Breaking the Glass Ceiling: Multiple Diversities in the New Millennium, A Conference in Honor of Dorothy E. Holmes, Ph.D. was held on May 6, 2012. Continued on Page 3

Letter from the Director

Dear Colleagues,

As I say farewell to you all, I do so with full confidence in the solidity of the Professional Psychology Program now and going forward. Its mission is clear; its incoming leadership is superb; faculty are stellar and devoted; our students are strong, focused and committed to becoming excellent clinical psychologists based on our broadly defined psychodynamic tradition and our practitioner-scholar model. This community’s collective strength has been built over many years. I am privileged and grateful to have been part of the core faculty for 13 years, and its leader for the past 6.5 years. I cannot imagine having had a more satisfying capstone to my academic career. Faculty and students, program staff and CCAS Deans and staff, please accept my heart-felt thanks for having trusted me with the reins of the program, and for having worked collaboratively and intensively with me to achieve our academic excellence and community solidarity goals. I will fondly and forever remember many things about us – our feeling-full and important rituals, including the rose ceremony in which we welcome our new students and the Oath and Toast ceremony in which we bid a fond and hopeful farewell to our graduates, our Hall of Honor with the portraits and names of the

Portraits of each graduating class from 2006 through 2011 are proudly displayed in the program’s Hall of Honor.

Continued on p. 2

Congratulations to the Class of 2011! Welcome to the Class of 2015!
members of each graduating class, the hard-won increases in faculty and student resources, the increased and now institutionalized embrace of scholarship and research, our many curriculum advances, the rewarding struggle towards higher levels of accreditation, and the unswerving commitment to making the program the best it can be. It is reassuring to leave at such a highpoint in our achievements and expectations for the program. Of course, leaving is poignant for me, as I will leave behind so much that I treasure, here at GWU, and in the larger community in which I have practiced and lived for forty-one years. Your many kindnesses and celebrations in my valedictory period, including the “Breaking the Glass Ceiling” Diversity Conference on May 6, have been very sustaining and are much appreciated.

Now, I ask you to give our wonderful new leaders the same full support you have given me. First, I salute Loring Ingraham, the program’s Deputy Director during my entire tenure. The enthusiasm with which the total community supports his rise to Program Director is very well deserved. He will be a consummate program administrator. Likewise, the incoming Deputy Director and Director of Clinical Training, James Hansell will bring the depth and breadth of psychoanalytic and psychodynamic thinking and research and practice skills the program needs to continue to animate and enrich its training model. He is a Training and Supervising Psychoanalyst and a longstanding member of the Psychology Department faculty at the University of Michigan. In addition to these appointments, we are in the process of increasing our regular part time core faculty. An announcement about that prospect will be forthcoming soon.

Again, grateful thanks for all you have contributed to this deeply satisfying final chapter of my academic career. I will think of you often in Bluffton, SC, as I practice there part-time, and as I devote more time to family and to golf, gardening, and the Spanish and piano lessons I have wanted to pursue for many years.

Warm Regards,

Dorothy Holmes

Salute to Trish and Sarah

We often speak of the importance of students and faculty for the success of our Professional Psychology Program. We need also to acknowledge that we could not possibly work effectively as a program without the able assistance of our office staff. The program has been especially fortunate for the past three years to have the expert and indispensable help of our Executive Assistant, Trish Ryan, and our Program Secretary, Sarah Koch. To know them is to know the wonderful integrity, great skill and delightful equanimity that they demonstrate reliably and cheerfully. Each of them is leaving us to pursue their own graduate level educations full time – Trish, a Master’s degree in Counseling and Sarah, a Master’s degree in elementary education. To say that they will be missed is an understatement. Here’s wishing them every success in their future endeavors.

Thanks Trish and Sarah for your outstanding contributions to the welfare of our program!
On May 6, 2011, the Professional Psychology Program hosted a national conference, *Breaking the Glass Ceiling: Multiple Diversities in the New Millennium*, in honor of our program director and director of clinical training and of the Center Clinic, Dr. Dorothy Evans Holmes, on her impending retirement from academic life. Drs. Salman Akhtar and Kimberlyn Leary, two internationally renowned psychoanalysts, gave keynotes addresses, and 15 papers were presented in two sets of simultaneous sessions.

Approximately 150 colleagues shared the day with us, including current students, program alumni, colleagues from other parts of the university, psychodynamic clinicians from near and far, and professionals from related fields. Discussions were engaged and lively, and reactions to the day’s presentations were overwhelmingly warm and enthusiastic.

The conference was made possible by Dean Peg Barratt of the Columbian College of Arts and Sciences, who lent her warm endorsement and material support and welcomed the audience; Anita Pytlarz Ponchione, of the university’s alumni office, who lent guidance and administrative and financial support (including a wonderful reception at Alumni House for our alumni); and a year’s work by the colleagues who collaborated with me on the conference organizing committee – Prof. Paul Gedo, program graduate Dr. Rukhsana Chaudhry, soon-to-be graduate Gregory Pearson, Logan Persons Jones, Kristen Moody, Kiera Boyle, and Patricia Ryan.

Thanks to all who helped in so many ways to make the day a robust success. As Dr. Holmes observed, to a standing ovation, in her closing remarks, the conference evidenced, and conveyed to the larger professional community, the resilience and creative vigor of our program.

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**Keynote Speakers**

**Salman Akhtar, MD**  
Supervising and Training Analyst,  
Psychoanalytic Center of Philadelphia  
Professor of Psychiatry, Jefferson Medical College

**Kimberlyn Leary, Ph.D., MPA**  
Chief Psychologist, Cambridge Health Alliance  
Associate Professor of Psychology,  
Harvard Medical School

**Dorothy E. Holmes, Ph.D., ABPP**  
Professor of Clinical Psychology,  
The George Washington University  
Program Director and Director of Clinical Training and Center Clinic  
Supervising and Training Analyst, Baltimore-Washington Institute and Society

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**Overview of Conference**
Dr. Dorothy Evans Holmes joined The George Washington University in 1978 as a Clinical Supervisor and Instructor in the Ph. D. Program in Clinical Psychology, subsequently serving as Adjunct Professor in the Professional Psychology Program from 1998 – 2005, and for the past six years has led the Professional Psychology Program in Clinical Psychology at The George Washington University as Director and Professor of Clinical Psychology.

Dr. Holmes has been a well-loved instructor, supervisor and mentor across her decades-long association with The George Washington University. Most recently, during her leadership as Director of the Professional Psychology program she successfully shepherded the Program through challenging times to achieve a five-year accreditation of the Program from the American Psychological Association Commission on Accreditation.

In addition to her contributions to The George Washington University, Dr. Holmes has received numerous accolades from professional colleagues and organizations. Accomplishments include:

**Scholarship:** Numerous scholarly publications, including articles published in peer-reviewed journals, an edited book, book chapters and frequent presentations at professional conferences.

**National Organization Activity and Leadership:** *American Psychological Association:* Membership Board, 2008-2009, and elected, 2009-2012. Committee on Accreditation, 1977-80; Chair, 1980; Reappointed 2000-2003; fact finder, Ethics Committee, 1992-93; Education and Training Board, 1986-88; Minority Fellowship Advisory Committee, 1985-86; Search Committee for Chief Executive Officer, 1984-85; Graduate Education & Training Committee, 1980-83; Chair, 1982-83.


**Board Certifications and Fellowship:** Board Certified in Clinical Psychology, American Board of Professional Psychology, 1980; Board Certified in Psychoanalysis, Board on Professional Standards, American Psychoanalytic Association, 1986; Fellow, American Psychological Association (APA) Divisions 12, 29 and 39.

In sum, Dr. Holmes’ academic, professional and personal qualities typify those specified in the mission of the Columbian College of the George Washington University that “faculty are visible at the highest levels of research, scholarship, creative productivity, and public service, contributing to GW’s excellence in the creation, dissemination, and application of knowledge.”

-Dr. Loring Ingraham
Community Updates

The Clinic Committee

The Clinic administrative team, working in close collaboration with the Clinic Committee, is tackling some ambitious projects, including redesign of the Clinic’s web site. We are also conducting a thorough review and revision of the Clinic Manual in order to clarify expectations and procedures for the incoming externs. We are developing an “operations manual” in order to institutionalize best practices and create an institutional memory for the Clinic. Finally, we are designing an exit interview process for all externs leaving the Clinic.

Regarding staffing issues, we invited an undergraduate student to join us for a summer internship. Mr. Joshua DeSilva is a junior at St. John’s College in Annapolis, MD; he began in mid-May and will finish in early August. Mr. DeSilva is performing a variety of administrative tasks, as well as participating in clinical observations and didactic activities.

The term of Dr. Sandra Mann, our current Chief Postdoctoral Fellow, concludes in late August. Dr. Shareefah Al’Uqdah’s fellowship concludes in early August. Thus, two new postdoctoral fellows were hired. Dr. Julie Buddensick graduated from the GW Doctor of Psychology program in August 2010. She completed her internship at Sagamore Children’s Psychiatric Center in Dix Hills, NY and did an extramural externship at The Lodge Program at Frost School in Rockville, MD. She has expertise in child and adolescent psychotherapy and assessment. Ms. Mariana Figuiera will graduate in August 2011 from GW’s Doctor of Psychology program. She is on internship at Temple University’s Counseling Center in Philadelphia, PA. She specializes in adult psychotherapy and assessment and has significant organizational experience, having already completed a graduate degree in Human Resources. It is the Clinic’s good fortune to bring aboard (and welcome back) these two very talented program graduates.

While I will save my goodbyes to Dr. Mann and Dr. Al’Uqdah for the Summer Update, I will say that I am already very saddened about their departures. Both have worked diligently to improve the training experience in the Clinic and they will be missed!

- Matthew Merced, Psy.D., Associated Director, Center Clinic

Continuing Education Committee

The Continuing Education (CE) Committee, comprised of Dr. Richard Ruth, Patti Olson, helen DeVinney, and Leslie Trumble, offered the first CE program in what is hoped to be an ongoing series. The first program, "PTSD: Cross-Cultural Applicability, Diagnosis, and Treatment" featured Joseph Gorin, Psy.D and Rajeev Warrier, Psy.D. The talk was well attended and received very positive feedback. If you would like to suggest a possible topic of interest for a future lecture, please do not hesitate to contact any member of the CE Committee.
Outreach Committee

The program’s Outreach Committee won 2nd place and $100 in prize money in the annual Mix-Off sponsored by the GWU Center for Drug and Alcohol Education. This was an on-campus event targeted at undergraduates, and designed to educate students about healthy alternatives to drinking. The Outreach Committee was able to raise awareness about the services offered by The Center Clinic, as well as create a winning mocktail, the "Mint Condition"! We had a great time serving our beverage to over 50 students, and collaborating with a well-established GWU student service organization. First and second year Psy.D students make this event happen: Kiera Boyle, Koko Nishi, Jessica Sowers, Mollie Straff, Ayelet Krieger, and Hallie Strauss.

For the second year in a row, Kiera Boyle has organized Team Lobe Trotters to run the Race for Hope 5K! The race was held on May 1st, 2011, and the proceeds will benefit the National Brain Tumor Society and Accelerate Brain Cancer Cure. Already the team has four members and has raised over $1,000. Team members are: Kiera Boyle, Travis Hobbs, Leslie Stelljes-Nanson, and Greer Hansen. We encourage anyone who is interested in participating in the race to join the team, and we welcome support from the community!

Spring Renewal

The Community Enhancement Committee recently hosted a Spring Renewal within the Center Clinic. Members from the community put their books aside, rolled up their sleeves and dedicated a few hours to painting accent walls in each of the patient rooms.
The Community Enhancement committee continues to actively serve the community. From external projects, holiday/seasonal events, to morale-boosting activities, the committee has accomplished quite a bit. The members kicked off the spring semester with a Breakfast Club, and hope to repeat this event periodically throughout each semester. Starting with our beautification of our suite, we painted the computer lab, student lounge, and classroom 101 as well as eradicating scuff marks from the communal spaces. In addition to our aesthetic contributions, the computer lab has taken on a new personality with the addition of names for each computer, including: Nancy McWilliams, Fraiser, Kohut, Phineas Gage, Little Hans. The committee has also organized philanthropic contributions outside of the community beginning with the Thanksgiving food drive in the fall, to our 120 toiletry items and 20 articles of winter clothing that were collected and donated to Miriam’s Kitchen. In February, we celebrated Valentine’s Day with a week of fun-filled activities including the “Count the Kisses” contest won by Koko Nishi as well as delivering valentines and candy to each and every student and faculty member.

The committee also welcomed a few new members this semester, as well as two new subcommittee chairs who have served as exceptional assets to the committee's progression. First, Melissa Hoffman was named Fundraising Chair and has helped the committee orchestrate the cookbook as well as organize many other opportunities for fundraising. Our second newly-named chair is Kimberly Holton, Alumni Chair. She has played an invaluable role in building the relationship between our community and those who have graduated from the program in past years. She was very proactive in organizing and communicating with administrative figures for Dr. Holmes' conference and will continue to create opportunities to enhance our alumni relations. Finally, under Social Chair Hallie Strauss, a newly-formed subcommittee known as the "Health and Wellness Subcommittee" is led by first years Rachel Menditch and Taylor Barr. In an effort to promote health and wellness in our community, and ourselves, each month they provide a bulletin on therapist self-care education and training. These bulletins will include a mixture of scholarly literature on therapist self-care; monthly "lifestyle themes" along with quick, easy, and replenishing ways of incorporating wellness into daily life; and announcements of upcoming self-care activities.

The committee has great aspirations for current and future projects. One of our major ongoing projects is the creation of a community cookbook. We encourage students and faculty to continue to submit their favorite recipes throughout the summer to make this cookbook as fulfilling and diverse as possible. The committee is also orchestrating an effort to have community-specific T-shirts and sweatshirts that hopes to be completed by the end of the summer. To continue the enhancement of our communal space, student donated artwork has been received from some of our own students, and we are so grateful for their contributions. We also have framed and hung portraits of all graduating classes, from 2006-present in our main hall. Finally, we hosted the first of many Community Social Gatherings to commemorate the good weather and end of the year!
Research

Class of 2013 Research Committee


Faculty Publications & Presentations

Dorothy Holmes led a workshop entitled “African Americans in Psychotherapy” for the 2011 Multicultural Conference of the Maryland Psychological Association, April 29, 2011, Loyola University, Columbia, MD.

Ingraham, L.J. (2011) Likelihood of significant differences between groups when simultaneously assessing several components of multiple neuropsychological domains. Presented at the 13th International Congress on Schizophrenia Research, Colorado Springs, CO.

Dr. Gedo's paper, An island in a sea of madness: The uses of theory for in-patient adolescent treatment, was accepted for publication in the Clinical Social Work Journal. The paper will be part of a special number devoted to the uses of psychodynamic theories.

Joe Gorin has been announced as the recipient of this year's Florence Mintz Award, given by the Massachusetts School of Professional Psychology for community service.

Richard Ruth, PhD, core faculty, wrote an article on French psychoanalysis with program graduate Idith Kahn, PsyD, in the inaugural issue of DIVISION/Review, the new publication of Division 39 (Psychoanalysis) of the American Psychological Association, and contributed a chapter on psychodynamic work with people with multiple minority identities for an upcoming book on the topic. In January, he began a three-year term as a Division 39 representative to the American Psychological Association Council.

Class of 2014 Research Committee

The Research Committee (Class of 2014) is pleased to share their efforts to augment the services and training provided by the Center Clinic. Their application to the University Facilitating Fund entitled, The importance of low fee mental health clinics: How they facilitate changes in underserved populations has been accepted by the Office of the Vice President for Research. The Committee has been awarded $23,000 to be used over the next year. The Research Committee plans to use a large portion of the funds to purchase patient record computer software for the Center Clinic. In addition to the University grant, the Research Committee has recently submitted a proposal for the Norine Johnson Psychotherapy Research Grant (APA, Division 29) for implementing audio-visual software into patient therapy rooms. The Committee hopes that providing these tools will simplify patient documentation, supplement clinical supervision and facilitate data collection for their research examining psychotherapy process, namely rupture and repair. The Research Committee hopes to share more good news in a few months – let’s wish them luck!
The program's first graduating class was in 2001. Pictured here are pioneering graduates from that early period – Drs. Damon Silas, Eva Ramsey, Adrienne Mitchell, and Samantha Madhosingh – along with Dr. Dorothy Holmes. All are vibrant, busy, and successful clinical psychology practitioners and consultants in the DC area. The picture was taken at the DC Buddha Bar where these graduates generously wined and dined Dr. Holmes to say good-bye on May 19th.

**Student Publications & Presentations**

**Jen Heidler-Gary, PsyD 2012**


**Caroline Luong-Tran, PsyD 2013**


On March 31, 2011, Marta Miranda (Class 2014) gave a lecture and art experiential in the GWU Art Therapy program’s Counseling and Art Therapy Theory course titled, "Healing the soul through art: A journey of self-discovery." The presentation focused on the role of art-making in the therapeutic relationship, with a particular emphasis on Southern European and Latin American cultural representations. Ms. Miranda worked for 15 years in the international development community before deciding to pursue her PsyD at GW. Her primary interests lie in multicultural therapy, serving international populations, domestic violence, and trauma. She holds a master's degree in Human Geography from San Diego State University, and is fluent in Portuguese and Spanish.

Anna Hickner (Class of 2012) recently received the 2010 Gradlife Award for Individual Excellence. The GradLife Award recognizes those students who best exemplify the four-part mission of GradLife (to provide GW graduate students with consolidated and useful information, educational opportunities, support of community events and effective advocacy in the interest of strengthening our community) through their work and efforts in the campus and/or Washington, DC community. Anna is a third year student and currently externs at the Midshipmen Development Center at the United States Naval Academy. She is a student representative for the Class of 2012, and also served on the Faculty Search Committee. Outside of school related activities, Anna liaised between GW and Diversity Spectrum, as a Graduate Fellow/Research Assistant to this minority-, woman-, and veteran-led resource network for global diversity information. She plans on staying in the area for her fourth year and will intern at a local psychiatric hospital.

Jason Moehringer (Class of 2013) and first year students Jessica Greenberg and Emily Lindon (Class of 2014) attended the Mid-Atlantic Group Psychotherapy Society (MAGPS) Conference: Shame and Excitement: Crucial Markers for Group Psychotherapy. The conference was held Saturday & Sunday April 30 – May 1, 2011 at the new Saint Elizabeths Hospital. Guest presenter Dr. Stewart Aledort demonstrated the profound influence of our earliest experiences on the development of individual character and on subsequent templates of interpersonal intimacy.

Katie Kelly (Class of 2014) has recently announced her engagement to Mike Schwartz on April 9, 2011. They will wed in their native Richmond, Virginia in the Summer of 2012.
Faculty’s Favorite Book List

Members of The Continuing Education Committee distributed a survey this past semester in an effort to create a book list based on faculty suggestions. Dr. Paul Gedo, Dr. Loring Ingraham, and Dr. Joseph Viola have shared some of their literary influences and favorites works.

Paul M. Gedo, PhD

What book or books have influenced your practice most?
Self Inquiry, M. Robert Gardner
Psychoanalysis in a New Context, Arnold H. Modell
Principles of Intensive Psychotherapy, Frieda Fromm-Reichmann
The Mind in Disorder: Psychoanalytic Models of Pathology, John E. Gedo
I Never Promised You a Rose Garden, Joanne Greenberg

What is your favorite book to teach?
Clinical Lectures on Klein and Bion, Robin Anderson, Ed.
Principles of Rorschach Interpretation, Irving B. Weiner

What do you read for pleasure?
Mysteries: Dorothy Sayers, Dashiell Hammett, Sir Arthur Conan Doyle, Agatha Christie.
American literature: Huck Finn, Moby Dick, A River Runs through It
Writing about the Civil War: April, 1865

What are you reading now?
Sports Illustrated (until the end of the semester), students’ papers.

Loring Ingraham, PhD

What is your favorite book to teach?
The Madness Within Us: Schizophrenia as a Neuronal Process, Robert Freedman

What do you read for pleasure?
Naval history, historical science, Shakespeare

What are you reading now?
The Fever: How Malaria has Ruled Humankind for 500,000 Years, Sonia Shah
An Ideal Husband, Oscar Wilde
The Merchant of Venice, William Shakespeare

Joseph Viola, PhD

What book or books have influenced your practice most?
On Becoming a Person: A Therapist’s View of Psychotherapy, Carl Rogers
Making Contact: Uses of Language in Psychotherapy, Leston Havens
Dialectical Thinking and Adult Development, Michael Basseches

What is your favorite book to teach?
Cognitive Development: It’s Cultural and Social Foundations, A. R. Luria

What do you read for pleasure?
The New Yorker, 21st Century Lit: D. Foster Wallace, Eggers, Chabon, lots of nonfiction biographies,and I read a lot of ... TV.

What are you reading now?
The Pale King, David Foster Wallace
State by State: A Panoramic Portrait of America, Matt Weiland and Sean Wilsey (re-reading).

New Additions to the Community

Dr. Marmarosh gave birth to a baby girl, Audrey Marmarosh Horwitz, on April 2nd at 3:19 pm.

Dr. Viola and his wife, Nancy, welcomed their daughter, Sophia Theresa Viola, on May 9th. She weighs in at 9 lbs. 10 oz.

We wish both babies and their parents well!