



WELCOME TO THE FALL SEMESTER!

A Note from the Grad Chair



Dr. Charlene Baker
Graduate Chair

MILESTONES

Congratulations to **Dr. Kat Anbe** who graduated this summer from the Community & Cultural Psychology program!

Congratulations to **Allison Wagner** who successfully defended her thesis!

Share your milestones with us! Email Jay Purvis at jpurvis@hawaii.edu

Welcome to a new academic year! In particular, I would like to welcome our seven new graduate students (featured in this issue). We have a lot going on in graduate studies this year. We have implemented several new policies and procedures (be sure to take a look at my recent e-mails and also check out our department website) in an effort to improve graduate training and support to our students.

As an example, we have established a set of **graduate student learning objectives**, which were sent out to all students a few days ago. We are working to integrate these objectives into our teaching and research curricula. We will also be evaluating student performance on thesis and dissertation projects according to these new learning objectives. It is important to note that our primary goal is to use the learning objectives to make adjustments at the program and department level rather than to focus on individual student performance.

We have also made some adjustments to the standards and evaluation section on our website to include a **timeline for benchmarks** necessary to obtain your degree. We hope this timeline is beneficial in helping students complete their degree in a timely manner. Finally, and most importantly, is our continued commitment to student funding. One type of funding is related to student professional development. Last year, we were able to fund 20 students in their own research endeavors, including presenting their research at national and international conferences. Our plan is to provide students with this opportunity again this year. So, be on the lookout later this Fall for a call for proposals for the **Psychology Department's Gartley Awards**.

As always, be sure to check your UH e-mail account for department updates, deadlines, and funding opportunities. And, feel free to reach out to me if there is anything you need during your time at UH.

CLINICAL CORNER



THE CENTER FOR COGNITIVE BEHAVIORAL THERAPY CHILD DIVISION

WORKING HARD & PLAYING HARD: FACULTY CONTRIBUTOR, DR. CHUCK MUELLER, UPDATES US ON THE C-CCBT'S IMPORTANT WORK & RESEARCH

The Center for Cognitive Behavior Therapy (CCBT) is a service, research, & training clinic located in the Department of Psychology at UHM. The Child Division (C-CCBT) is directed by Drs. Brad Nakamura and

behavioral assessment, psycho-educational testing, child & parent treatment, classroom & school consultation, supervision, systems research & evaluation, and case & system consultation.

Drs. Nakamura & Mueller). Dr. Nakamura & his students have a special focus on the dissemination & implementation of evidence-based practices. They also conduct research on childhood anxiety assessment &

"C-CCBT likes to party. We dress up for Halloween. We work & play hard. Come join us sometime."

Chuck Mueller. C-CCBT has provided psychological services to over 2500 youth and families throughout Hawai'i.

C-CCBT contracts with Hawai'i's Departments of Education and Health in service-learning collaboratives, whereby practicum students are awarded graduate assistantships. Through these assistantships, graduate students learn the practical side of clinical psychology, while also providing psychological services that include diagnostic assessments, functional

Clinical Studies students usually enroll in the C-CCBT practicum for 3 or more years & are given gradually more advanced duties and training.

A wide variety of research studies are conducted through the C-CCBT and its collaboration with public mental health agencies (see web-pages for

treatment. Dr. Mueller's research is primarily focused on studying and improving public child mental health services.

- Dr. Chuck Mueller



C-CCBT graduate students & faculty, Halloween 2015.

WHO'S INVOLVED?



Dr. Brad Nakamura
Co-Director

I am local boy, born & raised, and I grew up in Hilo. I am very grateful for the ongoing opportunities I have for contributing to Hawai'i's youth mental health system through partnerships & the application of the scientific method to a wide variety of improvement efforts. Skeptical about almost everything, an empirical epistemology permeates every aspect of my life. Frequently this can be a nuisance to my students & my family, but I believe they develop tolerance over time (and/or I have poor insight). I have three children, one 8 year-old boy & a pair of boy-girl twins. In my spare time, I enjoy Gracie Jiu-Jitsu (I am a 4th degree brown belt), photography, & some running.

Learn more about Brad:
<https://bradnakamura.wordpress.com>



Dr. Chuck Mueller
Co-Director

I am a social and clinical psychologist with a strong contrarian streak. I like to examine and question assumptions in the hope of moving toward new insights and ideas. After all, social psychologists cut their teeth by showing that common beliefs are often wrong. I've brought that scientific skepticism to my work at C-CCBT constantly pushing the boundary about how we understand and address mental health problems. I love working with our students helping them develop their identity as scientist-practitioners.

Learn more about Chuck:
<https://charleswmueller.wordpress.com>



DR. RICHARD I. REIS
CLINICAL MANAGER

I am a Clinical Psychologist & resident of Hawai'i since 2004, by way of New York City. At UH CCBT I serve as the Clinic Manager and collaborate with the team with a spirit of both empathy and a commitment to exploring plausible hypotheses & solid data, with a mind toward practical improvements. In private practice as a psychotherapist, I work with clients on phase of life issues, trauma, bereavement, and hospice with children, adolescents, & adults. I facilitate a weekly bereavement and caregiver resiliency group, co-host a call-in, late night radio show called "Creating Meaning", and serve as a board member on the Hawai'i State Council on Mental Health. Outside the field, I also am a percussionist and perform at local venues frequently. I am president of MEDAH (Middle Eastern Dance Artists of Hawai'i) and am a published poet & lifelong martial arts practitioner.





The PhotoVOICE Project:

Lived Experiences: Out of Homelessness into Housing



This summer, Community & Cultural Psychology student, Anna Smith, worked with individuals transitioning from homelessness to housing in an effort to understand their experiences with homelessness and with the City & County of Honolulu's "Housing First" program. Using "PhotoVOICE" methodology, Anna & Housing First "clients" worked as co-researchers to identify key issues & strengths of the housing process. Clients photographed their everyday lives & met as a group to analyze & discuss these pictures. At the project's conclusion, the group decided to hold an exhibit with hopes to educate the community & advocate for other individuals still without a home. The widely-publicized exhibit was held at Honolulu Hale this past July. A collaboration between the Institute for Human Services (IHS) (who implemented the program), the clients, & Anna's advisor, Dr. Barile, this project represents an important bridge between the university & the community. Anna & Dr. Barile recently sat with us to discuss the project.



Dr. Barile and Anna Smith discuss the future of their PhotoVOICE project.

How did you become interested in studying homelessness?



Dr. Barile

Dr. Barile: I've been working in homelessness for a very long time. After graduating undergrad, I started working at psychiatric hospital in Washington D.C. with people who had a history of homelessness. Later, I worked as a case manager for the homeless. These were really eye-opening experiences that made me wonder, how does this happen to people? That was when I first started getting a more worldly view of the systems and barriers that homeless individuals face. After working in the field, I decided to go to graduate school in community psychology. The first project I worked on was an evaluation for an outpatient program that had a Housing First component. Since then, I've continued to work on research & program evaluations that address homelessness.

Anna: Before I started grad school, I was a program coordinator for a university-community organization, the Women's Well-being Initiative. We partnered with community leaders to create programs for people who had been disregarded by society. One of our projects was an art class for female juvenile offenders. Instead of going through the [criminal justice] system, they could participate in the art class. The class involved discussing barriers in everyday life. What came out of these discussion & artwork were systemic problems - the same problems that impact people who are homeless. That's when I became interested in systemic level of inequality & how it plays out on an individual level.



Anna Smith



Anna Smith hanging *Liberation of an Angel* by J. Mooney

How did the photoVOICE project come to be?

Anna: It happened by accident. We had cameras from a different project, and one of the things we mentioned in our 1st-year evaluation report to IHS was that we felt we were not capturing the full experiences of clients with the program. At the same time, program staff was looking for a way for clients to provide formal feedback to the program. I just happened to mention photoVOICE, and Terry, who I'd been working with at the IHS, loved the idea. After that, I just showed up & started it. I think it wouldn't have happened if we didn't have that relationship with the program staff. That's why community relationship building is so important to research.



How did the exhibit emerge from the project?

Anna: The original goal was not to have an exhibit necessarily. The primary purpose was to allow individuals from the Housing First project the opportunity to reflect on their experiences and talk about those experiences in a shared format. This process of validating and sharing experiences can be an opportunity for growth for individuals.

The exhibit happened organically. In our community meetings with Housing First clients, we discussed what we were going to do next, and the members, as a group, decided that they wanted to have an exhibit. One of the members said, "Well, let's have it at Honolulu Hale!" - which is interesting because he used to live there. I was hesitant about the exhibit at first because I didn't want it to be an opportunity for the clients or their stories to be exploited. We discussed this possibility as a group and decided to take our chances in hopes that the possible benefits would outweigh the risks.

After we decided to do the exhibit, the folks at IHS and our team met with the mayor and his team. We selected a day and time for the event and went forward with planning the exhibit. It happened really fast.



Mayor Kirk Caldwell at the opening reception in July



Lived Experiences exhibit at Honolulu Hale



Beautiful Peacefulness by Deanna Matheson

This project was covered extensively by local news. Did this surprise you at all?

Dr. Barile: It was more press than I expected, but homelessness receives a lot of press here. Not everything was framed how I would have liked. As a whole, there really wasn't enough voice of the people who had experienced homelessness. When it comes to the press, you always hear from local residents about what the homeless people are doing *to them*. It's rare that you hear from people who are actually on the street. It was a unique opportunity to focus on the people who had actually experienced living on the street and whose perspective is never recognized by the press.



Guests viewing the exhibit displays at the opening

What recommendations do you have for other researchers interested in community interventions?

Anna: A lot of times, we get ideas and think we need to rush to bring them out to the community! But really, it should be the other way around. Before deciding what needs to be done, you have to work with people from the community to find out what they identify as the needs and the issues. No matter how great the program is, if you don't know the community, then you don't understand the issue. If you want to work with a community organization, try to match your skills with their needs and expectations of that program. And remember, it doesn't have to be this grand thing!



Clip from KITV's coverage of the event, featuring Dr. Barile and Anna Smith

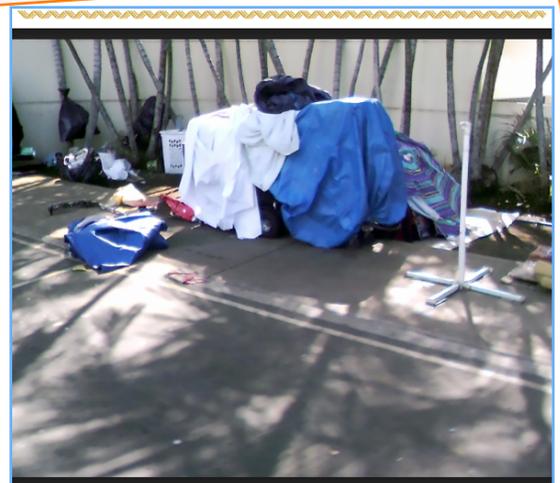
Jack: When you go to work with people in the community, you should ask, "What can I do for people with the skills that I have that match their needs?" instead of an academic approach, which is usually, "I know best." If you try to put a plan and structure on a community organization...forget it. You have to be flexible and nimble. Talk to people. Take the temperature. Don't go in with the idea. Be open and willing to adjust.

What's next for the project?

Anna: We are trying to expand our understanding of Housing First through landlord interviews, assessing affordable housing inventory, and by conducting interviews with clients and follow-ups with case managers and staff.

Jack: There was talk about taking the photoVOICE exhibit on the road as a temporary exhibit or as a library installation. Definitely still exploring options.

For more information on the PhotoVOICE project or the Housing First evaluation, contact Dr. Barile at barile@hawaii.edu or Anna Smith at annars@hawaii.edu



NELSON PERALTA / M / 58

The Yesterday of My Life

"This is the exact location is where I used to live...Whenever I moved downtown, some that were with me stayed in that exact location. And the way it's set up is still the same, still the same."

HOUSING FIRST PROGRAM

7 Months
Photovoice participant

MEET OUR
NEWEST FACULTY
MEMBERS



THIS SUMMER, THE PSYCHOLOGY
DEPARTMENT WELCOMED 2 NEW FACULTY
MEMBERS: DR. GRAYDEN SOLMAN &
DR. AKIHIKO MASUDA. THEY BEGIN
THEIR TIME HERE AT UH MANOA AS
FULL-TIME ASSISTANT PROFESSORS.
TAKE SOME TIME TO MEET THE NEWEST
MEMBERS OF OUR FAMILY!

DR. GRAYDEN SOLMAN

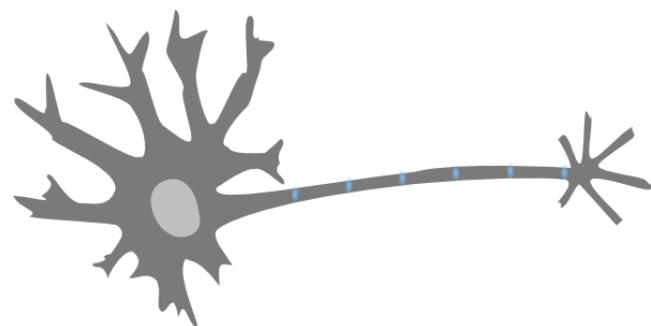


Hometown: Ottawa, Ontario, Canada - about 7,700km away, where the summers are every bit as hot as Hawai'i's (really!), but the winters... well, they were colder.

Specialty: Search and eye-movements

How would you describe your research?

In the most general terms, I study how people find things in the world, and I'm most interested in the higher-order cognition perspective. Although I've worked a lot in eye movements, I don't focus much on the basic visual attention, bottom-up, feature-driven side of things. I'm more interested in strategy, memory, & exploration. The world is *enormous* - and our tiny little retinas can only do so much. But we're not just passive observers - we move our heads, we move our bodies, and we even reach out, touch, & interact with the environment. All those systems working together makes for complex behaviours, and it's a lot of fun trying to pin them down in the lab.



How would you like to see your research grow or change as a faculty member at UH?

I've been working on search since my undergraduate thesis, and over the years it's become increasingly clear that search – real search in the real world – is only one half of a dynamic. The missing piece is organization, and that's where I see the bulk of my research heading. The world isn't just an arbitrary stimulus thrust in front of us by some inscrutable being, hungry for button presses – it's a thing that we deliberately shape and control. When we respond to the environment, we don't just generate data, we also *change* the environment. It's a cycle we know embarrassingly little about.



What are your hobbies outside of academia?

I'm a dabbler by nature. I've done everything from construction to technical theatre to partner dance, karate, tai chi, & officiating for women's flat track roller derby (my ref name was "Gray Matter"). But the enduring are the simplest: writing, art, & music.

What are you looking forward to most about being in Hawai'i?

I've always wanted to try my hand at surfing, so I'm pretty excited for that – but I'm probably most excited for the hikes. There are so many trails here, & the ones I've done so far have been stunning!

Dr. Solman is available by email at grayden@hawaii.edu or in person at Sakamaki D401. For more info, see his website: <http://www.graydensolman.com>



DR. AKIHIKO (AKI)
MASUDA



Hometown: Nagano, Japan

Specialty: Adult Clinical Psychology

How would you describe your research?

I am a contextual behavioral scientist. I have a solid background in clinical behavior analysis & acceptance- and mindfulness-based psychotherapies.

My overarching research interest is *experimental analysis of psychological well-being* using a *contextual behavioral science framework*.



(continued on next page)

Areas of my research encompasses a broad range of topics, including principle-based psychotherapy development, Zen Buddhism account of living, diversity, cultural humility, mental health related stigma, spectrum of disordered eating, and acceptance and commitment therapy (ACT).

To date, I'm the author of over 90 peer-reviewed papers and book chapters and am the editor of *Mindfulness and Acceptance in Multicultural Competency*. I am currently editing a book on the intersection of Zen Buddhism, mindfulness, and Behavioral Health. Recently, I have been actively involved in therapist training, supervision, and treatment consultation.



How would you like to see your research grow or change as a faculty member at UH?

As I mentioned in my job talk last year, my research activity is me-search, and I hope that my me-search is also we-search. I would like my research activity to make a small contribution to the betterment of people & environment. There are a number of understudied areas of research, for example, behavioral health outcomes of underserved groups of people, & external validity of extant theories of psychopathology & health. I hope that I continue to work hard especially on these understudied areas.

What are your hobbies outside of academia?

I like running, going to beach with my family, gardening, & socializing.

What are you looking forward to most about being in Hawai'i?

Like many of us choosing psychology as a career path, I've been having a quite busy life. I'm hoping to see my life with my family from a different perspective here in Hawai'i.

Any other interesting fact about yourself you'd like to share?

Prior to moving to Hawai'i, I had been in Atlanta Georgia for 9 years. When I speak English, people sometimes say that I have Japanese & Southern accent. I'm very much looking forward to working with you all.



SPOTLIGHT ON MAEGEN WALKER



AS A PH.D. CANDIDATE IN COGNITIVE PSYCHOLOGY, MAEGEN'S WORK FOCUSES ON HOW WE PROCESS STIMULI IN OUR ENVIRONMENT. MAEGEN RECENTLY SAT DOWN WITH US TO SHARE MORE ABOUT HER IMPORTANT RESEARCH.



Hometown: Fairbanks, Alaska

Advisor: Dr. Scott Sinnett

Year started: 2013

How would you describe your current research?

I am interested in understanding how our brains process unattended information and how the cognitive mechanisms that govern this activity interact with our senses. I do this by presenting volunteers with a variety of visual and auditory stimuli, and I ask them to respond to what they see and hear. Based on their behavioral responses, I am able to infer the cognitive mechanisms they are engaging in order to carry out any given task.

2016 Gartley
Award
Recipient

While my interests are generally geared toward understanding attentional mechanisms, the specific focus of my work investigates how our ability to process unattended information might change as a result of aging or chronic diseases, like HIV. As we progress into old age, or as a result of infection, our ability to successfully ignore things may diminish. This could lead to higher rates of distractibility, which can impact how we interact with our environment. By comparing performance between elderly individuals and young adults, or by comparing those living with chronic illness to age matched controls, I can begin to identify potential differences in how these cognitive mechanisms might work. I can use this knowledge to help inform possible treatment interventions aimed at prolonging our cognitive capabilities throughout our lifespan.



Maegen Walker in the "Perception and Attention Research Laboratory"

How did you get into this line of research?

I have been interested in human cognition since I was very young, and I have always wondered how our brains are able to make sense of all the information we take in. My interest in aging and disease research developed after my grandmother was diagnosed with Alzheimer's. At the time, not much was known about how the disease progressed or exactly how it affected the brain, other than it caused memory loss. The human brain is a highly complex organ, and even minor alterations can lead to large behavioral deficits. I'd like to help contribute to the greater understanding of how our brains may change as we progress through life, and how those changes may affect our cognitive processes, so that we can develop more effective methods for treatment designed to improve or prolong cognitive function in light of old age or disease.



"And that button there...that's a RED button."



Maegen Walker with lab manager Jordan Koffman.

How you will use the Gartley award for your research?

Because my research relies on participation from volunteers, it is often a slow and arduous endeavor to collect enough data. I plan to use the Gartley Award to implement my research online through Amazon Mechanical Turk. Using this online platform will allow me to recruit many more volunteers with far less effort than before. I will be able to run a larger number of experiments, and I will be able to gather larger sample sizes. This will help to ensure that the results from my experiments are more representative of the general population. I'd like to thank the Gartley Award Committee for their support of my research.

What advice would you give other grad students for being successful in grad school?

It's no secret that graduate school is a lot of work and that it requires a lot of dedication. We are often pulled in many different directions between our schoolwork, research, jobs, and our social lives (as limited as they may be!), so it's easy to become overwhelmed. Therefore, giving yourself manageable milestones and steadily working toward them, one at a time, can help to keep you on track. Lastly, set personal boundaries to help you separate your work from your social life. It's important to make time for yourself and those that you are close with because they will be the ones who see you through to the end.

Maegen is currently a GA at the Hawaii Center for AIDS. She hopes to continue her research after graduation as a full-time professor. If you have any questions about Maegen's work, she is available at maegenw@hawaii.edu.

E KOMO MAI!

MEET THE FIRST YEAR GRAD STUDENTS



CELINA HERRERA

Albuquerque

Discipline + advisor: Community & Cultural Psychology + Dr. Ashley Maynard

Hometown: Albuquerque, NM

Research Interests: The role that culture & socialization play in the development of fear & anxiety in children.

Hobbies outside of school: Rock Climbing, Hiking, Dogs, Gastronomy

What are your goals in coming to UH? To gain experience in my research interests while collaborating & gaining knowledge from a variety of different perspectives.

Other interesting facts about yourself? For a portion of time I attended art school at the Academy of Art in San Francisco.



CHRISTINE WEINGARTEN

Wilmette, IL

Discipline + advisor: CSP + Dr. Charlene Baker

Hometown: Wilmette, IL

Research Interests: Sexual violence and trauma.

Hobbies outside of school: Traveling, eating, running

What are your goals in coming to UH? Gain clinical training while expanding my understanding.

What would you like to experience here in Hawaii? All the hikes! Every time I hear about one, it sounds amazing so I'm going to try to do as many as possible.

Any other interesting fact about yourself you can share? I'm half Japanese.

What can other graduate students can help you with?

Finding the best spots to eat & hike on the island.

JILLIAN ADAMS



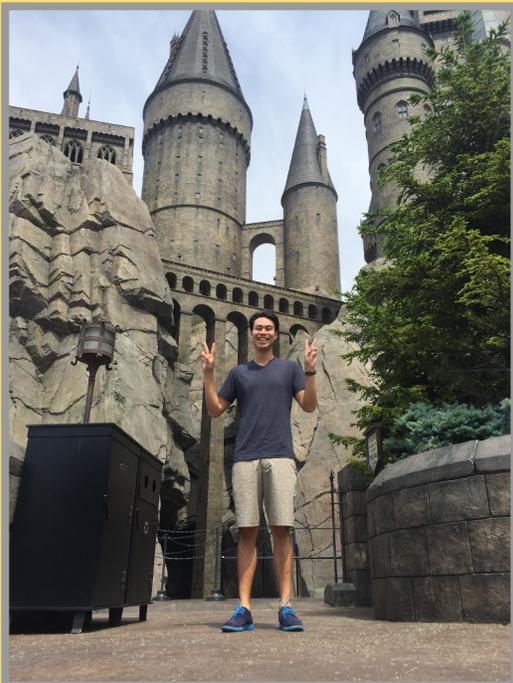
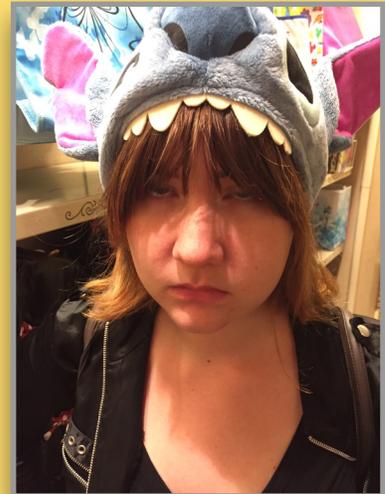
Discipline + advisor: Social & Personality Psychology
+ Drs. Elaine Hatfield & Kentaro Hayashi

Hometown: Delray Beach, Florida

Research Interests: Cross-cultural relationships,
long-distance relationships, Japanese sex & gender,
and the function of religion in Japanese culture.

Hobbies outside of school: Knitting, hiking,
Japanese-English translation, & recently, salsa
dancing!

**What are your goals in coming to UH as a
graduate student?** I hope to keep satisfying my
desire for knowledge & to hone my research skills so
I can "grow up" to be a real scientist! I also want to
keep pursuing my study of the Japanese language as
I earn my advanced psychology degrees, so I can do
research with Japanese populations & perhaps even
teach there in the future.



SPENCER CHOY

Aiea, HI

Discipline + advisor: CSP + Dr. Brad Nakamura

Hometown: Aiea, HI

Research Interests: Child & Adolescent Psychopathology;
Dissemination & Implementation of Evidence Based Services
in Community Settings; Family Systems; Cultural Perspectives
in Youth Treatment.

Hobbies outside of school: Playing Tennis, Traveling

What are your goals in coming to UH? Develop my skills as
a scientist-practitioner with youth populations through
analytical applications across psychological perspectives with
cultural competency.

Any other interesting fact about yourself you can share? I
went to Japan and South Korea this summer! I thought about
attending Hogwarts - Osaka in the fall instead of UH!
Unfortunately I couldn't understand Hermione speaking in
Japanese.

Fall 2016 Important Dates

- 8/22 First day of classes
- 8/29 Last day to withdraw without a W
- 9/5 Labor Day
- 9/9 Last day to file an application for graduation
- 11/4 Theses & dissertations due in Office of Graduate Education
- 11/8 Election Day - Holiday
- 11/11 Veteran's Day - Holiday
- 11/23 Last day of examination before finals
- 11/24 Thanksgiving Day - Holiday
- 11/25 Holiday
- 12/8 Last day of instruction
- 12/9 Study day
- 12/12 - 12/16 Exam week
- 12/17 Commencement
- 12/20 Grades due
- 12/26 Holiday
- 1/2 Holiday

WELCOME POTLUCK!

CHEERS TO A NEW "SCHOOL" YEAR!



The PSY department kicked off the 2016-17 school year with **food, friends, and vino!** Getting in a little fun before classes started, PSY graduate students and faculty gathered together last week to welcome new faculty and students with a **Welcome Potluck**. The food was plentiful and fantastic! Thank you, everyone who contributed to the **amazing spread of food!** And a special thanks to the people who helped set up & clean up the event.

Mahalo!





Meet your 2016-2017 Graduate Student Representative:

Emilee Turner



Emilee with her niece

Each academic year, a new Psychology representative is selected to serve on the Manoa Graduate Student Organization (GSO). As the GSO rep, Emilee will be your liaison between the department and the GSO governing body, expressing graduate student concerns or communicating important updates from the GSO to the department. Additionally, the GSO representative assists students in applying for funding through the GSO Grants and Award program, which funds trips to conferences, research materials, or other research-related expenses. Remember to contact Emilee at emileet@hawaii.edu if you are thinking of applying to GSO for award funds in order to have your application reviewed.

Discipline: Clinical Psychology

Year: 2nd year in the Clinical Studies Program

Research Interests: Substance use, youth resiliency, strength-based treatments, the impacts of incarceration on children and families, foster care, restorative justice practices.

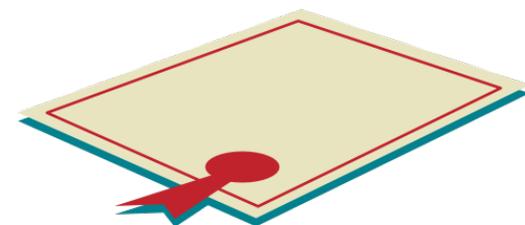
Hobbies: Yoga; surfing; hiking; plant, mineral, & bird identification; ceramics; reading; basketball; watercoloring; collecting (and listening to) vinyl records; baking vegan treats; making fancy cocktails; paddling; crafting; sailing.

"Goals" for GSO: As GSO representative I hope to advocate for Psychology Department students and to be part of the university-level decision-making processes. I also hope to learn about student leadership at UH Manoa.



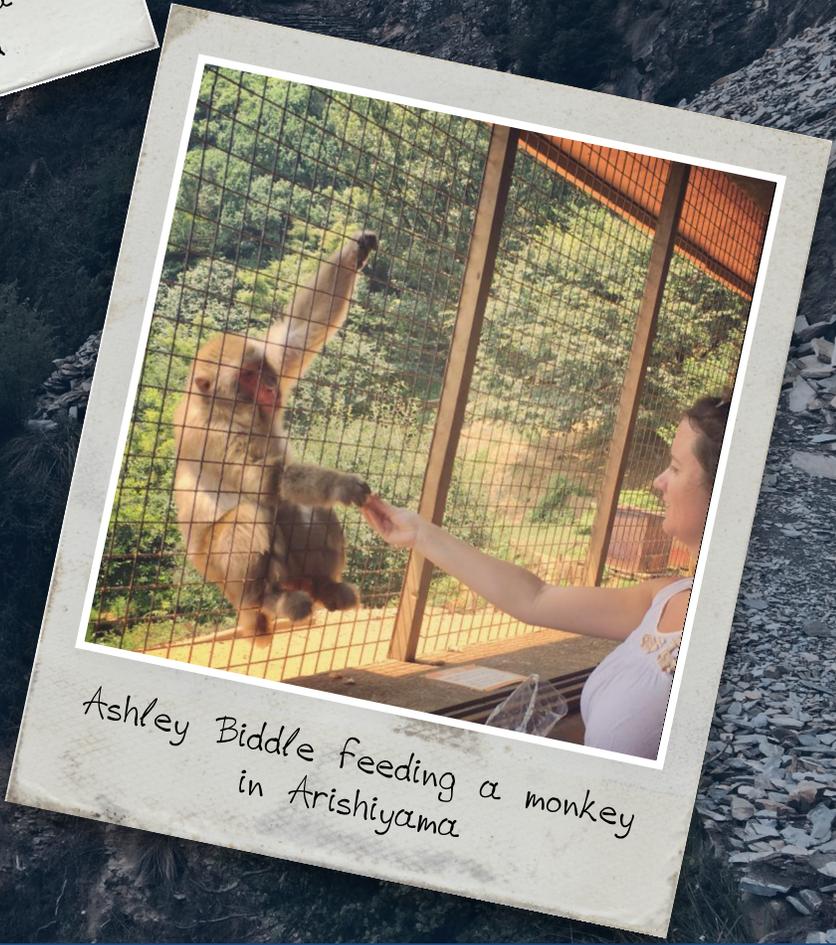
Upcoming
deadlines for
GSO Grants &
Award
applications

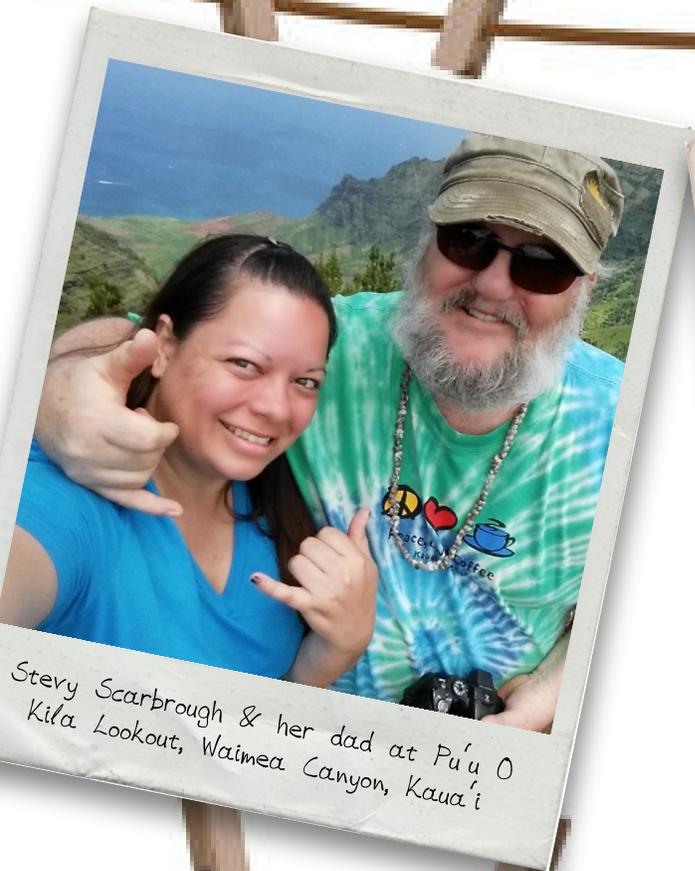
AUG 11th
SEPT 1st
SEPT 22nd
OCT 20th
NOV 17th



#GRADLIFE

Grad students IRL: They can be just like real people. Almost.





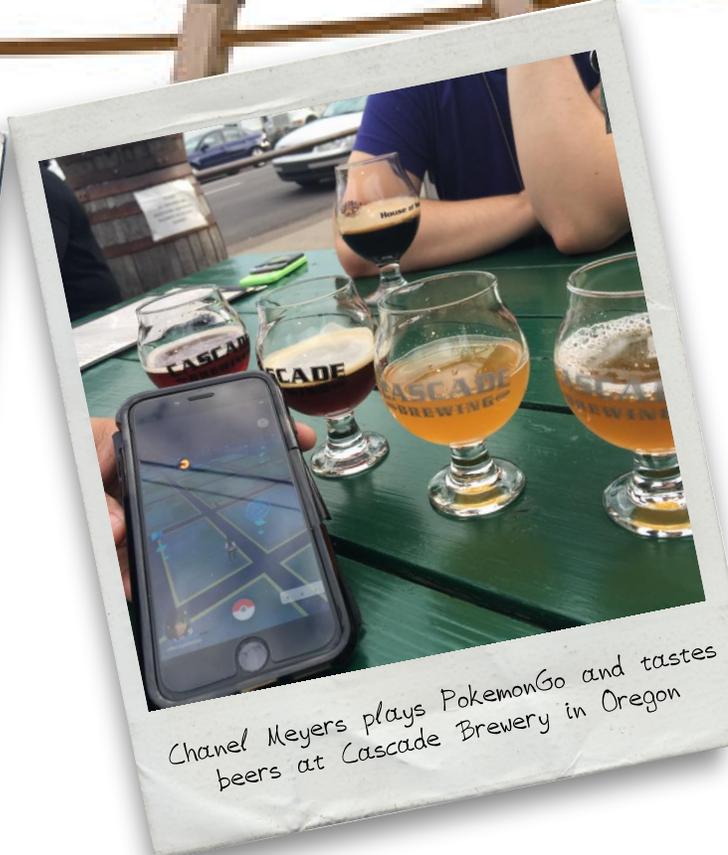
Stevy Scarbrough & her dad at Pū'u O Kila Lookout, Waimea Canyon, Kaua'i



Ashley Biddle & Jeanette Purvis at IACCP, Nagoya, Japan



Joy Agner gets a tumeric mask in Harar, Ethiopia



Chanel Meyers plays PokemonGo and tastes beers at Cascade Brewery in Oregon

Have fun pictures you want to share? Email Anna at annars@hawaii.edu



Photo Credit: Joy Agner. Taken near Ghyaru Village, Annapurna Circuit, Nepal, Summer 2016.