

# CLINICAL Ψ SCIENCE DIGEST

*The UCI clinical psychology area newsletter*



## **Our Statement of Purpose**

*The clinical psychology area at UCI will lead the search for new knowledge in assessment, understanding, prevention, and treatment of psychological disorders and mental health concerns from an inclusive perspective that is psychologically, ecologically, socially, and biologically informed. In this service, we will train clinical scientists to produce, implement, evaluate, and disseminate psychological science and to function as leaders in academic, research, and applied settings to improve the human condition from an inclusive lens.*

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# Letter from the Director of Clinical Training, Jason Schiffman, Ph.D.

The clinical area continues to live by our values of generating and sharing new knowledge toward improving the human condition. Throughout this newsletter, you'll find examples of our achievements. These achievements are powered by a community that embraces kindness, believes in our collective mission, and works together to create more than any one of us could alone.

While only in our second year, we continue to make exceptional progress. This success is, in large part, driven by the amazing support of Claudia Campos, Graduate Affairs Manager, and Diane Enriquez, Management Services Officer. From outfitting our new in-house clinic, to ensuring all core classes are offered, to shepherding the admission process, and everything in between, Claudia and Diane are the glue holding us together. Notably, along with others, Claudia and Diane served on the search committee to hire our new Clinic Director, Dr. Naomi Tabak. Naomi joins us after an incredibly successful career building the training clinic at Southern Methodist University. Her experience and vision promise to bring our program to the next level. She will help us create a training, services, and research clinic that addresses health disparities and provides cutting-edge, evidence-based services for underserved members of our community. Notably, our ability to attract perhaps THE best Clinic Director in the country in Naomi was facilitated by the support of Dean Jon Gould who worked tirelessly to ensure that Naomi felt welcomed to our School. Dean Gould continues to be the clinical area's biggest fan and champion, believing in our cause and investing in our success.

Faculty remain a driving force within the clinical area, leading the charge in scholarship, teaching, and mentorship. Our faculty have crafted many classes within the clinical area from the ground up, creating new and exciting offerings for our students. In addition to the new clinical classes, the exceptional pre-existing curriculum serves as the scientific backbone for our students. We are exceedingly fortunate to have some of the world's most talented and accomplished developmental, affective, social, and health psychology faculty. Through the supportive mentorship of our faculty, students have grown exponentially in their clinical skills, critical thinking capacities, and research acumen.

Above all else, our students remain the heart and soul of our community. The current second-year students, Aru, David, Emily, Fatemah, Kit, Lychee, Madeline, Miranda, and Rosa, continue to shine, parlaying what they learn in the classroom into tangible innovations that make a difference in the world. Notably, this cohort is already making an impact through clinical practice. Under the direction of our new Associate DCT, Professor Jessie Borelli, the second-year students are participating in practica with community partners throughout Southern California. Practicum sites include hospital, neuropsych, private practice, and school settings, and our students are flourishing in their new roles. In addition to training, the second-year cohort continues to pursue its mission of diversifying clinical psychology, creating a video series geared toward helping underrepresented students find a path to graduate school.

Just as exciting as the advances of the second-year cohort, our first-year students, Allie, Frances, Jen, Julia, Madison, Maksim, and Meghan, are also making great strides. Handpicked from nearly 400 applicants, these individuals are some of the country's most dedicated, compassionate, intelligent, and value-oriented students. Having this cohort in my fall Assessment class, I can attest to their talent. With the shepherding of the current second-year students, the first-year students have already made indelible impacts on our community through their contributions to research and commitment to leadership positions within the department. A consistent thread runs through all our students: Our students embody excellence and kindness.

Individually, every member of our community shines brightly. Collectively, we are greater than the sum of our parts. We continue to exceed even the lofty expectations originally conceived when we welcomed our first cohort to campus last year, and our future is bright. As talented and eager as our students are, however, we can go even further with the support and mentorship of others. Committed to the principles of teamwork, we welcome the involvement and support of like-minded people who believe in what we're trying to accomplish. Regardless of your background, investing in clinical psychology training at UCI will help develop leading minds to improve our community and beyond. We can go further together and invite you to consider joining us in this journey.



*"Individually, every member of our community shines brightly. Collectively, we are greater than the sum of our parts."*



## Meet the 1st Years!

### Julia Birenbaum

**Who is your graduate mentor and what are you looking forward to learning from them?** Julian Thayer is my mentor, and I'm excited to learn more about how to combine research methodologies to investigate more complex mechanisms underlying chronic illnesses.

**Where did you complete your undergraduate degree? What was your major?** Oberlin College & Conservatory, Major: Psychological Science with a Concentration in Cognitive Science.

**What was your favorite course in college?** My favorite class in college was a Peace & Conflicts seminar offered senior year. It explored how real-world issues could be dealt with using strategic measures to resolve conflict, but also discussed the limitations to the actual implementation of reform.

**Why are you getting your PhD in Clinical Psychology? What made you pursue this career path?** Research as a career has seemed attractive to me since I first stepped foot into a lab 8 years ago. What drove me to dedicate my career to becoming a clinical psychologist was the desire to change the way people see Black women like me. There is still so much we don't know about the brain and how it interacts with numerous systems in our body. As a scientist, I can't help but question if there's an underlying mechanism present in the body that may be related to the prevalence of chronic illness in the African American community. Providing even a little bit of insight into this area of healthcare would drastically improve the lives of so many people.

**What was your dream job as a child?** I wanted to be "the first astronaut, lawyer, therapist, soccer player in space."

**If you could turn any activity into an Olympic sport, what would you win the Gold medal for?** French braiding.

**How do you destress/relax?** Mindfulness meditation, exercise at the gym, or spending time with good friends.

**If your life right now were a TV show, what would it be called?** Surviving, Living, & Thriving: An Introduction to Graduate School.

**What's your dream vacation spot?** The Maldives or Bali.

**What's your favorite thing about UCI/Irvine/Orange County so far?** I love being in nature. Walking around OC, it's so nice to see how much green and plant life is everywhere. It makes a really happy natural environment.

**What's your go-to comfort food?** Grilled Cheese.



## Jennifer Blank

**Who is your graduate mentor and what are you looking forward to learning from them?** Dr. Elizabeth Martin; I am most looking forward to learning more about different methods that can be used to study the psychosis spectrum, particularly EEG and other functional neuroimaging techniques.

**Where did you complete your undergraduate degree?**

**What was your major?** University of Nebraska, Lincoln (UNL), double majoring in Psychology and English.

**What was your favorite course in college?** My favorite class was this quirky Medieval Literature class that required us to put on a play where we all had to speak using Old English.

**Why are you getting your PhD in Clinical Psychology?**

**What made you pursue this career path?**

While at UNL, I became involved in a research lab led by a renowned Schizophrenia Spectrum Disorder researcher, Dr. Will Spaulding, and immediately knew this was an area I wanted to pursue in the future. At the same time, I was working as a mental health technician at a nearby psychiatric rehabilitation facility, which allowed me to work directly with individuals experiencing serious mental illness. In this role, I witnessed the mistreatment and stigma that many of these individuals faced across different systems of care. Through these experiences, I developed a passion to advance care for all individuals experiencing serious mental illness. To this end, I decided to get my PhD in Clinical Psychology so as to be better equipped to understand, and consequently address, barriers to the treatment of SMI from both a clinical and research perspective.

**What was your dream job as a child?** An FBI agent (specifically as portrayed in NCIS and Criminal Minds).

**If you could turn any activity into an Olympic sport, what would you win the Gold medal for?** Spending an obscene amount of money at Goodwill.

**How do you destress/relax?** I destress by going on long walks, listening to music, and chilling with my cat.

**If your life right now were a TV show, what would it be called?** Young, Dumb, and Severely Over-Caffeinated.

**What's your dream vacation spot?** I would love to go to Athens, Greece and Cairo, Egypt.

**What's your favorite thing about UCI/Irvine/Orange County so far?** The nature; the sunrises and sunsets are beautiful, especially over the mountains!

**What's your go-to comfort food?** Cheeseburgers and french fries!



## Meghan Elliott

**Who is your graduate mentor and what are you looking forward to learning from them?** My mentor is Susan Charles. I hope to gain a better understanding of the many bio-psycho-social factors associated with aging and how to best balance academia, research, and mentoring. I am excited to explore my research interests on the psychological risk and protective factors for cognitive aging and Alzheimer's disease.

**Where did you complete your undergraduate degree? What was your major?** UC Davis for a degree in Neurobiology.

**What was your favorite course in college?** Cognitive Neuropsychology in Adulthood & Aging.

**Why are you getting your PhD in Clinical Psychology? What made you pursue this career path?**

Throughout my bachelor's and master's programs, I was lucky enough to be involved in various projects and training opportunities. While some work I did was strictly research-based, others were strictly clinical, but I found my most rewarding work to be at the USC Alzheimer's Disease Research Center, where I contributed to



## Meghan Elliott (continued)

research that informed clinical care. Currently, there is a lack of research and clinical training for aging populations, as well as knowledge of Alzheimer's Disease in diverse groups. I hope that being involved in this program and in the field of clinical psychology at large may allow me to produce and apply science that emphasizes person-centered care and empathy to meet some of these needs. Clinical neuropsychology is particularly exciting because I may better understand the relationships between brain structure and function, as well as produce interdisciplinary research to better understand people from a lifespan perspective, taking into account both their biology and their experiences. I am certain that it will never get boring!

**What was your dream job as a child?** For my entire 4th year of life, I told my mom that I wanted to be a princess. In some ways, I think I achieved that. But in my adolescence, I wanted to be the person that selects the music for movies and TV!

**If you could turn any activity into an Olympic sport, what would you win the Gold medal for?** Eating a copious amount of goldfish crackers in one sitting, but I'd win Silver for guessing the name of the song and the artist within the first 15 seconds.

**How do you destress/relax?** I like to go for runs, read books, and listen to music.

**If your life right now were a TV show, what would it be called?** Comical, Caffeinated & Mildly Chaotic

**What's your dream vacation spot?** Greece.

**What's your favorite thing about UCI/Irvine/Orange County so far?** I used to live in downtown LA, so I get really excited when I see a parking lot. And don't even get me started on how all the parking is FREE. But my favorite things about Irvine are how close we are to the beach and how kind everybody in my cohort is!

**What's your go-to comfort food?** Trader Joe's Sweet Potato Gnocchi.

## Allie Engstrom

**Who is your graduate mentor and what are you looking forward to learning from them?** My graduate mentor is Dr. Daniel Nation. I am so excited to be working with Dr. Nation and his lab. I am looking forward to learning to conduct research using ASL MRI and learning how to perform neuropsychological testing. I am so excited to research vascular impacts on dementia, Alzheimer's and cerebral small vessel disease under his mentorship, and gain knowledge on clinical neuropsychology.

**Where did you complete your undergraduate degree?**

**What was your major?** Indiana State University, Psychology and Pre-Medicine

**What was your favorite course in college?**

Physiological Psychology and Psychopharmacology.



## Allie Engstrom (continued)

**Why are you getting your PhD in Clinical Psychology? What made you pursue this career path?** I am pursuing a PhD in Clinical Psychology because I love learning about the impacts society, culture, biology and health have on our brains and our behavior. I am also passionate about research and the potential that research has to shape the future of health care and mental health care. I developed a love for psychology early on in an IB psychology course in high school. From there, I majored in psychology and pre-medicine at ISU, while also having opportunities to take part in behavioral neuroscience research on opioid abuse at the VA, and later clinical psychology research on autism and ADHD. After graduating, I changed gears a bit and spent 2 years working in cerebrovascular neurosurgery at University of Texas McGovern Medical School. Having worked in a variety of research and clinical settings, I finally decided to pursue a PhD in Clinical Psychology with the hopes of working and conducting research in neuropsychology. I am really passionate about psychology and neurology, and I feel like neuropsychology is the perfect combination of the two. I also love that a PhD gives you the ability to be a researcher, a clinician and a teacher.

**What was your dream job as a child?** Inspired by Jane Goodall, I wanted to teach sign language to pandas in the forests of southwest China.

**If you could turn any activity into an Olympic sport, what would you win the Gold medal for?** Eating all carbs and no protein.

**How do you destress/relax?** I like to swim, go to the beach, or take a shower (pretty much anything involving water). I also like to get outside for a walk or a hike. Spend time with friends and family. Eat really good food.

**What's your dream vacation spot?** Patagonia, Argentina.

**What's your favorite thing about UCI/Irvine/Orange County so far?** After living in Houston for two years, I am loving the cooler weather (and the lack of humidity). I have also enjoyed exploring the many amazing beaches nearby! Also, everyone I have met so far has been so nice and welcoming at UCI!

**What's your go-to comfort food?** PASTA!

## Maksim "Maks" Giljen

**Who is your graduate mentor and what are you looking forward to learning from them?** My graduate mentor is Dr. Jason Schiffman. I am excited to work with Jason to develop expertise in psychosis risk and early intervention work in underserved populations, and I know that it will be an amazing opportunity for me to hone my skills in clinical assessment while growing as a student and scholar. Beyond his research experience, Jason is an incredibly kind and patient mentor, and I am looking forward to working alongside him to create a safe and supportive atmosphere for everyone involved in the PREVENT Lab's mission.

Mentorship is very important to me, particularly in fostering inclusivity and equity in higher education, so I am grateful that I have an advisor who has a personal investment in it and that I have the opportunity to learn how to promote these same values in my developing career.

**Where did you complete your undergraduate degree?**

**What was your major?** Northwestern University with a B.A. in psychology.

**What was your favorite course in college?**

Neurogenetics of Behavior.

**What was your dream job as a child?** Popstar.

**If you could turn any activity into an Olympic sport, what would you win the Gold medal for?** Making bird sounds.



## Maksim Giljen (continued)

**Why are you getting your PhD in Clinical Psychology? What made you pursue this career path?** I want to help generate knowledge that can be used to educate communities and reduce stigma surrounding mental illness, particularly in marginalized populations that are already more vulnerable due to sociocultural stressors and oppressive systems. I am particularly interested in studying psychosis risk in gender and sexual minority populations and immigrant populations, exploring how stigma and stress influence the development, presentation, and assessment of psychosis spectrum symptoms. Throughout grad school and beyond, I hope to improve our understanding of potential targets of intervention in these communities and contribute to crafting more inclusive assessment tools that can inform effective mental health care across identities.

**How do you destress/relax?** I love taking long walks while listening to music to decompress. Also, watching TV, playing video games, and doing crossword puzzles.

**If your life right now were a TV show, what would it be called?** Emails I Can't Send (because it's the weekend).

**What's your dream vacation spot?** Greece.

**What's your favorite thing about UCI/Irvine/Orange County so far?** Coming from Chicago, the eternal sunshine here has been a huge mood booster. Getting to spend time with everyone in my cohort and the clinical program has also been wonderful, and it has made me even more excited for my grad school journey!

**What's your go-to comfort food?** Mac and cheese (even though I'm lactose intolerant).

## Frances Li

**Who is your graduate mentor and what are you looking forward to learning from them?**

Jessica Borelli. What I look forward to the most is learning from her the complex theory surrounding parent-child relationships, as well as how to think more like a scientist.

**Where did you complete your undergraduate degree? What was your major?** University of California, Irvine. Psychology and Education Sciences.

**What was your favorite course in college?** Child Therapy: I enjoyed the many case studies the professor introduced based on her clinical experience. They helped bridge the gap between theories, standards and actual practices, and gave me a taste of the empowering experience of supporting children and their families' mental wellbeing through therapy.

**Why are you getting your PhD in Clinical Psychology?**

**What made you pursue this career path?** Doctoral training in clinical psychology incredibly weaves together topics and skills I hope to learn and improve on. Completion of this training will equip me with the essential skills to serve the population I aspire to support. With my knowledge and experience, I hope to enhance evidence-driven practices that help families better support their children.

**What was your dream job as a child?** I dreamed of being an FBI agent or a battlefield journalist because I enjoyed uncovering and piecing together evidence and I tend to be calm under pressure.

**If you could turn any activity into an Olympic sport, what would you win the Gold medal for?** Eating while walking! I can eat a whole meal while walking from building to building.



## Frances Li (continued)

**How do you destress/relax?** I like taking a walk and coming up with phrases based on the middle three letters of license plates I see: mine is BQE - Best Quarter Ever! Other than that, I also enjoy tennis, cycling, visiting new coffee shops, re-watching my favorite sitcoms, and playing the drums.

**If your life right now were a TV show, what would it be called?** "It's Always Sunny in Costa Mesa."

**What's your dream vacation spot?** Tahiti.

**What's your favorite thing about UCI/Irvine/Orange County so far?** The people at UCI: everyone I've met has been incredibly kind, supportive, and passionate. I look forward to getting to know them better :).

**What's your go-to comfort food?** Pho, pho sure!



## Madison Taylor

**Who is your graduate mentor and what are you looking forward to learning from them?** My mentor is Dr. Stephen Schueller! He and my lab-mates are doing amazing work in mHealth and implementation science, and I'm excited to soak up as much knowledge as I can. In particular, I'm looking forward to learning more about how to effectively implement digital mental health interventions and collaborate with others in the digital mental health community.

**Where did you complete your undergraduate degree? What was your major?** The University of Pennsylvania. I was a psychology major.

**What was your favorite course in college?** My favorite courses related to clinical psychology were Abnormal Psychology and an advanced seminar on mood disorders. Outside of psychology, I really enjoyed my Japanese Civil History and Japanese Pop Culture courses!

**Why are you getting your PhD in Clinical Psychology? What made you pursue this career path?** In my sophomore year of undergrad, I took Abnormal Psychology, loved the course, and got involved in clinical psychology research in my department. That same year, I joined and became an enthusiastic participant in our local chapter of Active Minds. Through both of these experiences, I learned a lot about the variety of challenges youth can face in accessing mental health treatment and began to view brief digital interventions as one potential solution to these challenges. I hope that through my research, I can improve access to treatment for adolescents and young adults.

**What was your dream job as a child?** I didn't really have a dream job, but when asked I said marine biologist until high school, when I switched to medical doctor (specifically a psychiatrist). I guess I got kind of close to the last one?

**If you could turn any activity into an Olympic sport, what would you win the Gold medal for?** Overthinking responses to survey questions.

**How do you destress/relax?** Reading and listening to music.

**What's your dream vacation spot?** I think Spain could be fun.

**What's your favorite thing about UCI/Irvine/Orange County so far?** How close we are to the Santa Ana airport! It's about a 20 minute drive (at least I think so?). We are also quite close to Mexico, so I imagine I'll get to check that off the vacation list soon.

**What's your go-to comfort food?** Starbucks. And also definitely McDonalds, but mostly Starbucks these days.

# Getting to Know UCI's New Clinic Director

By Allie Engstrom

Dr. Naomi Tabak will be the inaugural Clinic Director of UCI's new on-campus clinic and will be leading the efforts of building a psychological training clinic where graduate students will provide services to the community.



*"Psychologists have the luxury of time... time to sit with someone and understand where they are coming from, why things are affecting them the way they are, how they want things to be different, and then help them make movements towards their goals." - Dr. Naomi Tabak*

The idea of taking the time to understand and get to know a person and what is troubling them was something that inspired Dr. Naomi Tabak to pursue a degree in clinical psychology. Dr. Tabak has always had a keen interest in people's stories and understanding how people think and feel. The more she learned about clinical psychology, the more excited she got to pursue the field. She was especially excited about the impact she could have on others through taking the time to understand a person's story and how it affects how they think and feel.

Dr. Tabak pursued her interests in improving treatments for individuals suffering from psychotic disorders in the Clinical Psychology Doctoral program at the University of Miami under the mentorship of Dr. Amy Weisman de Mamani. Dr. Tabak's work at the University of Miami primarily focused on developing and testing a culturally informed family therapy for individuals with schizophrenia. Her love of working with individuals and families of individuals with psychotic disorders and helping to alleviate barriers to care only

continued to grow.

Dr. Tabak completed her doctoral internship at the University of California San Diego (UCSD) and San Diego VA under the supervision of Dr. Eric Granholm, where she worked in psychosocial rehabilitation and recovery programs.

After the conclusion of her internship, Dr. Tabak stayed at UCSD and continued to work with Dr. Granholm while she completed a clinical postdoctoral fellowship. Following the clinical postdoctoral fellowship, she moved to Los Angeles, where she completed a research postdoctoral fellowship that was focused on identifying and understanding cognitive and affective processes in psychotic disorders.

Dr. Tabak and her family then moved to Dallas, where she took on the opportunity to be the Director of the Training Clinic at Southern Methodist University (SMU). Similar to UCI, at the time, SMU was just starting up a new training clinic.

While she had originally anticipated continuing her work with individuals with psychotic disorders

or other serious mental illness, she thought the idea of being involved in the training of graduate students was exciting and was open to changing directions. Although it was different from the work she had done with psychotic disorders, she fell in love with the academic clinical training environment and being involved in supervision and clinical training of doctoral students.

Dr. Tabak has truly found her niche in the graduate clinical training environment. Not only does she feel like it draws on a lot of her strengths, but she is also incredibly passionate and enjoys clinical training wholeheartedly. In training future psychologists, she loves that she can help prepare students to make significant differences in clients' lives and meaningful contributions to the field. Her biggest hope is that she can provide a training environment for doctoral students where they get excellent exposure to evidence-based treatment and a good understanding of contributors to successful therapeutic relationships. She believes that, equipped with this experience and knowledge, students can go out and change the field.

Dr. Tabak is excited about the opportunity to build the clinic at UCI in collaboration with the graduate students and faculty, and she intends to lean on and involve the students in the process of what that will look like. She strives to build a clinical training environment at UCI that is “set up in a way that gives students the opportunity to learn, make mistakes, figure it out, be humble, and mess up a little bit; because you will and that is how great things happen – by taking risks and figuring it out.”

When considering the type of environment she hopes to create at UCI, Dr. Tabak draws inspiration from one of her most formative practicum experiences during her doctoral training. While working on a residential unit for veterans with serious mental illness at the Miami VA, she was in supervision when her supervisor's phone rang. Rather than pick it up, her supervisor continued to devote her undivided attention to Dr. Tabak and her training experience. While this may seem like a small gesture, to Dr. Tabak it was a signal of how important supervision time is.

When training students at UCI, Dr. Tabak hopes to create an environment where students feel training is always a priority. Small gestures within the training environment can make significant differences in students' comfort level. Establishing a comfortable and safe training environment is

something Dr. Tabak hopes to recreate at UCI.

Dr. Tabak was drawn to Southern California and UCI, partially because of her prior experience within the UC system. She understands and appreciates the values of the UC system at large. The biggest draw for her came from talking and interacting with faculty, students, and staff at UCI. When she started talking to faculty members at UCI and getting a sense of what the Clinic Director position would involve, whether she wanted the job was no longer a question. She knew that she wanted to end up at UCI and could not be more excited to contribute to the goals and values of our program.

Dr. Tabak is thrilled to be moving back to Southern California with her husband and two young kids. She is looking forward to being closer to family, and to seeing her kids thrive and grow up in “such a beautiful and open environment.” The move is a big adventure for her family, and is something they have been looking forward to. Dr. Tabak spends most of her free time with her family, but also enjoys running, doing yoga and traveling (pre-pandemic).

If Dr. Tabak could go back and give herself advice as a graduate student, she would tell herself to be less anxious, to calm down, and to know that things were going to be okay. “While you do not always know what the next step will be, it's probably going to be okay.” If you had asked her in graduate school where she would end up, she would never have said “Dallas as Director of a training clinic at SMU.” But she is so grateful to have found her path and through it the opportunity to join UCI.

The current clinical graduate students at UCI are very excited and eager to learn from Dr. Tabak. When asked what advice she has for current graduate students, Dr. Tabak encouraged graduate students to be open to change and uncertainty. “There is excitement in not knowing what will come next. Graduate school is a hard time, and you are doing so many things at once. I recommend that graduate students think about what they are good at and what they are passionate about and do more of that. Because that's what helps them get through how challenging it is and will guide them to where they want to end up in the future.”

Dr. Tabak and her family arrived in Irvine in December 2022.

# External Practicum Opportunities at UCI

By Jennifer Blank



Top row from left to right: Rosa Hernandez-Ramos, Mai-Lan "Lychee" Tran, Emily Petti, David Cenker  
Bottom row from left to right: Katherine "Kit" Wislocki, Arunima "Aru" Kapoor, Madeline Snyder, Fatemah Shenasa  
Not pictured: Miranda Bridgwater, who was managing a clinical emergency at the time

Life as a graduate student affords countless new opportunities and experiences. For a clinical psychology student, this includes clinical training and practice. Students in clinical psychology doctoral programs gain this practice and experience through practicum. Practicum is an opportunity for students to cultivate their clinical skills and receive supervision and training from professionals in the field through real-life clinical experience. At UCI, clinical psychology students begin their first practicum during their second year of the program.

While incoming students can expect to start their practicum experience within UCI's new in-house training clinic (see *Getting to Know UCI's New Clinic Director* for an interview with Dr. Naomi Tabak [pg. 9]), the inaugural clinical psychology cohort had a slightly different introduction to clinical work. This past summer, UCI's initial cohort had the opportunity to apply for practicum placements at a number of external clinical sites. This unique experience allowed students to begin their clinical journeys at several well-established clinical practices across Orange and Los Angeles Counties, including the Children's Hospital of Orange County (CHOC), The Children's School, COPE Psychological Center, DBT Center of Orange County, and UCI Mind. For more information on the interventions used and populations served at each of these sites, see page 12.

Working at external practicum sites allows students to gain experience working with different populations and interventions, while also receiving feedback and supervision from a range of professionals in the field. At the same time, external practicum comes with an additional stressor, namely interviews. While it is true that graduate students are not new to the interview process—they go through dozens in applying for doctoral programs—interviewing for a clinical position is much different than interviewing for an academic one. In fact, after asking the inaugural clinical psychology cohort what would have been helpful to know prior to interviewing, Emily Petti emphasized just this. She stated, "Interviewing for external practicum placements was the first time during my graduate school journey so far that I really had to emphasize the ways in which I value clinical work." Other students similarly noted that they were asked questions they felt unprepared for because they had no previous experience upon which to base their responses. For example, Miranda Bridgwater pointed out that she felt unprepared when asked about her ideal client load, because she was "not aware how much time was required weekly per client outside of actual session time." It is understandable, then, that students with no previous exposure to clinical work may find some aspects of

external practicum site interviews to be especially challenging. However, future cohorts will likely be more prepared for some aspects of these interviews, as they will already have been exposed to clinical work as a result of starting their practicum journeys within UCI's clinic.

Being equipped to answer questions about one's interest in and preparedness for clinical work is just one aspect of the practicum interview. Students also need to be prepared to ask questions to ascertain whether the site aligns with their own interests and training preferences. Once again, for students new to interviewing for clinical positions, it is challenging to know what kinds of questions are helpful to ask. In asking the second year cohort which types of questions they would recommend asking during these interviews,

a few individuals highlighted the importance of asking about the populations served and interventions used. Further, several students recommended asking about the site's supervision and training style. For example, both Rosa Hernandez-Ramos and Kit Wislocki found it especially useful to ask about the didactic experiences offered, as different sites often use different methods in their training process, and it is normal for students to find some techniques more helpful than others.

In terms of the actual training strategies employed across the external practicum sites, the inaugural clinical psychology cohort identified a number of techniques to be especially valuable in learning new clinical skills. For example, David Cenknner emphasized the importance of practicing every day, stating "learning DBT skills is very much like learning a new language so the more you practice, the more fluent you become." A few students have also found observing others implementing skills to be especially beneficial, whether that be live demonstrations or pre-recorded training videos. Several students also pointed out the value of reviewing and discussing their own recorded sessions with their supervisors. Overall, students appear to appreciate the different modalities of training that exist even within a given practicum site.

While the first practicum experience can understandably be nerve-racking and challenging, each student emphasized that it has also been a rewarding and invaluable experience. Madeline Snyder stated, "It is vital for all children to have access to the tools and support that they need in order to succeed in school, and I value the opportunity to positively impact their experiences in educational settings while also expanding my own clinical training." Lychee Tran also noted how excited she has been to be able to work with a specific population of adolescents (those with moderate to severe psychopathology) that she might not have otherwise had the opportunity to work with at other practicum sites. In addition, the second year cohort highlighted how valuable their first practicum opportunity has been in both applying the skills they learned in their first year Assessment and Clinical Interviewing classes, and in learning new skills from the supervisors they are working with. While learning new clinical skills is inevitably challenging, students' responses revealed that it is a shared experience and that by leaning on each other, they have been able to learn and grow together.

Once again, incoming cohorts will begin their practicum work within UCI's very own clinic; however, they can expect to continue gaining experience with clinical work across external practicum sites in years 3-5 of the program. While UCI's inaugural cohort is the first to undergo external practicum across 5 sites, the clinical psychology area looks forward to expanding these opportunities by connecting with even more sites in the near future.

Practicum Site	In-person/ Telehealth	Population(s) Served	Interventions/Assessment Used
<a href="#">The Children's Hospital of Orange County</a>	In-person	High-school aged adolescents	<ul style="list-style-type: none"> <li>• Dialectical Behavioral Therapy</li> </ul>
<a href="#">The Children's School</a>	In-person	Children with neuro-developmental disorders	<ul style="list-style-type: none"> <li>• Positive rewards-based behavioral interventions in the classroom</li> <li>• Individually administered Cognitive Behavioral Therapy</li> <li>• Group administered social skills training</li> </ul>
<a href="#">COPE Psychological Center</a>	Telehealth	Adults, teens, and couples	<ul style="list-style-type: none"> <li>• Integrative Behavioral Couples Therapy</li> <li>• Dialectical Behavioral Therapy</li> <li>• Cognitive Behavioral Therapy</li> <li>• Acceptance and Commitment Therapy</li> <li>• Motivational Interviewing techniques</li> </ul>
<a href="#">DBT Center of Orange County</a>	Hybrid	Adults and adolescents	<ul style="list-style-type: none"> <li>• Dialectical Behavioral Therapy</li> </ul>
<a href="#">UCI Mind</a>	In-person	Older adults	<ul style="list-style-type: none"> <li>• Neuropsychological Assessment</li> </ul>

# Demystifying the Process and Diversifying the Field

*UCI's clinical psychology PhD students are working together to promote accessibility and diversity in academia*

**By Maksim Giljen**

Among clinical science training programs, ours is unique in that it is housed within the School of Social Ecology. The social ecology model emphasizes an integrative framework built around community research and engagement, and these same principles permeate the work that students take on outside of their research. Each clinical cohort is expected to develop and champion a service project that benefits the communities they belong to and work with. The inaugural clinical cohort found themselves with a blank canvas of possibilities, which proved to be a daunting but equally exciting experience.

In my interview with Emily Petti and Rosa Hernandez-Ramos, co-chairs of their cohort's service project, they described the inception of their service project as focusing on the theme of accessibility. They were initially interested in creating mentorship programs and increasing accessibility of mental health information and services for UCI students. As the new clinical cohort became more familiar with UCI, they decided it may be more impactful to support resources that already existed on campus (e.g., the [UROP program](#), [Counseling Center](#) resources, Social Ecology's [WISE Wednesdays](#)) and focus on creating something new that would bring unique value to their community. As discussed in last year's [newsletter](#), Orange County has seen an increase in a wide range of mental health concerns, while having fewer licensed mental health providers compared to the average California county. With the goal of fostering accessibility still at the forefront of their service project, the inaugural cohort shifted their attention to accessibility of the field of clinical psychology itself to promote the training of diverse doctoral students. This led to a two-pronged approach for the cohort's service project: illuminating the process of applying to clinical psychology programs and supporting aspiring PhD candidates from underrepresented backgrounds. As Emily frames it, "demystifying the process and diversifying the field" became their mission.

The first phase of their project aimed to provide potential applicants with the basic information they may need to understand the expectations of clinical programs and the application process- "exposing the hidden curriculum" as Rosa put it. Applicants are often unaware of how competitive admissions to doctoral programs in clinical psychology are (see Table on page 14). To help illuminate the process, the cohort created a series of [information sessions](#) that covered a variety of topics, including advice for determining whether a clinical psychology PhD is the right fit, gaining appropriate research experience, and putting together a strong application. The series culminated in a live Q&A session for UCI undergraduates and post-baccalaureate students where current clinical students were able to share their personal journeys to grad school and offer advice to aspiring applicants. A recurring theme throughout the info sessions and Q&A was offering reassurance that everyone's journey is unique and there is no one right path to getting to where you want to go.



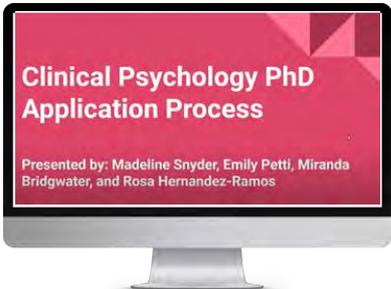
*The inaugural cohort's info session series is posted on YouTube as a free resource for prospective applicants! The series already has 350 views and counting from last years Q&A session attendees.*

While this series was a great way to provide underrepresented applicants with tangible resources and a foundation for their academic journeys, it served as a stepping stone to the end goal of the service project- establishing a Diversity Weekend event for the UCI clinical psychology area. The current plan is for the first Diversity Weekend to take place in the Spring of 2023. The event is meant to offer a more tailored and intensive experience for applicants from historically underrepresented backgrounds. This includes more live interactive sessions where applicants will be given a space to ask questions and receive feedback without fear of judgment from individuals involved in the admissions process. As Emily and Rosa highlighted in our interview, the program will be designed to meet potential applicants wherever they are in their journeys. Different “tracks” will be offered to accommodate people who are considering their options and want to learn more about what to expect if they were to apply for doctoral training in clinical psychology, as well as those who have already decided to pursue a Ph.D. in clinical psychology and have more specific questions. While the weekend event will reserve space for UCI undergraduate and post-baccalaureate students, it will be open to applicants across the country. In the spirit of accessibility, its focus is not on recruitment but on supporting and empowering applicants from underrepresented backgrounds to prepare the best applications possible- even if they do not choose to apply to UCI.

Overall Admissions Rates	
UCI Clinical Psychology PhD Program	<4.0%
U.S. Clinical Psychology Programs	12% (APA, 2016)

As demanding as the planning process has been, the service project co-chairs speak for their entire cohort when they discuss how rewarding the experience has been. Rosa notes how reassuring it is to see her cohort’s dedication to increasing accessibility in their field and how supportive they are of one another in sharing the responsibility of the project. Emily echoed this sentiment and added how refreshing it is that the project is not treated as an obligation by the students, but rather a mission that the cohort collectively cares deeply about. They were fortunate enough to be given creative control over the project, and with that freedom, they have been able to incorporate the planning process into their routines- giving it the attention and care it deserves. They hope for the information sessions and Diversity Weekend to become annual events that will be refined using feedback from participants and be responsive to the changing landscape of the field.

The 2022 cohort has recently become involved in organizing the Diversity Weekend as well, in addition to developing their own service project that focuses on mental health awareness and education in the greater Irvine community. The hope is that the Diversity Weekend will become an experience that changes and grows with each incoming cohort, building a sense of community and shared responsibility that will drive meaningful change for those who need it the most. While UCI’s clinical area may be in its early stages, it is clear that the clinical students are leading with passion and determination at every step, and the infectious energy that they bring to their service work paints a bright future for the field and the program.



# Clinical Labs Spotlight

WRITTEN BY EMILY PETTI

## UCI Clinical Psychology Area Research Labs

The new clinical area in the Department of Psychological Science at UCI has 10 core faculty members. Each clinical faculty member directs their own lab, specializing in research from neurons to relationships and from early childhood to older adults.

The core clinical faculty members are:

- Jessica Borelli, PhD
- Susan Charles, PhD
- Kate Kuhlman, PhD
- Elizabeth Martin, PhD
- Daniel Nation, PhD
- Ray Novaco, PhD
- Jason Schiffman, PhD, Director of Clinical Training
- Stephen Schueller, PhD
- Julian Thayer, PhD
- Alyson Zalta, PhD

Learn about clinical area research and lab fun facts in this Clinical Labs Spotlight!

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## UCI THRIVE Lab Director: Dr. Jessica Borelli

The Health, Relationships, and Interventions (THRIVE) Lab, directed by Dr. Borelli, researches the connections between relationships, emotion regulation, and health, focusing on children, adolescents, young adults, parents, and families. The THRIVE Lab conducts both basic and applied research, does research in several different cultural contexts (U.S., China, Singapore, Italy, Israel), and aims to design and test interventions to improve relationships and, in turn, improve health. THRIVE Lab members come from all different areas of Psychological Science; in the fall of 2022, the THRIVE Lab welcomed its first clinical area graduate student, Frances Li!

**Featured THRIVE Lab article:** Sohn, L. M., Smiley, P. A., Cervantes, B. R., & Borelli, J. L. (2022). Parental Negative Conditional Regard and School-Aged Children's Physiological and Subjective Responses to Hypothetical Experiences of Vulnerability. *Journal of Child and Family Studies*. <https://doi.org/10.1007/s10826-022-02471-2>

[Learn more about the THRIVE Lab here!](#)

## Emotion Research Lab Director: Dr. Susan Charles

The Emotion Research Lab, directed by Dr. Charles, has a health psychology orientation and focuses on healthy aging and emotional well-being across the life span. The Emotion Research Lab studies social stress and positive affect; physical, behavioral, and psychosocial health in older adults; motivation; activity diversity; social experiences; and pain, sleep, and stress. Dr. Charles and colleagues have also studied emotional well-being during the COVID-19 pandemic. This year, the Emotion Research Lab welcomed its first clinical area graduate student, Meghan Elliott!

**Check out this featured article about graduate student mental health by Dr. Charles and colleagues:** Charles, S. T., Karnaze, M. M., & Leslie, F. M. (2022). Positive factors related to graduate student mental health. *Journal of American college health, 70*(6), 1858-1866. <https://doi.org/10.1080/07448481.2020.1841207>

[Learn more about the Emotion Research Lab here!](#)

## UCI Teen Resilience Lab (TRL) Director: Dr. Kate Kuhlman

The Teen Resilience Lab (TRL), directed by Dr. Kuhlman, examines how stress leads to mood disorders among teenagers as well as risk and resilience factors that can be used to inform interventions. The TRL employs a multidisciplinary approach to studying childhood adversity and adolescent depression, incorporating the immune system, stress hormones, and cognitive, affective, and behavioral approaches. The TRL is connected to UCI's Institute for Interdisciplinary Salivary Bioscience Research (IISBR), and Dr. Kuhlman is one of the core IISBR faculty. TRL trainees enjoy attending Spit Camp and learning how to measure different biomarkers in saliva and blood. The entire lab enjoyed visiting Chicago this past May for the annual Association for Psychological Science meeting!

**Featured article from the TRL:** Kuhlman, K. R., Cole, S. W., Craske, M. G., Fuligni, A. J., Irwin, M. R., & Bower, J. E. (*in press*). Enhanced immune activation following acute social stress among adolescents with early life adversity. *Biological Psychiatry Global Open Science*. <https://doi.org/10.1016/j.bpsgos.2022.03.001>

[Learn more about the TRL here!](#)

# Clinical Labs Spotlight

## BEAN Lab

### Director: Dr. Elizabeth Martin

The Behaviors, Emotions, and Affective Neuroscience (BEAN) Lab, directed by Dr. Martin, conducts research surrounding emotional and social functioning in schizotypy, social anhedonia, and schizophrenia-spectrum disorders across the lifespan. The BEAN Lab employs a multi-method approach to research, using a wide range of techniques such as self-report questionnaires, behavioral tasks, neuroimaging, and electromyography. Recently, the BEAN Lab has joined forces with the PREVENT Lab to collaborate on the ProNET study, an international multi-site study of psychosis-risk trajectories. In the fall of 2022, the BEAN Lab welcomed its second clinical graduate student, Jen Blank!

#### Featured articles from the BEAN Lab:

- Snyder, M.E., Chen, J.C., & Martin, E.A. (in press). A (Non)Fundamental need to belong? A multi-study investigation of intergroup relations in social anhedonia. *Journal of Social and Clinical Psychology*.
- Li, L.Y., Dent, A.L., Donberg, R., & Martin, E.A. (in press). Trait and state affective experience among high-risk people in the schizophrenia spectrum: A systematic review and meta-analysis of self-reports. *Psychological Bulletin*.

[Learn more about the BEAN Lab here!](#)

## VaSC Lab

### Director: Dr. Daniel Nation

The Vascular Senescence and Cognition (VaSC) Lab, directed by Dr. Nation, studies vascular disease and cognitive impairment, such as dementia and Alzheimer's disease, in aging adults. The VaSC Lab uses clinical neuropsychology and neuroimaging to further our understanding of aging of the vascular system and its connection with cognitive decline. The lab enjoys "lunch" breaks as a group that mostly involve walking across the street to refuel with caffeine. In the fall of 2022, the VaSC Lab welcomed Allie Engstrom as the team's newest clinical student!

**Featured article from the VaSC Lab:** Sible, I. J., Jang, J. Y., Dutt, S., Yew, B., Alitin, J. P. M., Li, Y., ... Nation, D. A. (2022). Older Adults With Higher Blood Pressure Variability Exhibit Cerebrovascular Reactivity Deficits. *American Journal of Hypertension*, hpac108. <https://doi.org/10.1093/ajh/hpac108>

[Learn more about the VaSC Lab here!](#)

## Anger, Violence, and Psychopathology Lab

### Director: Dr. Ray Novaco

The Anger, Violence, and Psychopathology Lab, directed by Dr. Novaco, focuses on researching anger, violence, trauma, and their connections and therapeutic regulation. Dr. Novaco's research employs clinical, epidemiological, and forensic approaches and spans a wide range of populations including war veterans, individuals in long-term care facilities, women and children, and those with clinical disorders and intellectual disabilities.

#### Featured article from the Anger, Violence, and

**Psychopathology Lab:** Hardin, K. M., Contreras, I. M., Kosiak, K., & Novaco, R. W. (2022). Anger rumination and imagined violence as related to violent behavior before and after psychiatric hospitalization. *Journal of Clinical Psychology*, 78(9), 1878-1895. <https://doi.org/10.1002/jclp.23334>

[Learn more about Dr. Novaco's lab here!](#)

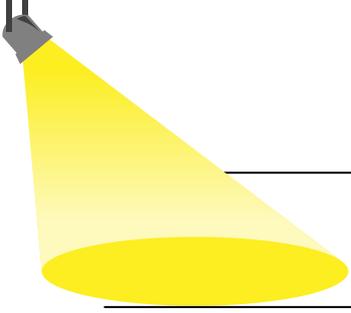
## PREVENT Lab

### Director: Dr. Jason Schiffman

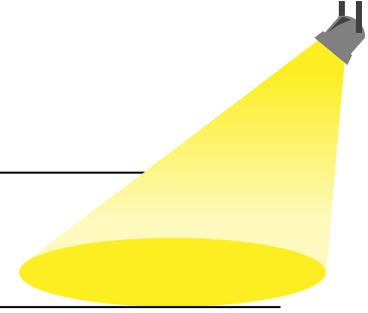
The Psychosis-Risk Evaluation, Early Intervention, and Treatment (PREVENT) Lab, directed by Dr. Schiffman, conducts research surrounding the assessment, prevention, and treatment of attenuated symptoms of psychosis in adolescents and young adults, with a particular interest in social determinants and contextual factors associated with psychosis-risk. The PREVENT Lab collaborates closely with the BEAN Lab, and together they form the LEAPS team! Lab members had a great time exploring Philadelphia together at a conference this year. This year, the PREVENT Lab welcomed Maksim Giljen as the team's newest clinical student!

**Featured article from the PREVENT Lab:** Akouri-Shan, L., DeLuca, J.S., Pitts, S.C., Jay, S.Y., Redman, S.L., Petti, E., Bridgwater, M.A., Rakhshan Rouhakhtar, P.J., Klaunig, M.J., Chibani, D., Martin, E.A., Reeves, G.M., & Schiffman, J. (2022). Internalized stigma mediates the relation between psychosis-risk symptoms and subjective quality of life in a help-seeking sample. *Schizophrenia Research*, 241, 298-305. <https://doi.org/10.1016/j.schres.2022.02.022>

[Learn more about the PREVENT Lab here!](#)



# Clinical Labs Spotlight



## TEAM Lab

### Director: Dr. Stephen Schueller

The Technology and Mental Health (TEAM) Lab, directed by Dr. Schueller, specializes in mobile health (“mHealth”), digital technology, implementation science, intervention, and treatment. The TEAM Lab evaluates mental health apps and works to implement apps into clinical practice and reduce mental health disparities, serving youth and underserved populations. In the fall of 2022, the TEAM Lab welcomed its newest clinical student, Madison Taylor! Check out the team's recent Teen App Guide at

<https://onemindpsyberguide.org/resources/teen-app-guide/>

#### Featured TEAM Lab publications:

- Neary, M., Tran, K., Grabiell, H. Bunyi, J., and Schueller, S. M. (2022). Digital tools and solutions for teen mental health. Rutherford, CA: One Mind.
- Schueller, S. M., Armstrong, C. M., Neary, M., & Ciulla, R. P. (2022). An introduction to core competencies for the use of mobile apps in cognitive and behavioral practice. *Cognitive and Behavioral Practice*, 29(1), 69-80.
- Agapie, E., Chang, K., Patrachari, S., Neary, M., & Schueller, S. M. (2022). Understanding Mental Health Apps for Youth: Focus Group Study With Latinx Youth. *JMIR Formative Research*, 6(10), e40726.

[Learn more about the TEAM Lab here!](#)

## Emotions & Quantitative Psychophysiology Lab

### Director: Dr. Julian Thayer

The Emotions & Quantitative Psychophysiology Lab, directed by Dr. Thayer, employs health psychology and neuroimaging research approaches to studying psychopathology, health disparities, heart rate variability, emotions, stress, and psychophysiological aspects of self regulation. Dr. Thayer's lab collaborates closely with Dr. DeWayne Williams in the Department of Psychological Science. This year the lab welcomed its first clinical graduate student, Julia Birenbaum!

#### Featured publications:

- Thayer, J. F., Hansen, A. L., & Johnsen, B. H. (2022). The Assessment of Autonomic Influences on the Heart Using Impedance Cardiography and Heart Rate Variability. In *Handbook of Cardiovascular Behavioral Medicine* (pp. 911-940). New York, NY: Springer New York.
- Jarczok, M. N., Weimer, K., Braun, C., William, D. P., Thayer, J. F., Gündel, H. O., & Balint, E. M. (2022). Heart rate variability in the prediction of mortality: A systematic review and meta-analysis of healthy and patient populations. *Neuroscience & Biobehavioral Reviews*, 143, 104907. <https://doi.org/10.1016/j.neubiorev.2022.104907>

[Learn more about Dr. Thayer's work here!](#)

## Trauma & Resilience Lab

### Director: Dr. Alyson Zalta

The Trauma & Resilience Lab, directed by Dr. Zalta, studies trauma-related psychopathology and interventions for vulnerable populations, including frontline health care workers, homeless youth, and veterans. Using a translational research approach and neurobiological perspectives, the Trauma & Resilience Lab aims to inform scalable treatment methods and reduce the impact of trauma. The lab is connected to UCI's Institute for Interdisciplinary Salivary Bioscience Research (IISBR), and Dr. Zalta is one of the core IISBR faculty.

#### Featured article from the Trauma & Resilience Lab:

Cenkner, D. P., Burgess, H. J., Huizenga, B., Duval, E. R., Kim, H. M., Phan, K. L., ... Zalta, A. K. (2022). Morning light treatment for traumatic stress: The role of amygdala reactivity study protocol. *PLOS ONE*, 17(6): e0269502.

<https://doi.org/10.1371/journal.pone.0269502>

[Learn more about the Trauma & Resilience Lab here!](#)



# STUDENT PUBLICATIONS

- Akouri-Shan, L., DeLuca, J.S., Pitts, S.C., Jay, S.Y., Redman, S.L., **Petti, E., Bridgwater, M.A.**, Rakhshan Rouhakhtar, P.J., Klaunig, M.J., Chibani, D., Martin, E.A., Reeves, G.M., & Schiffman, J. (2022). Internalized stigma mediates the relation between psychosis-risk symptoms and subjective quality of life in a help-seeking sample. *Schizophrenia Research*, 241, 298-305. <https://doi.org/10.1016/j.schres.2022.02.022>
- Akouri-Shan, L., Jay, S. Y., DeLuca, J. S., **Petti, E.**, Klaunig, M. J., Rakhshan Rouhakhtar, P., Martin, E. A., Reeves, G. M., & Schiffman, J. (2022). Race moderates the relation between internalized stigma and suicidal thoughts and behaviors in youth with psychosis-risk syndromes and early psychosis. *Stigma and Health*, 7(4), 375–379. <https://doi.org/10.1037/sah0000417>
- **Bridgwater, M.A.**, Horton, L., Haas, G. (2022). Premorbid adjustment in childhood is associated with later emotion management in first-episode psychosis. *Schizophrenia Research*, 240, 233-238. <https://doi.org/10.1016/j.schres.2021.11.041>
- **Cenkner, D. P.**, Burgess, H. J., Huizenga, B., Duval E. R., Kim, H. M., Phan, K. L., Liberzon, I., Klumpp, H., Abelson, J., Horwitz, A., Mooney, A., Raglan, G. B., Zalta, A. K. (2022). Morning light treatment for traumatic stress: The role of amygdala reactivity study protocol. *PLoS ONE*, 17(6): e0269502
- **Kapoor, A.**, Nation, D. A., & Alzheimer's Disease Neuroimaging Initiative. (2022). Platelet-derived growth factor-BB and white matter hyperintensity burden in APOE4 carriers. *Cerebral Circulation-Cognition and Behavior*, 3, 100131. <https://doi.org/10.1016/j.cccb.2022.100131>
- **Kapoor, A.**, Yew, B., Jang, J. Y., Dutt, S., Li, Y., Alitin, J. P. M., ... & Nation, D. A. (2022). Older adults with perivascular spaces exhibit cerebrovascular reactivity deficits. *NeuroImage*, 264, 119746. <https://doi.org/10.1016/j.neuroimage.2022.119746>
- Kopelovich, S. L., Maura, J., **Blank, J.**, & Lockwood, G. (2022). Sequential mixed method evaluation of the acceptability, feasibility, and appropriateness of cognitive behavioral therapy for psychosis stepped care. *BMC Health Services Research*, 22, 1322. <https://doi.org/10.1186/s12913-022-08725-5>
- Kopelovich, S. L., Nutting, E., **Blank, J.**, Buckland, H. T., & Spigner, C. (2022). Preliminary point prevalence of Cognitive Behavioral Therapy for psychosis (CBTp) training in the US and Canada. *Psychosis*, 14 (4), 344-354. <https://doi.org/10.1080/17522439.2021.1971744>
- Kuhlman, K.R., Antici, E.E., Tan, E.C., **Tran, M-L.**, Rodgers, E.L., & Restrepo, N. (*accepted*). Predictors of adolescent resilience during the COVID-19 pandemic in a community sample of Latinx youth: Expressive suppression and social support. *Research on Child and Adolescent Psychopathology*.
- Lyons-Ruth, K., Ahtam, B., Khoury, J., **Li, FH.**, Sisitsky, M., Ou, Y., Bosquet Enlow, M., Teicher, MH., Grant, PE. (*in press*). Mother's childhood abuse versus neglect associated with differential effects on infant brain development. *Research on Child and Adolescent Psychopathology*.
- Mousavi, Z., **Tran, ML.**, Borelli, J.L. et al. (2022). The moderating role of gender in the association between quality of social relationships and sleep. *J Behav Med*, 45, 378–390. <https://doi.org/10.1007/s10865-022-00286-6>
- Pratt, D., **Bridgwater, M.A.**, Schiffman, J., Ellman, L., Mittal, V. (*in press*). Do the Components of Risk for Psychosis Ratings Truly Represent One Construct? *Schizophrenia Bulletin*. <https://doi.org/10.1093/schbul/sbac182>

# WOW!

# MORE STUDENT PUBLICATIONS

- Sible, I. J., Jang, J. Y., Dutt, S., Yew, B., Alitin, J. P. M., Li, Y., Blanken, A. E., Ho, J. K., Marshall, A. J., **Kapoor, A., Shenasa, F.**, ... & Nation, D. A. (in press). Older adults with higher blood pressure variability exhibit cerebrovascular reactivity deficits. *American Journal of Hypertension*. <https://doi.org/10.1093/ajh/hpac108>
- Sible, I. J., Yew, B., Jang, J. Y., Alitin, J. P. M., Li, Y., Gaubert, A., Nguyen, A., Dutt, S., Blanken, A. E., Ho, J. K., Marshall, A. J., **Kapoor, A., Shenasa, F.**, ... & Nation, D. A. (2022). Blood pressure variability and plasma Alzheimer's disease biomarkers in older adults. *Scientific Reports*, 12(1), 17197. <https://doi.org/10.1038/s41598-022-20627-4>
- Sible, I. J., Yew, B., Dutt, S., Li, Y., Blanken, A. E., Jang, J. Y., Ho, J. K., Marshall, A. J., **Kapoor, A.**, ... & Nation, D. A. (2022). Selective vulnerability of medial temporal regions to short-term blood pressure variability and cerebral hypoperfusion in older adults. *Neuroimage: Reports*, 2(1), 100080. <https://doi.org/10.1016/j.ynirp.2022.100080>
- **Snyder, M. E.**, Chen, J. M. & Martin, E. A. (accepted). Social Anhedonia and Intergroup Processes: A multi-study investigation of known and novel groups. *Journal of Social and Clinical Psychology*.
- **Taylor, M. E.**, Lozy, O., Conti, K., Wacha-Montes, A., Bentley, K. H., & Kleiman, E. M. (2022). The Effectiveness of a Brief Telehealth and Smartphone Intervention for College Students Receiving Traditional Therapy: Longitudinal Study Using Ecological Momentary Assessment Data. *JMIR Ment Health*, 9(6), e33750. <http://doi.org/10.2196/33750>

# STUDENT AWARDS

American Heart Association Predoctoral Fellowship  
Arunima Kapoor

Connecting the EdTech Research EcoSystem (CERES) Scholar  
Rosa Hernandez-Ramos

Ford Foundation Predoctoral Fellowship Program - Honorable Mention  
Rosa Hernandez-Ramos

National Science Foundation Graduate Research Fellowship Program - Honorable Mention  
David Cenker

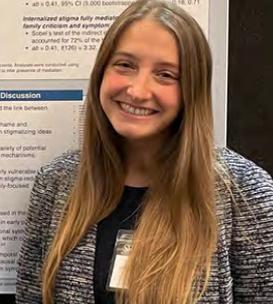
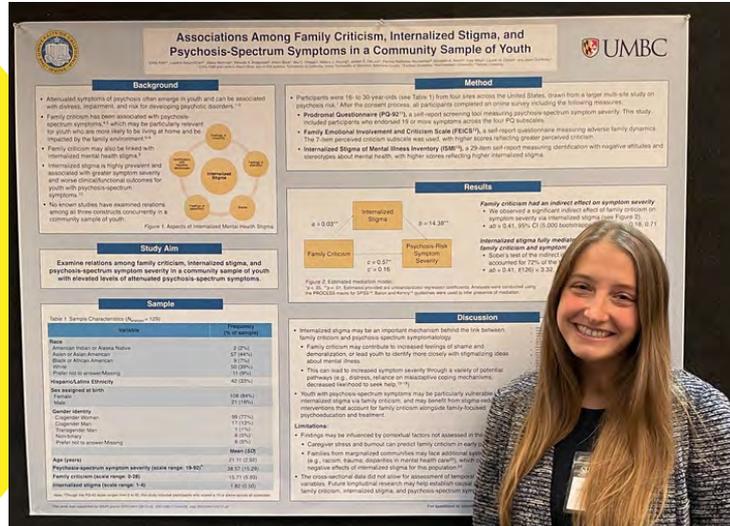
Smadar Levin Award (Society for Research in Psychopathology) - Finalist  
Emily Petti

# STUDENT PRESENTATIONS

- **Blank, J., Snyder, M.,** Brown-Hughston, M., & Martin, E.A. (September 2022). Evaluating Enjoyable Thoughts for Affective and Social Support-Related Content in Individuals At-Risk for Schizophrenia-Spectrum Disorders. Poster presented at the Society for Psychological Research Annual Meeting, Philadelphia, PA.
- **Bridgwater, M.A.,** Klaunig, M.J., **Petti, E., Snyder, M.,** Rakhshan Rouhakhtar, P., Martinez, A., Boos, A., Villegas, M.C., Martinez, B., Jones, N., Martin, E., Schiffman, J. (August 2022). Mental Health Care Utilization & Psychotic-Like Experiences – Preliminary Findings from the Mental Health Care Utilization Questionnaire (MHCU-Q). [Poster session]. NIMH Mental Health Services Research Conference, Bethesda, MD. <https://www.labroots.com/virtual-event/25th-nimh-conference-mental-health-services-research-mhsr>
- **Cenkner, D. P.,** Usman, H., & Zalta, A. K. (November 2022). Differential Associations of Rumination and Cognitive Flexibility with Guilt and Shame following Potentially Morally Injurious Events. Poster presented at the 38th annual meeting of the International Society for Traumatic Stress Studies Conference, Atlanta, GA.
- **Hernandez-Ramos, R.,** Palomares, K., Ceballos-Corro, E., Schueller, S. M., Stadnick, N., Eikey, E.V., Schneider, M., Zheng, K., Mukamel, D. B., Sorkin, D.H. (September 2022). Evaluation of a Pilot Implementation of a Digital Cognitive-Behavioral Therapy Platform for County Mental Health Services. Poster presented at the Society for Implementation Research Collaboration 6th Annual Conference, San Diego, CA.
- **Kapoor, A.,** Gaubert, A., Nguyen, A., Yew, B., Ho, J. K., Dutt, S., ... & Nation, D. A. (December 2022). Low plasma A $\beta$ 42/A $\beta$ 40 ratio in older adults with enlarged perivascular spaces. Poster presented at 15th Annual Clinical Trials on Alzheimer's Disease Conference, Virtual.
- **Kapoor, A.,** Yew, B., Jang, J. Y., Dutt, S., Li, Y., Alitin, J. P., ... Nation, D. A. (November 2022). Enlarged perivascular spaces and cerebrovascular reactivity deficits in older adults. Poster presented Society for Neuroscience Annual Meeting, San Diego, CA.
- **Kapoor, A.,** Jang, J. Y., Yew, B., Dutt, S., Li, Y., Sible, I., ... & Nation, D. A. (August 2022). Cerebrovascular reactivity deficits in older adults with elevated vascular injury markers. Poster presented at Alzheimer's Association International Conference, San Diego, CA.
- **Kapoor, A.,** Nation, D. A., & Alzheimer's Disease Neuroimaging Initiative. (February 2022). Platelet-Derived Growth Factor-BB and White Matter Hyperintensity Burden in APOE4 Carriers. Poster presented at International Neuropsychological Society Meeting, Virtual.
- **Snyder, M. E.,** Chen, J.M. & Martin, E. A. (September 2022). A (Non)Fundamental Need to Belong? A Multi-study Investigation of Intergroup Relations in Social Anhedonia [Poster session]. 2022 Society of Research in Psychopathology Annual Meeting, Philadelphia, PA.
- **Petti, E., Bridgwater, M. A.,** Akouri-Shan, L., Rakhshan Rouhakhtar, P., Klaunig, M. J., Kuhney, F. S., Boos, A., Martínez, A., Villegas, M. C., Martinez, B., Yang, J., Martin, E. A., Mittal, V. A., Ellman, L. M., & Schiffman, J. (August 2022). Mental Health Care Use & Psychosis-Risk: Positive Symptoms & Social Determinants. [Poster session]. NIMH Mental Health Services Research Conference, Bethesda, MD.
- **Petti, E.\*,** Akouri-Shan, L.\*, Martínez, A., **Bridgwater, M. A.,** Boos, A., Villegas, M. C., Klaunig, M. J., DeLuca, J. S., Rakhshan Rouhakhtar, P., Martin, E.A., Mittal, V. A., Ellman, L. M., & Schiffman, J. (September 2022). Associations among family criticism, internalized stigma, and psychosis-spectrum symptoms in a community sample of youth. [Poster session]. The 35th Annual Meeting of the Society for Research in Psychopathology, Philadelphia, PA.  
\*shared 1st author
- **Petti, E.,** DeLuca, J. S. (Panel Moderators), Lucksted, A. (Discussant), Kosyluk, K., Guasco, R., & Bryant, L. (Panelists). (November 2021). Internalized Stigma: Dangers, Resilience, and Intersectionality. [Plenary Session]. 12th Annual International Conference on Stigma, Howard University, Washington, DC.
- **Snyder, M. E.,** Fung, C.F. & Martin, E. A. (March 2022). Emotional Abnormalities Related to Online Social Interactions in Social Anhedonia [Poster session]. 2022 SAS Annual Conference, Online.

# OUTSIDE THE LAB

Emily Petti presented at her first in-person conference (Society for Research in Psychopathology)!



Tricks and Treats!



VaSC Lab Wedding!

Emily & Miranda win "Best Buds" Award



# OUTSIDE THE LAB

Clinical area welcome  
BBQ in UniHills!



LEAPS Team at SRP 2022  
in Philadelphia, PA



Din Tai Fung with the  
2nd Years!



# Support doctoral training in clinical psychology at UCI!

At any given moment, 20% of the population is suffering from a psychiatric illness such as depression, anxiety, insomnia, substance use, or a neurodevelopmental disorder. These diseases decrease both health span and life span, as well as place a costly but preventable burden on society and public services. For example, individuals with a psychiatric disease account for at least 20% of all emergency department visits. Further, there is a paucity of affordable, evidence-based mental health care in Orange County and sizeable health disparities felt by vulnerable and marginalized communities. In response to this need, the UCI Department of Psychological Science launched a new doctoral training program in clinical psychology in 2020. This will provide Orange County with a new infrastructure that will support workforce development and leadership to facilitate affordable, evidence-based care that is specifically tailored to the diverse needs of the local community.

Our primary goal is to rigorously train clinical scientists in the development, evaluation, and dissemination of psychological science. These trainees will then be capable of serving the community with the most advanced and effective approaches to mitigating psychiatric symptoms and improving mental well-being, developing the next generation of effective and inclusive mental health services, and training the next generation of clinical psychologists. This doctoral training typically spans 6 years and involves a combination of formal coursework, practical training in clinical settings, and execution of independent research projects.

All donations will be used to recruit, retain, and support the exceptional training of doctoral students in clinical psychological science. Recruitment of these students will emphasize our mission of inclusive excellence in training and leadership.

Get all of the latest updates about our area by visiting our website!

<https://ps.sococo.uci.edu/pages/clinical-psychology-graduate>



*Increase access to affordable, evidence-based mental health services in the local community by clicking [here](#) and making a donation today!*



# Thanks for reading!

2022-2023 Newsletter Committee

Jennifer Blank  
David Cenkner  
Allie Engstrom  
Maksim Giljen  
Emily Petti  
&  
Kate R. Kuhlman

