busch, Ph.D. Dr. Busch, a Training and Supervising Analyst at the Psychoanalytic Institute of New England, East, a member of the Faculty of the Boston Psychoanalytic Institute and the Massachusetts Institute of Psychoanalysis, gave a presentation entitled, “An Invitation to a Conversation Like No Other.” Throughout his lecture, he spoke to the importance of careful listening, reflection and consideration of one’s own inner life. According to Dr. Busch, such an approach will not only improve the dialogue within the therapy dyad, but it will also model for one’s client how to think about the course of conversations. He remarked that patients often come to our offices complaining of difficulties thinking or feeling something. This was stated to reflect an interrupted conversation with oneself. He emphasized that that getting one’s client to “think about thinking” should be a focus of treatment, as it provides a “freedom of mind.”

This past December, faculty, staff, students and their families gathered together to celebrate the conclusion of another successful semester. Room 101 was transformed into a winter wonderland, adorned with hand-crafted snowflakes, strings of lights and seasonal music. Members of the community tried their hand at cooking and baking, ultimately filling two tables with too many appetizers, snacks and deserts to count! Additional highlights of the event include a pot of warm cranberry-apple cider and a cookie decorating station for the younger (and young-at-heart) guests in attendance.

Thanks to the inspirational vision of David Le, Class of 2014, The Professional Psychology Program has its very own t-shirts. The image, pictured on the left, was printed onto light grey t-shirts, and during a fall fundraiser over 80 shirts were sold, which raised over $200 to partially finance the end of semester holiday party. The CEC is currently in the process of gauging community interest to place another order of t-shirts or other office supplies. For more information, please write gwpsydcommunity@gmail.com.
The Clinic Committee

The Clinic Committee is off to an ambitious and exciting start this semester! Dr. James Hansell, the new Director of Clinical Training and Clinic Director, has officially joined the program and is working closely with Clinic staff in strategic planning for the Clinic's future. The Clinic also welcomed Dr. Mann's new position as Associate Director. Clinic staff participated in a retreat during the winter intersession, in which they reviewed and made plans for bolstering students' training progression, clinic resources, and efficiency of clinic operations. One of the larger undertakings this year will be transitioning patient records into an electronic system, Titanium. This new resource, funded in part by grants from the Research Committee, will eventually involve all externs and supervisors, and lead to greater efficiency of operations, assessment of clinical work, and advance extern's clinical training. Updates forthcoming as implementation plans are further clarified.

- Sandra T. Mann, PsyD
Associate Director, Center Clinic

Clinical Instructional Assistants

Is mutual analysis making a comeback or are our IA’s just that exhausted?

Michael Blake and Sonia Kahn are serving as this year’s Clinic Instructional Assistants, and the Center Clinic has certainly kept them busy. Together, and in conjunction with the Clinic staff, Michael and Sonia have been working on a variety of projects, including the enhancement of the Center Clinic’s third-year externship program. This externship is developing into a fantastic opportunity for clinicians who are interested in learning first-hand the benefits of long-term psychotherapy while receiving advanced training in dynamic theory and supervision. Michael enjoys working as an IA as it has allowed him to take a greater leadership role in the community. In addition, he has been enjoying the opportunity to enhance his consultation and supervision skills in preparation for what he hopes to be an invigorating internship next year. Sonia too is enjoying her year as a Clinic IA, both in learning the ins-and-outs of clinic operations, an interest she still holds from her days as a business consultant, and in having the opportunity to meet with and train first- and second-year students as they phase into their roles as clinicians. Both IAs extend their thanks to the leadership and guidance of the program's post-docs, Dr. Julie Buddensick and Dr. Mariana Figueira, and the Associate Clinic Director Dr. Sandra Mann in making this a very rewarding experience.
Outreach Committee

The GW Outreach Committee is responsible for bringing awareness to the community about various aspects of mental health and what services are located at GWU to help students, faculty, and staff get the support they need. So far this year, we have succeeded in spreading knowledge about the Center Clinic by tabling at orientation events for incoming freshman and transfer students, and at welcome week events. Additionally, we have recently connected with the GW chapter of Active Minds (a suicide prevention organization), and are looking forward to growing our committee and its influence on the GW community and beyond!

Continuing Education Committee

The Continuing Education Committee consists of one student representative from each class who work collaboratively with Dr. Ruth to offer continuing education programs to the professional community. This fall the committee welcomed Alexandra Mattern-Roggelin (Class of 2015).

Additionally, the Continuing Education Committee organized the second lecture of an ongoing series for our program. The program welcomed the knowledge of Julie Bindeman (Psy.D.) and Rebecca Resnik (Psy.D.) who collaboratively led the lecture addressing Maryland’s new licensing law. Drs. Bindeman and Resnick provided extensive information for psychologists and those who train psychologist about how to understand and negotiate the new law, which allows a recent graduate to apply for licensure following the conferral of the doctorate.

Community Cookbook!

Thanks to the generous submissions of many members of the community, the Community Enhancement Committee was able to create the program’s first community cookbook! Consisting of over 100 all-time-favorite recipes, there is sure to be something to whet everyone’s appetite. With 60 cookbooks already having been sold, the CEC is planning to purchase new testing supplies and couches for the student lounge! If you are interested in supporting our cause, the cost is $20.00 (plus $5 shipping and handling) and orders may be placed by emailing gwpsydcommunity@gmail.com. All proceeds will be reinvested into the community!
The CEC started the 2011-2012 academic year off with a bang! Committee members spent August planning and organizing a welcome social to officially acclimate the class of 2015 into the program. The vast majority of the first year class attended to hear their colleagues discuss ways to become involved in the greater program community and an informal question-and-answer session about the program in general. Interest was high, with many members of the class of 2015 signing up to join each of the program’s committees.

Since then, the community has witnessed another eventful and fruitful semester. One of our proudest accomplishments is achieving our largest fundraising success as a committee through the Community Cookbook. With the support and collaboration of members in our community, we were able to compile over 100 recipes to aggregate and distribute to students, faculty, alumni, and many other supporters of our program. With the help of classmate David Le (Class of 2014), the committee created and sold almost 100 T-shirts for the GWU PsyD Community. It is our hope to continue organizing and designing more paraphernalia for our program to enhance the morale and unity of our community.

A new addition to our weekly digest, entitled "Pop Psychology: A Brief Look at How Art Imitates Life,” has broadened our clinical knowledge of ongoing developments in the field as related to the DSM and the external world. Additionally, we organized various events including a weekend trip to Homestead Farms, where students and family members shared laughter and showed off their apple-picking skills. The committee hopes to organize more events outside 1922 F St. where family members and friends can come join in the celebration of all that the greater district has to offer. At the close of the fall semester, the committee also organized the community to spread and share the seasonal cheer with our Holiday Party in Room 101. From organizing decorations to arranging the menu, the CEC helped to foster a night of recognition the hard work both our students have faculty have completed in the fall. Many members of our community and family members enjoyed delicious treats, warm-cranberry cider, and celebrated the end to another busy, but fulfilling and successful semester.

As for the spring, the committee’s ambitions are again far from shy. Starting with our newly-innovated “I SEE YOU” Board, we hope to shine light on those members of our community who demonstrate, diligence, dedication, and determination in various domains. Appreciating and acknowledging all of the hard work that our community endures is a value we hope to instill in the program and years to come. Secondly, the committee will be organizing a collection of school supplies, small toys, and toiletries to donate to Project Playtime-- an organization for homeless children in the DC area. Lastly, we begin to prepare for greeting the candidates for the class of 2016, the CEC be helping to organize and decorate the space to make the interviewees feel comfortable and welcome.
Class of 2014 Research Committee

Dr. Marmarosh is excited to announce that her second year research team was awarded the UFF funding that will support the purchase of Titanium for the Center Clinic. The directors of the program have met with a Titanium representative and the clinic is in the process of rolling out this new system. We hope that Titanium will be installed and operational sometime this Spring Semester and we look forward to integrating technology into our clinical practice. Dr. Marmarosh would like to acknowledge the hard work her students have done.

Currently, the committee’s interests have manifested in two different projects: one of which includes the interest in demographic characteristics of our client population, and the other includes a focus on the presence of rupture and repair between student therapists and their patients based on attachment styles.

We would also like to extend a special thanks to Dr. Hava Bonne for donating assessment tools including the Rorschach and WISC-R.

We are grateful for her generosity and appreciate her thoughtfulness and significant contributions to our community.

Class of 2013 Research Committee

The Class of 2013 Research team, consisting of Jason Moehringer, Sonia Kahn, Mary Nikityn, Lauren Ferraioli, and Angela Cerkevich, have been hard at work. Under the supervision of Dr. Marmarosh, the team has been working on a project studying the effects of attachment and supervisory style on the supervisory working alliance, real relationship, and trainee perceptions of their self-efficacy as clinicians. They have completed the first draft of our write-up and have submitted it for publication. Further updates to follow!

Dr. Hansell’s Lab

As Dr. Hansell transitions to life in the District, he plans to not only relocate his family but also his lab. In order to continue to develop his interest in research, Dr. Hansell has interviewed and selected two paid research assistants. We look forward to continued updates of Dr. Hansell’s research in the coming months.

Interested in Research?

For those interested in becoming involved in the aforementioned research projects, please contact members of the various research teams or faculty advisors.

Photographed: Cristiano Santostefano, Leslie Trumble, Megan Nesbitt, Laura Janowitch, Alexey Tolchinsky, Leslie Steljes-Nanson, Laura Diskin, Rachel Menditch, Marta Miranda, Jessica Greenberg, Melissa Hoffman, Dr. Cheri Marmarosh, Joy Lere
Rebecca Resnik (Class of 2005) continues to work as Director of the Bethesda office of Mindwell Psychology. This past year she was honored to be named Head of the Educational Affairs Committee for the Maryland Psychological Association, which means that she runs the committee that plans the continuing education offerings for MPA, and is a voting member of the MPA Board of Directors. Rebecca's two sons are now 3 and 6 years old, and her stepson is a freshman at Brown. Things are staggeringly busy but always exciting.

Dr. Allison St. John (Class of 2005) and former GW Psy.D faculty, continues to enjoy private practice with adults and geriatrics in Friendship Heights, MD. She is currently completing a certificate program with the Center for the Study of Aging and Dementia Care at the Washington School of Psychiatry. On a personal note, Dr. St. John has three young children and is expecting her fourth in June.

Carey Heller (Class of 2011) married Hope Axelrod on December 3, 2011 in Jacksonville, Florida.

Dr. Sandra T. Mann (Class of 2009) is now on the National Register's Development and Awards Committee, representing the perspective of an Early Career Psychologist. She welcomes any comments or suggestions from students and alumni about how the National Register can be an important connection for an early career psychologist.

As our community continues to develop and enhance ongoing relationships with program alumni, the CEC is asking for your requests of topics for presentations that we are hoping to invite alumni to give to our community later this year. For example, students have expressed interests in hearing about a wide assortment of topics from internship and licensure experiences to the recently updated Rorschach administrative and scoring system, formally called the R-PAS. Our goal is to gauge community interest and invite alumni in the greater tri-state area to return to the program for talks a few times each month. If interested in becoming involved in this initiative or have a request for a presentation you would like to hear, please contact gwpsydcommunity@gmail.com. We look forward to hearing from you!
Our program prides itself on the clinical and social responsibility of its training clinicians. Following is the story of **Katy Cording** (Class of 2014) and her puppy, Wind. As you will see, Wind is no ordinary dog, and Katy no average student, as she balances the academic and clinical demands of a doctoral program with training a dog likewise destined for greatness.

Wind is a Guiding Eyes for the Blind Lab puppy on program. For the next several months, Wind will be living with me and she will be training to become a future guide dog for someone who is blind or visually impaired. Guiding Eyes for the Blind is an internationally accredited, nonprofit guide dog school located in Yorktown Heights, New York. Although GEB breeds mostly Labrador Retrievers, they also breed some German Shepherds and Golden Retrievers. When the pups are born, their litter is named according to the alphabet. Wind comes from a “W” litter. From the day these puppies are born, their training begins. As baby pups, they are exposed to different sounds and textures. At approximately 8 weeks old, the puppies leave their mother and head to their next home – a volunteer puppy raiser who will work with the pup until he/she is about 18 months old. Puppy raisers come from all walks of life, including families, couples, or individuals like myself, and can live in the country on a farm, in a suburban town, or in a city like me. Once the pup is 18 months old, she heads back up to NY for her “In For Training,” where she will be evaluated to assess whether she will go on program to become a guide or a breeding dog for GEB. If the pup passes, she moves on to the intensive harness training. A pup can be released from the program for many reasons, including medical or behavioral issues. Pups that aren’t suited for life as a guide will seek other life opportunities, including a program called “Heeling Autism,” where the dogs are trained to assist individuals with autism. Some pups become drug/bomb sniffing dogs as well. For those who do not find another path, their future is to become a cherished family pet.

Wind came to me at 8 weeks old, and the moment she entered my home, my life drastically changed. Just like a newborn baby, I had many sleepless nights caring for Wind’s needs. Her intense training began even before she came to me, and she arrived already knowing how to “sit.” Puppies are matched with a raiser based on the raiser’s personality and living environment. For instance, I live in the city so a more confident puppy was a must. Her obedience and socialization training has become ingrained into our everyday life, which I fit into my busy life as a second year graduate student. In between classes, patients, and supervision, I rush home to care for Wind and work in some of her training. Every moment of Wind’s day is an opportunity for training, whether it is waiting for her meal, getting ready to go outside for a walk, getting on the elevator, or walking through the lobby. Each of these moments is critical for her to understand and learn what is expected of her and how she should behave. Every Sunday, Wind and I head off to “puppy class,” where we gather with other pups and raisers to work on their training.

Many people ask how I got involved in such a cause. I am from New Jersey, where an organization called The Seeing Eye is located. My family adopted a German Shepherd, Nora, several years ago who had been released from the program when she was two years old. My mom started volunteering with the puppies at the Breeding Center and found out about a very special opportunity to help raise a puppy. A man in the area wanted to raise a puppy in memory of a young woman, Lauren, who lost her life in a tragic accident, and wanted a young girl to help raise the puppy to help preserve Lauren’s spirit. My younger sister, who was 12 at the time, was the lucky girl chosen to help with this special task, and “Lala” (which was Lauren’s nickname) quickly became an important addition to my family on many weekends. Lala recently went in for her formal training – they grow up so fast! When we unexpectedly lost our beloved Nora to cancer last year at age 5, I felt compelled to get involved in this extraordinary cause, as I knew how special these dogs truly are. I found out about Guiding Eyes for the Blind, which has a puppy raising region near DC, and I have been absolutely delighted by the way this magnificent organization works.
Wind is now 9 months old and has received her official “jacket.” This means Wind can legally enter public buildings with me. She wears her jacket for outings like trips to Target, the post office, or going to a restaurant. Wearing a jacket is the puppy’s first steps in learning how to be a “working dog,” which means limited people interactions and higher expectations of behavior. The most important thing for Wind to learn is to simply be bored. Life as a guide dog requires the dogs going from location to location and “settling” at each place. My awareness of a blind person’s needs infiltrates how I think about Wind’s training. Her manners in the house are critical – can you imagine being blind and a dog taking your shoe and you not being able to see to find it? It is the simple things that are so important. Additionally, Wind needs to learn to be accepting of touch since people who are blind rely on their other senses; therefore, Wind cannot rely on verbal cues from her future partner.

Many people ask me, “How will you ever be able to give her up?” A good question. Wind has become a huge part of my life and I never could have expected to love her so much. But, I cannot allow myself to view her leaving me as a loss. Instead, I am raising her to change someone else’s life, and loving her deeply will only help her to be a better guide for her future partner. These incredible animals have the ability to teach us some of life’s greatest gifts – unconditional love, patience, trust, selflessness – but the greatest lesson of all, that nothing is ever truly ours.

Student Updates

Alexandra Mattern-Roggelin (Class of 2015) attended the Association for the Psychoanalysis of Culture & Society (APCS) Annual Conference: Pathos, Politics, & Passion (November, 2011). The Conference was held at the Rutgers University Continuing Education Conference Center, New Brunswick, NJ. As part of the panel “Masochism, Ghosts, and Collective Memory,” Alexandra presented a paper titled “From Masochism to Compassion: Cultural Implications and Personal Remarks.” In her paper, she addressed the concepts of relational masochism, internal and external shame and reflected upon the question of how human beings can embrace emotional immunity without drowning in apathy. Her interest in the topic stems from personal encounters and experiences she had as a recent immigrant to the US. A fruitful discussion about becoming or remaining human in the presence of personal and global suffering followed the paper presentations. As a first time attendee, Alexandra greatly enjoyed many stimulating presentations and networking opportunities. She particularly liked the spirit of the conference, its welcoming atmosphere as well as individuals’ willingness to think outside the box.


Kati Ann Leonberger (Class of 2013) and Marta Miranda (Class of 2014) received Columbian Women Scholarships for the 2011-2012 school year. The Columbian Women Scholarship is given to women at George Washington University who meet the committee's definition of financial need and demonstrate academic excellence and commitment to their field. The award is applied directly to tuition for fall and spring semesters.
Faculty Updates

Dorothy Holmes, Ph.D., ABPP
Professor Emerita of Clinical Psychology

Dr. Holmes has been elected to the board of directors of the National Register of Health Services Providers in Psychology. You may want to contact her for more details and for other information about her recent activities. Please find Dr. Holmes’ contact information below:

10 Pinckney Colony Road Building 300, Suite 315  Bluffton, SC 29909 or crescent@gwu.edu

Richard Ruth, Ph.D.

Dr. Ruth is happy to report the success of a published book chapter entitled: Contemporary psychodynamic perspectives on multiple minority identities. In Reginald Nettles and Rochelle Balter, editors. Multiple minority identities: Applications for practice, research, and training. New York: Springer. The publication date is 2012, but the book is currently available online for those who might be interested. The senior editor, Dr. Nettles, is a member of our clinical faculty. Our former program director, Dr. Holmes, and our spring colloquium speaker, Dr. Beverly Greene, also have chapters in the book.

Additionally, on October 28th 2011, Dr. Ruth received an award from the Maryland Psychological Association for “outstanding contributions to the education and training of psychologists.” He expressed that the award was especially meaningful in that graduates from our program nominated him for this award.

Richard Ruth Ph.D. and Devon King, Ph.D.

On November 5, 2011, Dr. Ruth and Dr. King participated in a roundtable, Clinical Training, at the conference of the Association for the Psychoanalysis of Culture and Society, in New Brunswick, NJ.

Cheri Marmarosh, Ph.D.

Dr. Marmarosh was granted Fellow status in Division 29, the APA Division dedicated to Psychotherapy Research and Practice. She was also elected as Member-At-Large and Co-chair of the 2012 APA Conference for Division 49, APA's Division dedicated to Group Psychotherapy. Dr. Marmarosh is looking forward to returning to the Program after a wonderful maternity leave. She is also excited to meet the first year students and to work with her students who are taking group therapy and research practicum this spring!

Matthew Merced, Psy.D.

After making enormously valuable contributions to our program for several years, Dr. Matthew Merced (class of 2007) stepped down as Associate Director of the Clinic in September 2011. Although the program was saddened by his departure, we wish him well as he devotes his time and attention to private practice in the Dupont Circle area, where he focuses on psychodynamic psychotherapy and psychodiagnostic assessment.