

# PSYCHLINKS

The Newsletter of the California State University, Chico Department of Psychology

Volume 9, Issue 1

DECEMBER 2008

## Chair's Comments

By Brian Oppy



Happy holidays, and welcome to the December 2008 Psychology newsletter! We are still experimenting with the format, both to save materials and to save cost. By the way, if you'd like to see it in color, the newsletter is also posted to our departmental Web site: <http://www.csuchico.edu/psy>.

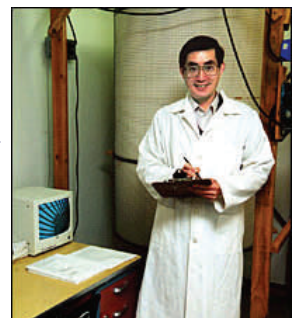
Our department has seen some continued changes this year. We hired a new faculty member, Dr. Elise Cole, with responsibilities primarily in the Marriage and Family Therapy program (look for a feature article on Dr. Cole in this newsletter). Dr. Cole's arrival came just as Dr. Marv Megibow completed his last year in the early retirement program. We haven't totally lost Dr. Megibow, though, as he continues to teach for us on a part-time basis. We should have another new face around the halls of Modoc next year. Psychology is in the midst of a search for a new tenure-track faculty member in the area of Learning.

You all know that the budget situation is dreary everywhere - and the CSU is no exception - but there are still some great things happening in the department. Much of the best news is directly due to the generosity of our donors. For example, we just helped fund travel expenses for seven students to attend the Society for Neuroscience convention in Washington, DC in November. Earlier this semester, we also brought in an off-campus scholar to work with students and faculty on some psychophysiology measurement equipment and to give a talk to all interested students. We hope to continue these activities, sending more students to conferences, and to have at least two more speakers come next semester; all of these activities rely upon donations. Thank you to all who have been able to give. Your support contributes to the legacy and prestige of our department, college, and university, and helps us provide better educational experiences for our students. Please consider making a gift to our Excellence in Psychology fund, or to one of our scholarships.

I hope that your holidays are both relaxing and rewarding.

## Visiting Speaker, Senqi Hu

Dr. Senqi Hu of Humboldt State gave a talk at the Psychology Research Seminar titled "Effects of Reflective (Involuntary) and Posed (Voluntary) Emotion on Facial EMG Asymmetry and ERP Response." More than 60 people gathered to hear him discuss his research on how the two hemispheres of the brain generate emotion. Some researchers have proposed that the right hemisphere is more important for emotions in general; whereas others have proposed that the right hemisphere is only important for negative emotions and the left hemisphere is important for positive emotions. Dr. Hu's research suggests an intermediate view—that the right hemisphere is more important for emotions in general, but is particularly crucial for negative emotions.



## New Faculty Member



**Professor Elise Cole** grew up in Kenya, East Africa. She received her BA in psychology from the University of South Florida and a MA in marriage and family therapy from George Fox University. She completed her PhD in marriage and family therapy from Virginia Polytechnic Institute and State University. She spent last year at the University of Nebraska Medical Center receiving training in medical family therapy. She has conducted research on the measurement of therapist multicultural competency from the clients' perspective. She will be teaching courses in marriage and family therapy and conducting research in the areas of multicultural family therapy and the development and measurement of therapy competencies.



## MFT Educational Stipend Program

The Psychology Department recently learned that its Marriage and Family Therapy (MFT) graduate program will be receiving California Department of Mental Health (DMH) funding to support the education and training of MFT counselors. Dr. Peter Lopez, our MFT Graduate Program coordinator, wrote the grant proposal and submitted it to the DMH in August; in October the DMH announced that CSU, Chico would be one of only three universities in California to receive a MFT Educational Stipend Program grant. The total value of this three-year grant will be \$348,840.

The educational stipend program will provide financial assistance to graduate students studying to become Marriage and Family Therapists; in return, recipients must commit to working in California's public mental health system after they have completed their studies and have earned their Master of Science in Psychology degrees. Each year CSU, Chico's MFT graduate program can award up to five \$14,300 educational stipends to its graduate students to help defray the costs of their graduate educations.

## Honors in the Major in Psychology

### 2007-2008 Psychology Honors Class

Front row from the left Kensey Watt, Natalie Paul, Linda Kline, Carrie Coulter, Reka Lassu, Haley Orthel, Jamie Kiss. Back row from the left: Nicole Alfaro, Crystal Perez, Lisa Cull, Nicole Schallberger, Jeff Yarch, Annalisa Koch, Hector Topete.



## Adjunct Faculty Spotlight: Dr. Cindy Selby



**Dr. Cindy Selby**, who has been a part-time member of the Psychology Department faculty since the early 1990s, is bringing innovation to the teaching of Abnormal Psychology. Beginning fall 2008 semester, Selby began using a case study simulation approach to the course, in which students take the role of professionals who arrive at DSM (*Diagnostic and Statistical*

*Manual of Mental Disorders*) diagnoses applied to hypothetical patients. Students work in teams, and in consultation with Selby, to rule out competing diagnoses. She terms this a “jigsaw” approach, in which student teams must work collegially to “complete the picture.” Additionally, students discuss the best theoretical approach to explain a particular disorder and then develop a treatment plan for each case study.

Dr. Selby spent much of this summer, in conjunction with her sister, who is an educational consultant, developing the new approach to the abnormal course. As she explains, “This is a much more active versus passive way to engage relatively large numbers of students in their own learning.” Selby plans to continue her case study simulation approach in the future because students’ mid-term exam performance indicates it is very successful.

Dr. Selby earned her PhD in Counseling Psychology in 2003 from Saybrook Graduate School and Research Center, founded by Rollo May and Abraham Maslow. Her graduate studies focused on a humanistic curriculum, which she evaluates as an “excellent experience.” Selby has taught other psychology courses in the department, including research methods and introductory psychology. Additionally, Selby has been happily married for 25 years and has two teenagers—a daughter and a son. She looks forward to continuing her teaching career in the Department of Psychology. She is committed to providing students with a meaningful and relevant curriculum. No doubt her current undergraduate students in the Abnormal Psychology course agree.

## Neil Schwartz Co-Authors Book



Professor Neil Schwartz recently co-authored a book entitled *Beyond Knowledge: The Legacy of Competence* with Professors Joerg Zumbach (University of Salzburg, Austria), Tina Seufert (University of Ulm, Germany), and Liesbeth Kestor (Open University of the Netherlands). The book is an edited and peer reviewed volume presenting selected papers on the current state-of-the-art work of scholars worldwide within the area of learning and instruction with computers. Mainly, the areas of computer-based learning environments supporting competence-focused knowledge acquisition but also foundational scientific work are addressed. Additionally, contents cover cognitive processes in hypermedia and multimedia learning, and social issues in computer-supported collaborative learning, motivation, and emotion in blended learning and e-learning. The 300-page volume is published by Springer and aimed at researchers and graduate students in applied cognitive psychology and the learning sciences. ISBN 1402088264



## Research on Counseling and Health

Julia Pivovarova and Professor Michael Ennis are currently collecting data to understand how psychological counseling affects immune health. This project was inspired by the work of James Pennebaker, who has found evidence that emotional disclosure can improve immune functioning. Ennis explains, "Pennebaker has shown that talking about things that make us angry, sad, or ashamed can make our immune system work more effectively. Based on this research, most people assume that psychological therapy would improve immune health too, but no one has actually shown that yet. That's what we hope to do."

Dr. Ennis was prompted to do this research by Julia Pivovarova, a Fulbright Scholar from Western Siberia. Julia, a master's student in the Marriage and Family Therapy program, was interested in combining her knowledge of therapy with biological outcomes. The two researchers are looking at people who are receiving therapy through the Counselor Training Center at Chico State. They are collecting blood samples before and after people's therapy, which usually consists of about seven weekly sessions, to see if there are changes in their antibodies to Epstein-Barr virus. "Epstein-Barr is a virus that most people are infected with," said Ennis, "but typically does not cause any disorders. However, the body continues to defend itself against the virus by producing antibodies. Tracking changes in those antibodies before and after therapy will allow us to see how well the immune system is working. If Pennebaker is right, participants' immune systems should be working more effectively after therapy than before."

## Miller-Herringer: Exemplary Online Instructor



This year Terry Miller-Herringer was one of seven faculty members recognized at the 14<sup>th</sup> Annual Center for Excellence in Learning and Teaching (CELT) Conference for their exemplary online courses. "These faculty applied the *Rubric for Online Instruction* to achieve this superior level of instruction." Miller-Herringer showcased her course, Psychology 355-Survey of Child and Adolescent Psychology, on October 10<sup>th</sup>, 2008. Her course is seen as relatively unique among online classes because of the sense of community she develops among her students, both local and distant. Her classes are personal, evocative, and interactive for all of her students, wherever they may be.

## Your Contributions Make a Difference

The department has established a "CSU, Chico Excellence in Psychology" account funded by donations that are used to purchase materials or provide learning experiences that will directly benefit CSU, Chico psychology students, but are not supported in the regular budget. As the account grows and proceeds are used to strengthen education in the department, we will continue to keep you informed in future issues of the newsletter.

If you are willing and able to contribute to this fund, whether in small or large amounts, we ask that you please make your check payable to "CSU, Chico Excellence in Psychology #06125" and mail it to Chico State Fund, California State University, Chico, Chico, CA 95929-0240. We will acknowledge your gift in writing so that you may claim it as a deduction on your federal and state income taxes. Thank you.

## Alumni News

It was 85 degrees in Phoenix in November. One of the reasons that it is so warm in Arizona could be the result of **Michael Kimerer** (BA, 1964) keeping the heat on those who attempt to work unfairly within the legal system. Mr. Kimerer is the managing partner of a 10-attorney firm. His specialty is criminal defense law, and he is the past president of both the Arizona State Bar and the American Board of Criminal Lawyers. He has also been a judge pro tem in both the Superior Court and the Court of Appeals. Although he enjoys spending time with his grandchildren, Kimerer has no plans to retire. He has been active in local democratic politics.

**Mindy Droke** (nee Moss, BA, 1987) is also very active in politics. She is a special assistant for Kitsap County to Congressman Jay Inslee of the state of Washington's First Congressional District. According to the Web site of the First Congressional District, there have already been many more requests than there will be tickets to the presidential inauguration, so Ms. Droke can probably not arrange for seating in the viewing stands for all fellow CSU, Chico Psychology alums. Besides, the site is predicting cold and gray weather for January 20, 2009.

The "predictions" are sunnier and more positive on the Web site of **Leslee Burnett's** (BA, 1991) employer. She is a project manager at Schwab Charitable; the second largest Donor Advised Fund in the nation. One of the pieces of advice on the Schwab Charitable site is "Give time and expertise." This is what the interns in our agency placements hear each semester; it must be good advice!

Some information from her psychology classes also haunts **Maxine Furminger** (Nee Moir, BA, 1992). She is a human resources manager for the Bank of America. She reports "leveraging her psychology degree every day." Furminger also reports using the information at home, as she and her husband, Michael, rear their one-year-old twins. Perhaps she is using information from the class, Survey of Child and Adolescent Psychology, though the reinforcement schedules used in the animal lab might come in handy also.

Self reinforcement might be a strategy that **Tina Corn** (BA, 1998) encourages with her clients. She is aware of how difficult most of them find it to stay on the treadmill and out of the cookie jar. She lectures on topics in health and fitness. She is presently working in a Global/Worldwide Personal Training Certification.

Some of our alums use their education in direct and professional manners on a daily basis. In 1982, **Nancy Zeisler** (nee Maness) obtained her BA in Psychology. She went on to obtain an MA in Education and a PPS credential. She is presently a school counselor for Ready Springs Elementary School in Penn Valley, CA.

**Tasha Teeter** and **Cedric King** both earned degrees in psychology. In addition to those diplomas, they earned each other's hearts. In July, they were married. They are living in Santa Rosa where King is a school psychologist.

**Michele Klobas** earned both her bachelor's and master's degrees from CSU, Chico. We are glad she liked the area and elected to remain here, working as a school psychologist for Chico Unified School District. She wed Miles Peacock, who also works for Chico Unified as an instructor of industrial technology.

**Mireya Jauregui** resides in Chico and also works as a school psychologist for the Chico Unified School District. Both her bachelor's and master's degrees were awarded by CSU, Chico. Her primary assignments are Fair View and Chapman schools. She is one of the most recent inductees into the Chico Public Education Hall of Fame.

**Ruth Shaeffer** (nee Lanford; BA 1967; MA 1973) received an EdD in Educational Psychology in 2007 from the University of the Pacific. She presently serves as a lecturer at CSU, Fresno and has a practice as an MFT.

**Dennis Hyde** received an MA in 1976. He teaches at Butte College and has a private practice.

There is no class in the Psychology curriculum which prepared **Aimee Myles** for the favorite part of her job. She is employed by the Department of Public Health as a health education specialist. Much of her time is spent planning dental health checks in the schools and preparing prevention education forums for parents, but periodically she gets to don a sparkling costume complete with wings, tiara, and wand and be the Tooth Fairy. In this guise she visits preschools to make children aware of the importance of caring for their teeth.

In 1983 **Susan Rasmussen (nee Brice)** received her BA. She had been active in the Shasta Hall Environmental Club. She is now assisting in keeping South Lake Tahoe blue as she works for the South Lake Tahoe Public Utility District as an administrative assistant in finance.

**Trey Pitruzzello** (BA 1980) has been an Earthwatch Fellow. He worked in Brazil to survey reptiles, amphibians, and birds. Back home in Riverside, he teaches at Martin Luther King Junior High School.

Elk Meadow Elementary School in Bend, Oregon has a new principal! It is **Tim Comfort** (BA, 1978). After earning an educational specialist degree from the University of Michigan, Comfort worked for the Sisters School District (Oregon) as a director of human resources.

**Brenda Andrews** (nee Cox; BA 1996) is working on a master's degree in education from the University of New England. She previously received a certificate of graduate study in literacy from the University of Southern Maine and is now substitute teaching. She would like to teach English and Psychology in a high school in California; a goal she hopes to accomplish within the next several years. As the weather is now cloudy and 45 degrees for her, we hope she accomplishes her goal before the chilblains set in.

The circle of alums of the Psychology Department is smaller with the deaths of three graduates. **Kelly Mann** (BA, 1991) passed away in June, 2008. He had worked as a substance abuse counselor since 1995, most recently for Colusa County. **Suzanne Henrion** (BA 1974; MA 1979) practiced marriage and family therapy in Chico prior to her death. She enjoyed active pursuits, including kayaking and rock climbing, taking up hang gliding in her 60's. **George Valdez** (BA 1973) had traveled the world as a merchant marine prior to coming to CSU, Chico. He worked in the agricultural industry after graduation.

## Donors: We are grateful to our alumni and friends who have contributed to our department activities and scholarships this year.

Dr. Diane Chatlosh	Mr. & Mrs. John C. Flanigan	Ms. Amanda J. Desousa
Dr. Kevin J. Moore	Mr. & Mrs. John M. Ludington	Ms. Ames K. Burkhouse
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Mr. Enrique S. Perez	Mrs. Caroline B. Wiseman	Ms. Meghan E. Malloy
Mr. Frank L. Hoover	Mrs. Carolyn L. Lewis	Ms. Monica M. Tobia
Mr. Gary Shaeffer & Dr. Ruth Shaeffer	Mrs. Catherine I. Pavloff	Ms. Pamela R. Muffley
Mr. Jacob Long & Ms. Sarah Daniel	Mrs. Debra A. Magnusson	Ms. Paula A. Maxwell
Mr. Jeffrey H. Wilcox	Mrs. Devera M. Trunkle	Ms. Peggy M. Schuetz
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Mr. Joseph W. Muench	Mrs. Elizabeth L. Mason	Ms. Rynne M. Contreras
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Mr. & Mrs. J. R. Knowles	Mrs. Tracey R. Kenz	
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# Awards 2008

## **Megan Dias**

Psychology Student of the Year

## **Monica Solorzano**

Psychology Outstanding Student 2008

## **Andrew Nichols**

Edith Brask Memorial Scholarship

## **Melissa Smith**

Peter C. Apostolakos Memorial Scholarship

## **Jason Tate**

Hugh M. Bell Memorial Scholarship

## **Tammi Cota**

Hugh M. Bell Memorial Scholarship

## **Melissa Jackson**

Hugh M. Bell Memorial Scholarship

## **Nancy Leos de Thiele**

Hugh M. Bell Memorial Scholarship

## **Laura Wilson**

Hugh M. Bell Memorial Scholarship

## **Rajinder Kaur**

Hugh M. Bell Memorial Scholarship

## **Christopher Branscum**

Hugh M. Bell Memorial Scholarship

## **Liliana Valdez**

Hugh M. Bell Memorial Scholarship

## **Annette Teixeira**

Hugh M. Bell Memorial Scholarship

## **Roberta Linoz**

Hugh M. Bell Memorial Scholarship

## **Bonnie Sharpe**

Warren R. Coleman Memorial Scholarship

## **Melissa Smith**

Soroptimist Bidwell Rancho Scholarship

## **Nicole Alfaro**

Psychology Honors in the Major

## **Carrie Coulter**

Psychology Honors in the Major

## **Lisa Cull**

Psychology Honors in the Major

## **Jamie Kiss**

Psychology Honors in the Major

## **Annalisa Koch**

Psychology Honors in the Major

## **Reka Lassu**

Psychology Honors in the Major

## **Haley Orthel**

Psychology Honors in the Major

## **Natalie Paul**

Psychology Honors in the Major

## **Crystal Perez**

Psychology Honors in the Major

## **Nicole Schallberger**

Psychology Honors in the Major

## **Hector Topete Jr.**

Psychology Honors in the Major

## **Kensey Watt**

Psychology Honors in the Major

## **Carrie Coulter**

Honors in GE

## **Kalene Gorospe**

Honors in GE

## **Sarah Groos**

Honors in GE

## **Reka Lassu**

Honors in GE

## **Haley Orthel**

Honors in GE

## **Donald Rickgauer**

Honors in GE

## **Dara Xaivong**

Honors in GE

## **Catalina Godwin**

Summa Cum Laude

## **Nicole Disney**

Summa Cum Laude

## **Laura Jorgensen**

Summa Cum Laude

## **Aisha Kamala**

Summa Cum Laude

## **Jamie Kiss**

Summa Cum Laude

## **Annalisa Koch**

Summa Cum Laude

## **Reka Lassu**

Summa Cum Laude

## **Stacey Rea**

Summa Cum Laude

## **Nicole Schallberger**

Summa Cum Laude

## **Carrie Coulter**

Cum Laude

## **Erin Cross**

Cum Laude

## **Haley Orthel**

Cum Laude

## **Monica Solorzano**

Cum Laude

## **Allison Craig**

Cum Laude



Department of Psychology  
California State University, Chico  
400 West First Street  
Chico, CA 95929-0234



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for keeping in touch. Please  
continue to send us news that  
we can share with your  
colleagues and former  
classmates!**

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Department of Psychology  
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### **Inside this Issue**

<b>Chair's Comments</b>	<b>1</b>
<b>Visiting Speaker</b>	<b>1</b>
<b>New Faculty</b>	<b>2</b>
<b>Honors in the Major</b>	<b>2</b>
<b>MFT Stipend Program</b>	<b>2</b>
<b>Adjunct Faculty</b>	<b>3</b>
<b>New Book</b>	<b>3</b>
<b>Research</b>	<b>4</b>
<b>Teaching Online</b>	<b>4</b>
<b>Excellence Fund</b>	<b>4</b>
<b>Alumni News</b>	<b>5</b>
<b>Donors</b>	<b>6</b>
<b>2008 Awards</b>	<b>7</b>