

# Clinical Geropsychology News

Society of Clinical Geropsychology

APA Division 12, Section II

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the contents of this Newsletter.

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## President's Column

**Margie Norris, PhD**



It is a joy to write about people and events in the SCG news! First, on behalf of all the SCG members, I want to welcome our newly elected Officers. We are very fortunate to have Benjamin Mast coming in as our President for 2017 and Victor Molinari as our Representative to the Division of Clinical Psychology for 2017-2019. As I have said before in this column and shared with many people in conversation, geropsychologists are a special group. We are made up of

individuals, like Ben and Victor, who are not only willing to serve us and the profession, but also do so with great wisdom, open-mindedness, and vision. So, welcome Ben and Victor, and many thanks for joining the SCG leadership!

I must add that the arrival of new leaders always brings the departure of others. I am honestly sad to anticipate the day when Brian Yochim and Michele Karel will “retire” from their respective positions as

Past-President and Representative to Division of Clinical Psychology. Brian was a tremendous help to me as I transitioned into President, helping me worry less that I would commit grave mistakes and mess everything up! (Maybe by December, Brian, I will finally remember to ask for approval of the minutes at the beginning of our monthly Board meetings – maybe....) And, Michele, I just can't imagine what we will do without your words of wisdom and insights at our Board meetings. All in all, Ben and Victor, you have big shoes to fill but we all know that you will do so quite successfully!

There is more delightful news to celebrate! As detailed in this newsletter, the SCG awards were recently announced. Brian Carpenter is the very deserving recipient of the SCG Distinguished Clinical Mentorship Award. Brian is the exceptional mentor of our current Student Representative, Elissa Kozlov, as well as other prior students who have gone on to geropsychology internships, post docs, and jobs in the field. Greg Hinrichsen is the recipient of the M. Powell Lawton Award for Contributions to Clinical Geropsychology. Greg told me that this award is especially meaningful to him because he knew Lawton well and was a great admirer of him. As I told Greg, Lawton would be very proud! And kudos also to Kellye Carver who won the Student Paper Award. I hope, Kellye, that this recognition gives you the spark and inspiration that is the beginning of a successful and committed career in Geropsychology. As I am reviewing old newsletters, it is heartwarming to see the names of many of our most influential leaders who started as recipients of student research awards or student representatives. Ben Mast, for example, received the Student Research Award in 1999. So is the Presidency in your future, Kellye?

I also very much want to acknowledge Victor Molinari as the recipient of the APA Committee on Aging Award for the Advancement of Psychology and Aging. This is a prestigious award indeed, and Victor, you unconditionally deserve it! You have advanced Geropsychology in so many ways – clinical practice, training graduate and post-graduate students, scientific contributions, public policy and advocacy, and needless to say, bringing diplomat status for Geropsychology to fruition. It is truly astounding that one person can be so successful in such vast domains. You have, Victor, and we are ever so fortunate from your many accomplishments. Many congratulations!

Moving from people to events, I want to highlight some of the special activities for geropsychologists at the upcoming convention in Toronto. Here is the [link](#) for a full list of *Sessions on Aging*, prepared by our colleague and friend, Debbie Digilio in the APA Office on Aging. I encourage everyone attending the convention to use the information in the [link](#), as it is an excellent resource for organizing your convention schedule. As I review our past newsletters, I have seen that the Presidents' Column in the issues prior to convention often listed *all* the upcoming aging-related events at convention. As a testimony to our growth, Debbie's list is 26 pages long! I certainly cannot include all 26 pages in our newsletter. The *Sessions on Aging* document lists the many meetings, socials, symposia, and special events that I hope people will find especially important and worthy of their time at convention. I want to particularly encourage all SCG members to attend the SCG Business Meeting. It is probably the best way to get to know the leaders in SCG and become familiar with the issues we are tackling.

And last, I want to make a sales pitch for SCG at the convention. Many of us will be presenting at poster sessions, symposia, conversation hours, etc. These events will draw many people who have interests in aging but may not be well aware of SCG. So, please, bring along some copies of our membership form (a [pdf version](#) is available on our website and a copy is in this newsletter), and pass it on to those you meet and engage with at convention.

See you in Toronto! And we are sorry that some will not be able to attend the convention. But rest assured that you will hear more about it in future newsletters and on our listserv.

## GEROPSYCHOLOGY EVENTS AT APA CONVENTION

### Society of Clinical Geropsychology Organization Events

Society of Clinical Geropsychology Presidential Address and Conversation Hour: The Aging of the Society of Clinical Geropsychology - Where Have We Been and Where Are We Going?  
 Thursday August 6<sup>th</sup> 12:00 PM - 12:50 PM  
 Convention Centre Room 205A  
 Chair: Margaret P. Norris, PhD

Society of Clinical Geropsychology Business Meeting  
 Thursday August 6<sup>th</sup> 1:00PM – 3:00 PM  
 Division 12 Hospitality Suite

Division 20 (Adult Development & Aging) & Society of Clinical Geropsychology Dinner  
 Thursday August 6<sup>th</sup> 7:30 PM  
 Joe Badali's Ristorante Italiano & Bar  
 156 Front Street West  
 Reservations required. Cost of dinner is \$38.00 and \$20 for students (tax and tip included)  
 Contact Sherry Beaudreau – [sherryb@stanford.edu](mailto:sherryb@stanford.edu) (Division 12-II)

Society of Clinical Geropsychology (Division 12-II) Board Meeting  
 Friday August 7<sup>th</sup> 10:00AM – 12:00 PM  
 Division 12 Hospitality Suite

### Geropsychology Workshops

Workshop: Continuing Education Workshop #001: Expanding Your Practice to Include Work With Older Adults  
 Wednesday, August 5<sup>th</sup> 8:00 AM - 11:50 AM  
 Westin Harbour Castle Toronto Hotel Piers 7 and 8  
 Leader: Margaret P. Norris, PhD  
 Leader: Gregory A. Hinrichsen, PhD  
 4 CEUs  
 To register: <http://www.apa.org/convention/ce/001.aspx>

Workshop: Continuing Education Workshop #004: Behavioral Strategies for Dementia Prevention  
 Wednesday, August 5<sup>th</sup> 1:00 PM - 4:50 PM  
 Westin Harbour Castle Toronto Hotel Piers 7 and 8  
 Leader: Glenn E. Smith, PhD  
 Leader: Kelly J. Murphy, PhD  
 4 CEUs  
 To register: <http://www.apa.org/convention/ce/004.aspx>

### Geropsychology Symposia

Symposium: Geropsychology - Innovations in Practice and Training  
 Thursday August 6<sup>th</sup> 9:00 AM - 9:50 AM  
 Convention Centre Room 201E  
 Co-chairs: Adriana B. Dunn, PhD and Laura K. Palmer, PhD

Symposium: Where We Are and Where We Are Going - New Directions for Treating Late-Life Mental Health Disorders

Thursday August 6<sup>th</sup> 12:00 PM - 12:50 PM

Convention Centre Room 103B

Co-chairs: Sherry A. Beaudreau, PhD and Christopher B. Rosnick

Symposium: Aging and Diversity - Multiple Intersections and Opportunities

Friday August 7<sup>th</sup> 9:00 AM - 10:50 AM

Convention Centre Room 714B

Co-chairs: Glenn E. Smith, PhD

### **Office on Aging's Annual compilation of *Sessions on Aging Issues***

The Office on Aging's Annual compilation of *Sessions on Aging Issues* at the APA Convention is now available online at: <http://www.apa.org/convention/aging-sessions.pdf>

Please join CONA at its annual CONA Convention Hour on Saturday August 8<sup>th</sup> at 5-5:30 pm in the Fairmont Royal York Hotel, Library. The conversation topic is "Aging Across Boundaries"

## **Comments from the Editors: Christine and Joe**



Welcome to the 2015 Summer edition of the Clinical Geropsychology News! There are a few pieces in the current issue that we would like to highlight:

- Be sure to review all the information in the current issue pertaining to age-related happenings at the upcoming APA convention.
- Make sure to see all the wonderful accomplishments of our members in the Announcements and Members News section.
- Two members are highlighted in the Member Spotlight. If you see either of the highlighted members at the upcoming APA conference, make sure to say hello!
- Congratulations to everyone on their recent publications and new positions.

## **Election Results**

Benjamin Mast, PhD, ABPP, of the University of Louisville, was elected to serve as President of the Society in 2017. He will also serve as President-Elect in 2016 and Past-President in 2018.

Victor Molinari, PhD, ABPP, of the University of South Florida, was elected to serve as our Representative to the Society of Clinical Psychology (APA Division 12) in 2016-2018.

*The Elections Committee is grateful to the four candidates for their willingness to run for office and to members who took the time to help determine the future of our Society by voting.*

## **Society for Clinical Geropsychology 2015 Award Recipients**

### **Distinguished Clinical Mentorship Award**

Dr. Brian Carpenter (Washington University in St. Louis)

Brian is an Associate Professor of Psychology at Washington University in St. Louis. His outstanding mentorship was evidenced by the many letters we received from current and former students. As one writer indicated, "he deserves to be recognized for his devotion to cultivating burgeoning gero-psychologists who strive to be as passionate and involved in the field of aging as he is." Brian will receive the award at the SCG business meeting at the APA convention.

### **M. Powell Lawton Award for Distinguished Contributions to Clinical Geropsychology**

Dr. Gregory Hinrichsen (Yeshiva University)

Greg has made notable contributions that have influenced the field of clinical geropsychology. He has held nearly every leadership position, including President of SCG, Chair of Committee on Aging (CONA), Chair of (Council of Professional Geropsychology Training Programs (CoPGPT). He has written extensively on public policy and aging, training in clinical geropsychology and the application of Interpersonal Therapy to work with older adults. In addition, Greg is well known as an outstanding colleague and mentor. Greg will receive the award at the SCG business meeting at this year's APA convention, and he will deliver the Lawton Award address at the 2016 convention.

### **Student Paper Award**

Kellye Carver, "Influence of Grief among Parentally Bereaved Adults" (University of North Texas)

Although the parent-child relationship is significant throughout life, many changes occur as children grow, particularly during young adulthood. Parental loss and resulting grief during adulthood is likely influenced by many variables, including age, gender, relationship quality, and sex roles. In this study, parentally bereaved adults completed measures assessing parental involvement, personal grief and adjustment, and sex role preferences. Analyses of covariance indicated that gender of the bereaved child was significant in predicting some aspects of grief, wherein females were more strongly impacted by the loss of a parent, irrespective of that parent's sex. However, the interaction of sex of parent and sex of child was also significant, suggesting that maternal loss may be particularly difficult for daughters. Results suggested that women may have a stronger emotional experience of grief and maintain closer bonds with a deceased mother. This may result from deeper emotional connections, feeling excluded by age peers, or vulnerability for rumination.

Although the study's participants were not older adults, this is a research topic vital to geropsychology. By studying grief processes, family dynamics, and the intersections of these concepts, we can better understand the emotional experiences of older adults facing loss or death. It is particularly important to explore the differences between men and women, as well as how family relationships between generations can influence the grief experience. The results also bring to light issues to be considered when counseling the families of our older adult clients as they anticipate death and after their passing.

## Member Spotlight



### **Full Member Spotlight:** Steven H. Zarit, Ph.D.

Distinguished Professor of Human Development and Family Studies

Penn State University

Year joined Society of Clinical Geropsychology: 1993

Hometown: Chicago, IL

**Q:** Why did you join the Society for Clinical Geropsychology?

**A:** I have always regarded myself as a clinical geropsychologist. I was trained as a clinical geropsychologist at a time when there were only a handful of psychologists nationally with this focus. Section II was a perfect complement to Division 20, bringing an explicit focus to clinical issues.

**Q:** How has membership in the Society for Clinical Geropsychology assisted you with your professional activities?

**A:** It has assisted me in mainly two ways. First, it provided a network of people with similar interests. And second, through that network and the various initiatives that Section II and its members have been involved in over the years, I have been able to keep informed about new directions in the field.

**Q:** How did you get interested in the field of aging?

I went to graduate school at the University of Chicago to study adolescent development in the Committee on Human Development. When I arrived in 1968, the one faculty member with an interest in adolescence left, but there was a strong faculty group with an interest in adult development and aging. Along with Duke and the University of Southern California, the Committee on Human Development at Chicago carried out pioneering studies and training, providing a lifespan perspective at a time when most of the focus on development ended at age 18.

**Q:** What was your most memorable experience during your graduate studies?

**A:** I got to study with several remarkable people who helped create and shape gerontology, including Bernice Neugarten, Bob Havighurst, Mort Lieberman, Shelly Tobin, and the man who became my mentor, Bob Kahn.

**Q:** Have you had an important mentor in your career? If so, how did he or she make a difference?

**A:** My mentor was the late Robert L. Kahn, not the R. L. Kahn of successful aging renown, but one of the first generation of clinical psychologists who specialized in aging. He had a vision of what clinical work with older people should be that has guided my career. Kahn advocated what he called minimum intervention. Minimum intervention meant doing what is needed to address the person's problem in a way that was least disruptive to the individual's life and living situation. An important part of minimum

intervention was helping people to live at home or in the least restrictive setting possible. By letting people stay in familiar settings, it allowed them to maintain their independence and live in ways they preferred. By contrasts, institutional care with its bureaucratic routines takes away independence and reinforces dependencies, leading to “excess disabilities,” a term that Kahn originally proposed. To help people with severe disabilities such as dementia (or chronic organic syndrome as it was called then) to remain at home, it was necessary to identify treatable components of the situation. Kahn suggested that while we could not treat biomedical aspects of dementia, we could address social and psychological dimensions. A major way of doing so is by working with their family. In the weekly clinic he held, he would see patient and family together so that he could get a more complete picture of the situation. He helped families learn better ways of giving care and also how they could draw on paid help so that they would not become overburdened. My interests and research program grew directly out of these approaches, including my focus on family caregiving, including development and evaluation of the first family intervention for caregivers of persons with dementia, and more recently, the evaluation of the role of adult day services and other forms of respite care in lowering caregivers’ burden.

Q: What is your current position and what are your key responsibilities?

A: I am Distinguished Professor of Human Development and Family Studies at Penn State University. As of July 1 of this year, I have begun a phased retirement, working 20 percent time on ongoing research and to help my doctoral students and one honors undergraduate student finish their degrees.

Q: Tell us about your most recent activities.

A: My research in recent years has focused on two areas. The first area examines the benefits of adult day services for family caregivers of persons with dementia. My colleagues and I have shown that caregivers have better regulation of two stress hormones, cortisol and DHEA-S, on days when their relative attends daily adult day care compared to days when they provide all the care. For cortisol, there is a same day effect, while DHEA-S shows improvement on the next day. Day care use also led to lower feelings of anger and buffered caregivers’ depressive feelings. Taken together, these findings suggest that receiving regular respite may reduce health risks to caregivers to persons with dementia. Indeed, we were able to show that caregivers who use more days of adult day services were less likely to decline in functional health over a one-year period of time than caregivers using fewer days.

I also am part of a research team headed by Karen Fingerman that is studying intergenerational relationships in three generational family and the types of support exchanged within these families. The papers from this study affirm that parent-child ties remain strong and important for well-being throughout the adult years. Middle aged adults give various kinds of support to their parents, but parents also continue to provide tangible and non-tangible help to their children. Likewise, while middle aged adults continue to help their adult offspring, offspring also give emotional and sometimes even financial support to parents.

Q: What has been your most memorable experience in gerontology and aging clinical practice and/or research?

A: It is hard to pick one experience. Seeing my doctoral students gain competencies and confidence and then go on to successful career gives me a wonderful feeling. One experience that stands out is that my first study on the effects of adult days services, which was done in the early 1990s, led to increased funding for caregivers services in New Jersey and Ohio, the two states where the research had been conducted. Many of those gains have been lost now, but at least for one brief moment, research made a real difference.

Q: Do you have any tips for emerging geropsychologists?

A: Be open to new ideas, but also be skeptical. There is wonderful work going on now and lots of new research tools that give us new ways of studying behavior, emotion and correlated biological processes. At the same time, there is much nonsense that gets published. And read the old literature. You'll find rich and interesting ideas.

Q: What keeps you busy when you are not working with older adults? What are your non-professional aspirations and hobbies?

A: Five grandchildren between the ages of 8 years and 1 month. I enjoy photography, and plan on taking a bread making class this summer. My wife Judy and I have some trips planned. We also will begin a quest next summer to visit the major league ballparks we have not been to before—17 parks to go.

### **Student Member Spotlight: Julie Lutz**

Clinical Psychology Graduate Student

Department of Psychology, West Virginia University

Hometown: Riverside, CA

Q: Why did you join Division 12 Section II, Society for Clinical Geropsychology?

A: As a Clinical Psychology doctoral student whose area of interest is in geropsychology, I joined 12/II because of the opportunity to interact with other professionals and students in geropsychology, and to remain informed of progress in the field.

Q: How has membership in 12/II assisted you with your professional development?

A: Making contact with other 12/II student and professional members has provided me the opportunity to receive valuable mentorship and advice and to build a broader understanding of current developments in many areas within geropsychology.

Q: How did you get interested in the field of aging?

A: As a psychology undergraduate student at California State University, Fullerton, I took a course on the Psychology of Aging, taught by Dr. Laura Zettel-Watson, where I learned about the need for more research and more specialized treatment in geropsychology, particularly on the topic of suicide. I went on to complete a senior honors thesis regarding social factors and suicidal ideation in older adults with Dr. Zettel-Watson. Around this time, I also worked with Dr. Bryan Kemp on research relating to quality of life and aging with disabilities, which further built up my interest in aging and psychology, especially in connection with health issues.



Q: Have you had an important mentor in your career? If so, how did he or she make a difference?

A: I have been lucky to have several wonderful mentors throughout my undergraduate and graduate training, including Dr. Zettel-Watson and Dr. Kemp,



as well as Dr. Barry Edelstein. My current advisor, Dr. Amy Fiske, has been integral to my training and development as a geropsychologist by providing her expertise and feedback on all my ideas and endeavors, by being consistently encouraging and supportive, by helping me develop my own unique research program, and by connecting me with a network of other geropsychologists.

**Q:** What has been your most memorable experience in gerontology and aging clinical practice and/or research?

**A:** In clinical practice, the experience of seeing a previously depressed older adult improve through finding positive, meaningful activities to engage in has been one of the standout parts of my training. In research, I always find conferences memorable because of the opportunity to talk to other researchers who are interested in similar topics and learn about the most current developments in the field.

**Q:** Tell us about your most recent activities.

**A:** I am currently completing my master's thesis on perceived burdensomeness in younger and older adults. I am also involved in several other projects, including research on health conditions and suicidal ideation in late life, as well as issues related to assessment and measurement in older adults. Looking forward, I am beginning to plan for a doctoral dissertation on disability, engagement in activities, depression, and death by suicide in middle-aged and older adults.

**Q:** Looking forward, what are your plans post-graduation?

**A:** My career goal is to pursue a research program on suicide in late life in an academic position where I also have the chance to continue some clinical work with older adults in the community.

**Q:** What keeps you busy when you are not working with older adults? What are your non-professional aspirations and hobbies?

**A:** I enjoy various forms of art, including drawing, playing the piano and guitar and singing, and dance. I am also an avid reader, I like to spend time with my friends and my family, and I aspire to travel to many places within the U.S. and abroad.

## Announcements and Member News

This section of the newsletter highlights announcements relevant to the membership and the accomplishments of the Section's members. If you have received any local or national awards, or want to let the Section know about recently accepted publications, or recently published books, please email updates to Christine Gould ([Christine.Gould@va.gov](mailto:Christine.Gould@va.gov)) or Joseph Dzierzewski ([Joseph.Dzierzewski@va.gov](mailto:Joseph.Dzierzewski@va.gov)).

### Member News

**Annie Mueller, PhD**, accepted a staff psychologist position in the Mental Health Clinic (MHC) at the American Lake VA, to begin in September of this year. The American Lake VA MHC wanted to hire a geropsychologist to address the growing demand in their clinic. Dr. Mueller will see a variety of ages, but her emphasis will be aging (or aging-related issues).

### *New Resources*

**Margaret Gatz, PhD** and colleagues developed a fotonovela and audiovisual novela to aid in the detection of dementia. For more information, please check out [the story](#) posted on USC's website. Both the fotonovela and audiovisual novela are available at: <http://dornsife.usc.edu/labs/scrap/usc-alzheimers-disease>

Dr. Gatz would love for people to use the materials. It is also possible to have the fotonovela reprinted at cost for local use, replacing USC-specific contact information with contact information for your local center. For more information, email [mbaron@usc.edu](mailto:mbaron@usc.edu).

### *Recent Member Grants*

**Suzanne Meeks, PhD** received funding from “the National Endowment for the Arts “Art Works” grant program to conduct the following study with her Theatre Arts colleague Russell Vandembroucke: *Psychological Aspects of Theatre Audience Engagement: Generational Differences and Lessons from Older Subscribers on Audience Engagement Related to Psychological Flourishing*.

Grant Summary: In gerontology there is rising interest in the characteristics of a “life well lived,” and in the types of activities and habits that may lead to flourishing in late life. Audience members of an arts performance experience opportunities for enjoyment, sociability with co-attendees, intellectual stimulation, engagement with the organization and with the art itself, and to contribute to the future of the organization via philanthropy and subscription. Thus regular participation as an audience member could be one means of promoting flourishing. We propose a three-part, mixed methods study of performing arts engagement with a well-established regional theatre, across age cohorts. We will focus on the benefits of sustained engagement experienced by long-time subscribers.

**Karyn Skultety, PhD** and **Carolyn Stead, PsyD** at the Institute on Aging in San Francisco recently received notification of funding from the Archstone Foundation under the Depression in Late-Life Initiative- *Care Partners: Bridging Families, Clinics, and Communities to Advance Late-Life Depression Care*. The Archstone foundation has partnered with the AIMS Center at the University of Washington and the UC Davis to implement the Care Partners project across seven sites. The two-years of funding will help to develop a partnership between the Institute on Aging and UCSF Geriatrics that will utilize an innovative, community based, collaborative care model to improve treatment outcomes for homebound older adults struggling with depression.

**Christine Gould, PhD**, began her five year VA Rehabilitation Research and Development Career Development Award (CDA-2) on July 1<sup>st</sup> at the VA Palo Alto Health Care System. She will be testing whether a brief psychosocial intervention for anxiety improves functioning in older Veterans with anxiety disorders. Her CDA mentors include SCG members Sherry Beaudreau, PhD, and Julie Wetherell, PhD. Her project is described [here](#).

### *Recent Member Publications*

Meeks, S., Getz, B.R., Hess, L.S., Kostiwa, I.M., Ludwin, B.M., Rodgers, J.R., & Shah, S.N. The BE-ACTIV project: How research, professional training, education, and practice were integrated in a single clinical trial. *Gerontology and Geriatrics Education*. In Press Feb. 2015; doi: <http://dx.doi.org/10.1080/02701960.2015.1031893>. It can be accessed at this link: <http://www.tandfonline.com/eprint/I77Uty7QiCPSTXam2sC8/full>

- Haley, W. E., Roth, D. L., Hovater, M., & Clay, O. (2015). Long-term impact of stroke on family caregiver well-being: A population based case-control study. *Neurology*, *84*, 1323-1329. doi:10.1212/WNL.0000000000001430 1526-632X.
- Roth, D. L., Fredman, L., & Haley, W. E. (2015). Informal caregiving and its impact on health: A reappraisal from population-based studies. *The Gerontologist*, *55*, 309-319. doi:10.1093/geront/gnu177.
- Kay, D. B. & Dzierzewski, J. M. (2015). Sleep in the Context of Healthy Aging and Psychiatric Syndromes. *Sleep Medicine Clinics*, *10*(1), 11-15.
- A recent special issue of *International Psychogeriatrics* focused on late-life anxiety and featured from many SCG members, including the following:
- Oude Voshaar, R.C., van der Veen, D.C., Kapur, N., Hunt, I., Williams, A., G.J.A., & Pachana, N.A. (2015). Suicide in patients suffering from late-life anxiety disorders: A comparison with younger patients. *International Psychogeriatrics*, *27*(7), 1197-1205.
- Byrne, G.J.A., Steele, S.J. & Pachana, N.A. (2015). Delusion-like experiences in older people with anxiety disorders. *International Psychogeriatrics*, *27*(7), 1191-1196.
- Losada, A., Márquez-González, M., Pachana, N.A., Wetherell, J.L., Fernández-Fernández, V., Nogales-González, C., & Ruiz-Díaz, M. (2015). Behavioral correlates of anxiety in well-functioning older adults. *International Psychogeriatrics*, *27*(7), 1135-1146.
- Ribeiro, O., Teixeira, L., Araujo, L., Afonso, R.M., & Pachana, N.A. (2015). Predictors of Anxiety in Centenarians: Health, Economic Factors and Loneliness. *International Psychogeriatrics*, *27*(7), 1167-1176.

## The Student Voice

*Stress & Social Support*  
*Brenna Renn and Elissa Kozlov*  
*SCG Student Representatives*

As graduate students and early career professionals, we are quite familiar with the notion of “stress.” We deal with it daily; working with our clients to better cope with it, ideally engaging in self-care to combat it, and possibly even researching it.

Some of this stress can serve us, at least in the short-term—it is often the drive we need to stay up late to finish a grant or a manuscript, to push through finals week, or to prepare for a big presentation. Less helpful is the chronic stress that can accompany graduate school. The inflammation associated with the chronic worries from comps, thesis, and dissertation can have deleterious effects on our physical and mental well-being, if not properly managed.

In addition to the stress of graduate school, many of us have implicitly agreed to move repeatedly over the course of our 20s and 30s (and on) to pursue Master’s and doctoral degrees, to match to the ideal

internship, to secure the perfect postdoc, and then to (finally!) launch our careers. In fact, Elissa and I, your 12/II student representatives, have both recently relocated across the country to our respective internship locations. Anyone familiar with the arduous process knows that moving is considered a major stressor, ranking up there with major illness, divorce, and job loss. Well, apparently moving across time zones wasn't stressful enough for me—within 3 days of moving to Texas, where I knew no one, I was in the emergency room for an out-of-the-blue medical issue and subsequently hospitalized for 9 days. As they say, everything is bigger in Texas (including my medical bills!).

The good news is I was still able to begin my internship roughly as planned and am mostly back to normal, barring a few follow-up procedures. However, spending that much time in the hospital is pretty lonely, and definitely gave me more than enough time to reflect. One of the most striking realizations I had was the power of social support. Within hours of alerting my new training director to this news, she had leveraged supports locally and back at my graduate institution. I had text messages from my graduate school professors, offering assistance from remote family members they knew in my new state. One of my new site's postdoctoral fellows came to visit, coordinated by the department secretary—next thing I know she was going to my apartment to feed my cats and bring me a phone charger and magazines. Friends called and offered to fly out to help; family sent their love and called or texted daily. My new training director and supervisors emailed, called, visited me (in my hospital gown and all!), and even called upon their physician colleagues for consults to make sure I was getting the care I needed. There were days I was too tired to even talk on the phone, but knowing that I had genuine support across state lines gave me real comfort.

It wasn't just about the bouquets, cards, and care packages that I received (admittedly, those were nice touches). It sharpened the lens on who and what really matters in my life—who did I really want by my side when I recovered from surgery and the days after? What and who do I take for granted when I'm bogged down by the minutiae of graduate school? Who did I look forward to getting a text or email from? It was touching and at times surprising to see who came to my side during such a harrowing time (see the aforementioned visit by my new training director as I lounged in my very glamorous hospital bed, complete with telemetry and IV lines). It was comforting to hear from old and dear friends, and reassuring to know that friendships can be just as heartwarming across a long distance. As someone interested in health and geropsychology, I can now personally attest to the psychological and physical benefits of feeling connected and supported.

So, how do you nurture your relationships? Are friends and family the first to go when you're stressed, or is reaching out to others your go-to coping mechanism? Do you prefer to connect via social media, over the phone, or in person? Which people in your life do you sometimes take for granted, and how can you take a moment to reconnect with them and let them know how important they are to you? Take some time to reflect on how you've been managing stress, how you've been recharging, and who you've been leaning on. As psychologists-in-training, we're pretty good at taking care of our clients, participants, and students, but sometimes need a reminder to turn that same loving kindness towards our relationships and ourselves.

## Diversity Column

*Yvette N. Tazeau, Ph.D. and Tiffany Rideaux, Psy.D.*

**CALL FOR SUBMISSIONS: The Diversity Committee would love to hear from you!**

In an effort to more accurately represent the GeroDiversity interests of the division, the Diversity Committee is seeking written submissions and ideas directly from the division members. We welcome submissions that provide information about resources and upcoming professional development events or that detail your clinical experience related to GeroDiversity. The committee also appreciates your ideas about what you think would be helpful for us to feature in the newsletter. Please email submissions or ideas or if you have questions to Yvette Tazeau at [ytazeau@ix.netcom.com](mailto:ytazeau@ix.netcom.com) and Tiffany Rideaux at [tiffany.rideaux@gmail.com](mailto:tiffany.rideaux@gmail.com)

***It Takes a Family to Care for an Older Adult***  
***Submitted by Tiffany Rideaux, Psy.D.***

*“My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.”*

*~ Ellen DeGeneres*

This quote by Ellen DeGeneres reflects not only a sense of humor about aging, but it depicts the relationship between older adults and younger generations. Working with older adults, especially with culturally diverse older adults, most often means working with their families. I recall meeting a 75-year-old Latino male during his annual medical visit, and his two daughters and son were present as well. It was abundantly clear that the adult children were invested in his care, as he was living in a guest suite on his eldest daughter's property. They were particularly concerned about his mood since his wife passed away a year ago. The eldest daughter noticed that her father was no longer listening to music or spending time in the garden, both activities he greatly enjoyed in the past. He said that he would forget to play his records. I provided the family with information about depression and dementia and made several recommendations to help them manage his mood and memory loss. In my discussion with the family it became apparent that they too were experiencing emotional stress. The adult children were deeply committed to keeping their aging father at home, but were conflicted with concerns about their ability to provide 24 hour care given their obligations to their own families. Thankfully, the children were in agreement about the care their father required and they did their best to share the responsibility, but it was still a stressful challenge. I provided the children with caregiver resources and home support services. Additionally, I normalized their feelings of guilt and caregiver fatigue.

I recently watched a short video on the Public Broadcasting System (PBS) website called 'Ethnicity, Race and Aging,' which highlighted the challenges that adult children of culturally diverse older adults often experience, including feelings of guilt when deciding whether or not to place an aging parent in an assisted living facility. The video begins with a glimpse at the challenges faced by an adult child caring for her 92-year-old Korean American mother. Many diverse older adults continue to experience acculturation stress because health care resources are unable to meet their language and other cultural needs, which also creates challenges for the adult children caregivers. Additionally, caring for an aging parent whose native culture is based on interdependence can present a conflict for the adult children who have become accustomed to the individualistic culture of the United States. Thus, adult children caregivers may be more prone to experience guilt when unable to care for parents at home.

Following the brief story about the Korean American mother and her daughter caregiver, the video features a panel of expert geriatric providers who discuss the common and unique challenges faced by culturally diverse older adults and their family caregivers. The panel identifies where the health care system is unprepared for working specifically with Latino, Asian American, and African American older adults, and stresses the importance of finding solutions to meet the needs of the rapidly growing population of culturally diverse older adults and their family caregivers. A first step may be recognizing the important role the

family plays in the care plan and providing them with the necessary support and resources to provide that care at home.

References and online resources are provided below.

<http://www.pbs.org/lifepart2/watch/season-2/ethnicity-race-aging>

## Committee Updates

### Communication Committee Update

*Submitted by Christine Gould, PhD*

The Communication Committee is looking for a new member!

*What we do:* aim to increase the visibility of SCG through social media and a web presence.

*Duties of new member:* Assist with adding content to the [SCG website](#). Adding content will also move the website up in web search results. This may include writing new content and selecting existing content (e.g., newsletter articles, social media posts) to add to the website. The new committee member would work with the Chair (Christine Gould), newsletter editors (Christine Gould/Joe Dzierzewski), social media overseer (Annie Mueller), and webmaster (Vicky Liou-Johnson) on this process.

We welcome new ideas, suggestions, creativity, and initiative! Please contact Christine at [christine.gould@va.gov](mailto:christine.gould@va.gov) if you are interested in joining the committee.

If you are a Facebook user, please take a moment to “Like” the [Facebook page](#) and invite a friend to do the same! If you have an article or see a news item to share, please contact Annie Mueller, Social Media Overseer.

### Membership Committee Update

*Submitted by Alisa O’Riley Hannum, PhD (chair), Nicole Torrence, PhD (coordinator), and Brenna Renn, MA (graduate assistant)*

#### **Important notice to all members:**

It has come to the attention of the SCG Membership Committee and Board that many members are mistakenly paying dues at various times throughout the year with the expectation that their dues for the next year are due one year following their last payment. Please note that this is not correct. According to the SCG Bylaws:

“Dues payments shall be due by December 1 preceding the calendar year to which they apply.”

The authors of our Bylaws certainly knew what they were doing in developing this policy as trying to track membership dues that are paid whenever each member chooses to pay is simply not practically feasible. So, we want to give all members a heads up that membership renewals will arrive in December (giving you 30 days to pay your dues) and will be currently due for the 2016 calendar year and expire at the end of 2016. All members will continue to have the option to renew their memberships for one or three years.

Thank you,  
Your membership committee

## APA Office on Aging and Committee on Aging (CONA) Update

*Submitted by Deborah DiGilio, MPH, Director, APA Office on Aging*

First, I wanted to share a number of efforts that Office on Aging has headed up in the last few months:

- The update of the [APA Family Caregiver Briefcase](#) is now complete. Thanks go to the members of the 2010 Presidential Task Force members – Drs. Sara Qualls, Bill Haley, Barry Jacobs, Martha Crowther, and Timothy Elliot who provided updates to the sections they initially created, as well as APA Past-President Carol Goodheart, who expanded its [Young Caregivers](#) section, and to UCCS doctoral student, Kelly O'Malley who assisted with the update.
- Office director, Deborah DiGilio, in collaboration with the National Council on Aging's Center for Health Aging, was one of three presenters for a May webinar, [Integrating Aging Services and Behavioral Health: Key Resources You Should Know About](#). The webinar emphasized key resources for aging services providers that are looking to better integrate with providers of behavioral health services. 1500 aging service workers registered for the webinar. The webinar is archived on the NCoA Center for Healthy Aging [website](#). It was a wonderful opportunity to highlight available APA aging resources to the aging network.
- Secured the participation of Deborah Frazer, PhD as a workshop leader at the National Areas Agencies on Aging Annual meeting in Philadelphia. Dr. Frazer presented *Mental Health and Aging: What you need to know*. We have been working to cultivate the relationship between our two groups as another step in infusing increased attention to mental and behavioral health within the aging network.
- Deborah will provide staff support to an APA Working Group on End of Life Issues and Care to be convened in the next couple of months. The charge to the group is to update APA's 2001 *Resolution on End of Life Care* and its *Resolution on Assisted Suicide*, so that they are informed by recent research and practice, and to and recommend how to increase the visibility of psychologists in this arena going forward.

Second, I want to invite those planning to attend next month's APA Convention to attend the CONA events occurring there including:

- *2015 White House Conference on Aging: Recommendations from the Psychological Science*, August 8, 12:00 - 1:50 p.m., Convention Centre, North Building – Level 200, room 202B. Sponsored by Division 20 and the Committee on Aging. 2 CEUs
- *Committee on Aging & Council of Professional Geropsychology Training Programs Internship Networking Event*, August 8, 4-4:50 p.m., Fairmont Royal York Hotel, Library
- A "Meet and Greet" for students applying to and faculty who supervise Geropsychology internships. If you are seeking an internship with a Geropsychology track, or if you are internship faculty, please come to support our students!
- *2015 Committee on Aging Conversation Hour: Aging Across Boundaries*, August 8, 5:00 – 5:50 p.m., Fairmont Royal York Hotel, Library. Join us to discuss similarities and differences between U.S. and Canadian approaches to training to work with and serve older adults.
- *The 2015 CONA Award for the Advancement of Psychology and Aging will be presented at the outset of the hour to Victor Molinari, PhD, ABPP*. Come join us in recognizing Dr. Molinari's extraordinary

leadership across the domains of education, practice, organizational development, and research in geropsychology.

- For students and early career psychologists, Speed Mentoring Event: Getting funded: From Dissertation to Independent Investigator, How to Succeed with Your First Grant, August 7, 9:00 - 10:50 a.m., Convention Centre, Room 717B. Sponsored by Divisions 20 and 40, CONA and the Committee on Early Career Psychologists
- Check out all the [Aging Sessions at Convention](#) in the booklet compiled annually by the Office.

If you have questions or comments, please contact me at [ddigilio@apa.org](mailto:ddigilio@apa.org).

## Society of Clinical Psychology (Division 12) Update

*Submitted by Michele J. Karel, PhD (Michele.Karel@va.gov)  
Section 2 Representative*

On June 22, 2015 I attended the SCP mid-year Board meeting, held by teleconference. Here are highlights from that meeting, which was in attendance by most of the SCP Board.

### 1. Clinical Psychology: Science & Practice (Division journal)

Dr. Gayle Beck, Editor of the journal, reported recent news that the journal's 2-year impact factor has dropped significantly. Group discussed range of possible reasons for this shift, and ideas for getting the word out there about the journal. Will send Table of Contents (TOC) out to membership before the journal gets sent by mail, and ask Sections to put TOC into Section newsletters. Major concern is that journal has not been listed to date in PubMed (several barriers).

### 2. SCP Website and Section Websites

Two Sections have their websites "living" under the SCP server (Sections 8 and 9), while three Sections have their own websites (2, 3, and 10). Several Sections have had static websites under APA's websites; those sites were deleted from APA site, and they are working to figure out alternative. Group discussed Division options for supporting those websites as well as other Sections' experiences hosting their own websites.

### 3. Election Results

SCG election results are in! Congratulations to these newly elected officers:  
President Elect-Elect: Michael Otto  
Council of Representatives: Danny Wedding  
Committee on Diversity Chair: Jennifer Penberthy

### 4. Treasury Report

Discussed changes to SCP investment portfolio and establishment of a new bank account – group approved of changes recommended by finance committee. Investment proceeds may be used in part to fund new initiatives.



## 5. Awards Ceremony at APA Convention

Sharon Berry has been working to organize, along with Tara Craighead. Most award-winners will be present. See <http://www.div12.org/awards/division-12-award-winners-2015/> for a list of the impressive awardees this year! Award ceremony will be on Friday evening, August 7<sup>th</sup> - will have books Hofrefe books raffled off again (see <http://www.hogrefe.com/program/advances-in-psychotherapy-evidence-based-practice.html>)

## 6. Diversity Committee Activities

A new chair is coming in with great expertise and interest, and will need to grow standing committee members.

## 7. Membership/numbers

Some good news is recent increase in student membership. Ongoing challenge is that mean age of membership is 63+ - many of these members are going into non-dues paying retirement status – this group will continue to increase, with significant implications for CSP budget/solvency. Group shared ideas about offering retiring members to continue to contribute to the society and other ideas for revenue generation. Brad Karlin spoke of initiatives the Division can take on to appeal to more interest – e.g., dissemination and implementation of evidence-based psychotherapies. A small workgroup will be formed to address this membership issue.

## 8. Planning a conference for Fall 2016

A SCP conference, targeting students/early career, is starting to be planned – stay tuned.

## 9. Strategic Planning

President Terry Keane spoke of need for SCP to continue to develop strategic plan to help move society forward over next few years, to help focus efforts of ongoing/rotating leaders. Group discussed option to extend the mid-winter board meeting by a day to focus time on strategic planning, perhaps for a sub-group of the Board.

Also, note that geropsychologist and SCG member Dr. Brad Karlin will begin his term as SCP President starting in January 2016. We look forward to supporting his leadership!

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**If you do not have access to these articles already, become a Member of Division 12 Today!  
You can find out more about Membership at the link below.**

DIVISION 12 MEMBERSHIP INFORMATION

**SCP. YOU BELONG.**

### **Did You Know...**

- That the Society has two Facebook pages?
  - One is for all members: <https://www.facebook.com/#!/ClinicalGeropsychology>
  - The second is for student members: <https://www.facebook.com/groups/53793187809/>
- That all the archived newsletters are available on the Society website?
  - <http://www.geropsychology.org>
- That you should encourage your colleagues and students to join the Society? Please distribute the membership form on the next page to encourage others to join!
- We publish announcements of recent members' achievements in research (publications, grants, awards), clinical work (awards, recognition), teaching, and public policy. Please send information concerning your own achievements or those of a colleague to either Joe or Christine.

### **Help the Society of Clinical Geropsychology Grow**

We ask that you print several copies of the membership form (found on the next page), and bring them with you to the upcoming APA convention. Please distribute the membership forms at your poster presentations, symposia, or talks. Together we can help the Society become more prominent with APA. Thank you all in advance.

APA Division 12, Section II: The Society of Clinical Geropsychology  
MEMBERSHIP DUES FORM

<b>Name (Print)</b>		<b>Degree</b>	<b>Membership Status</b> (Please check one)  _____ <b>New Member</b> _____ <b>Renewal</b>	
<b>APA Member No.</b> (Required) _____ You must be a member of APA to join Section II (unless you are a student)				
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<b>City</b>		<b>State</b>	<b>Zip Code</b>	
<b>Phone</b> ( )	<b>Fax</b> ( )	<b>Cell</b> ( )		
<b>Email:</b> _____ Note: Your email address is crucial for our records and, therefore, strongly encouraged <b>_____ Check here to OPT OUT of the LISTSERV</b>  <b>_____ Check here to OPT OUT of the membership directory</b>				
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<b>Please list your primary emphasis as a geropsychologist</b> (defined as 51% or greater)  _____ <b>Clinical Practice</b> _____ <b>Research</b> _____ <b>Teaching</b> _____ <b>Administration</b>				
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