

SWPA



southwestern psychological association

SWPA Newsletter

October 2013

Inside this Issue

- [Conference Updates](#)
- [5 Healthy Tips](#)
- [Improving your Vita](#)
- [Psi Chi Updates](#)
- [Kansas Suicide Prevention Programs](#)
- [History of Psychology Teaching Tools](#)
- [Undergraduate Research in Arizona](#)
- [Membership Updates](#)
- [SWPA Financial Updates](#)
- [Conference Registration Information](#)

Conference Updates and Speakers

by Dr. Aneeq Ahmad **President**



Dear SWPA folks,

Welcome to the upcoming 2014 SWPA conference on *Consciousness: The Final Frontier*, in San Antonio (April 3-5). We are very pleased and excited to have this theme for the conference for it addresses the ultimate question about mind and its inner working. We have some very talented speakers for the occasions. Here is brief summary of their achievements.



Dr. Michelle Montague

Michelle Montague received her PhD (2002) in philosophy from the University of Colorado, Boulder and is currently an Associate Professor of Philosophy at the University of Texas, Austin. Her primary interests are philosophy of mind, philosophy of language and metaphysics; recent publications include "The Access Problem" (2013) in U. Kriegel (ed) *Phenomenal Intentionality: New Essays* (OUP); "The phenomenology of particularity" (2011) in T.

(Continued on page 5)

Healthy Mind, Healthy Body: Five Tips for improving your well-being

by **Ashley Murray**

Undergraduate Representative



1. Get plenty of sleep

With papers to write/grade, tests to prepare/ study for, research to do, and an outside life to enjoy, sleep is often sacrificed. Not only does it improve your daily functioning, but ample sleep is associated with reduced stress, improved memory, a longer lifespan, improved attention, and better grades (Miriello, 2011).

2. Meditation

No, you don't have to become a zen master! Even meditating for 5 minutes can have positive benefits for your mood and cardiovascular health (Ziedan, et al., 2010). Regular meditation practices also improve concentration and telomere length, which is associated with longevity and improved immune system functioning (Epel, et al., 2013).

(Continued on page 4)

Diversifying Your Vitae: Teaching and Research

by **Eevin Jennings**

Graduate Representative



A large part of graduate school is becoming specialized in a certain area of interest. However, our experience in graduate school should also reflect that we are diverse and experienced in many other academic components, which are typically divided between research and teaching experience. While some of us may go solely into teaching, research, or practice, others may have a lab, practice, and also a full course load. Having a diverse working background in your graduate degree will fuel you into the job market. How, then, can you make your curriculum vitae look more appealing to employers?

In terms of research, working with your advisor on a project is an excellent start. You get the gist of professional research, but also learn how to develop your own ideas and can branch off with independent projects. If you want to create diversity in your research experience, reach out

(Continued on page 4)

Greetings, News from Psi Chi

by **Dr. Evan Zucker**

**Southwestern Vice-President of
Psi Chi**



As the Psi Chi Southwestern Region VP, I want to thank SWPA for having Psi Chi as an affiliated organization, and for allowing us to be an integral part of the annual program. Not all regional psychological societies are as generous with programming hours or as gracious as SWPA.

Our planning for the 2014 program is just getting started, and we anticipate a few minor changes with the submission procedures. At last year's meeting, the Regional Steering Committee members discussed several changes that should facilitate a more rapid review of submissions and allow us to better evaluate submissions for the Regional Research Awards. Remember that all submissions to the Psi Chi program (oral and poster presenta-

tions) are considered for research awards. More information about these changes will be included in my fall letter to members, chapters, and advisors, as well as included with the instructions for submissions available via the SWPA website.

Speaking of websites, the new and vastly improved Psi Chi website will debut on September 4, coincident with the 85th anniversary of Psi Chi. There will be more information available to members and advisors, and easier access to that information. I want to remind all Psi Chi "alumni" that your membership is a lifetime membership, and even if you are no longer a student, you can still be involved in and with Psi Chi – and I encourage being involved!

See you in San Antonio!

Suicide Prevention in Kansas

by **Brent W. Schneider & Dr. Cynthia L. Turk**

Kansas Representative



In 2012, 505 deaths occurred by suicide in Kansas (Kansas Department of Health and Environment, 2013). These numbers do not take into account deaths that look accidental but are really suicide nor do these numbers reflect suicide attempts. Suicide is the second leading cause of death in Kansas among 15-24 year olds (Kansas Department of Health and Environment, 2012). For every death by suicide, six people are intimately affected (McIntosh & Drapeau, 2012). Clearly, suicide in Kansas is a cause for concern, and suicide

prevention services will now be expanding due to a grant awarded to Headquarters Counseling Center in Lawrence, Kansas.

Headquarters has lines for callers with concerns about suicide that are answered 24/7 by volunteer counselors. Volunteers at Headquarters receive approximately 100 hours of training in general counseling skills and Applied Suicide Intervention Skills Training (ASIST) before talking with callers. Many of these volunteers go on to careers in psychology or other areas of mental health.

Under the direction of Marcia Epstein, L.M.S.W., Headquarters received the Garrett Lee Smith Youth Suicide Prevention Grant in August 2012. This 1.4 million dollar grant over three years aims to expand suicide prevention among youth and individuals in rural and frontier areas of Kansas. Headquarters aims to accomplish this

(Continued on page 7)

Online Tools for Teaching the History of Psychology

by **Dr. Ruth Provost**

Arkansas Representative



When I was an undergraduate psychology major there were classes I looked forward to with excitement, classes I survived, classes that changed how I looked at the world, and classes that would spark my imagination and interest. I did not think that a course on the History of Psychology would be one of the later, but it was, and today is one of my favorite classes to prepare and teach.

There are some amazing resource having to do with the history of psychology. These can aid in research, supplement classroom learning, and offer us a better understanding of our discipline. I have two favorites I would like to share. The first is www.yorku.ca/christo/ this is the homepage of Dr. Christopher D. Green, Professor of Psychology at York University in Canada. Dr. Green has developed some amazing resources for researching and learning about the history of psychology. His homepage provides links to: Classics in the History of Psychology (original sources available online in a digital format); This Week in the History of Psychology (podcast inter-

(Continued on page 6)

REU Summer Research Internships: Undergraduate Studies into the Social Psychophysiology of Compassion

by **Dr. Meliksah Demir**

Arizona Representative



The Department of Psychology at Northern Arizona University offers a summer Research Experiences for Undergraduates (REU) program to train and to stimulate a cohort of young diverse re-

searchers to enter careers in teaching and research in Psychology and to better understand the social psychophysiological underpinnings of and to promote the practice of compassionate behaviors and attitudes. Our program is sponsored by a generous grant from the National Science Foundation and by Northern Arizona University and is particularly interested in undergraduates from diverse backgrounds which are not

(Continued on page 7)

(Continued from page 2)

3. Strike a (power) pose!

If you're nervous about a presentation or struggling to be persuasive in writing, try power posing! Carney et al (2010) found that standing or sitting in a high power pose (expansive body positions like Wonder Woman) lowers the stress hormone (cortisol) and raises the power hormone (testosterone). Even better? They also found that papers and interviews done after power posing sessions were rated more favorably.

4. Take a walk

Even if you exercise, sitting all day still increases the chance of early death (Yeager, 2013). Those in academics can easily sit for long stretches. So, take a walk! Even as little as a five minute walk every hour is beneficial. Walking also gets your creativity flowing to finish that project. You can also try studying or lecturing while standing.

5. Smile!

A recent study found smiling (even a forced smile) improved cardiovascular stress recovery and reduced the detrimental affect influences of stress (Kraft, et al., 2012). In the study, holding a chopstick between participants' lips forcing smiles, was correlated with lower heart rates during a recovery time after stress. So go ahead, turn that frown upside down!

Thanks to Dr. Mindy Burgess and Gwen Burgess for their help on this article!

References:

- Carney, D. R., Cuddy, A. J., & Yap, A. J. (2010). Power posing brief nonverbal displays affect neuroendocrine levels and risk tolerance. *Psychological Science*, 21(10), 1363-1368.
- Epel, E. S., Puterman, E., Lin, J., Blackburn, E., Lazaro, A., & Mendes, W. B. (2013). Wandering minds and aging cells. *Clinical Psychological Science*, 1(1), 75-83.
- Kraft, T. L., & Pressman, S. D. (2012). Grin and Bear It The Influence of Manipulated Facial Expression on the Stress Response. *Psychological science*, 23(11), 1372-1378.
- Miriello, N. (2011, Feb 03). 11 surprising health benefits of sleep. *Huffington Post*. Retrieved from http://www.huffingtonpost.com/2011/02/02/sleep-health-benefits- n_817803.html
- Yeager, S. (2013, July 20). Sitting is the new smoking- even for runners. *Runner's World*, Retrieved from <http://www.runnersworld.com/health/sitting-is-the-new-smoking-even-for-runners>

(Continued from page 2)

to another graduate student with similar/complementary interests or ask to work in the lab with another faculty member for a semester. If you really want to expand your vitae, collaborate with professors or students in other departments (computer science, biology, etc.). This will not only reflect that you are

adaptable and creative, but also that you will go the extra mile to further research, which shows initiative.

When it comes to teaching, graduate students who can teach lab sections of research methods and statistics are highly desirable since these areas are typically difficult to teach. Introductory Psychology is another staple since it is usually required of all majors, but also make

an attempt to teach or TA for a specialized, upper-level class as well. This shows that you know how to teach fundamentals but can also offer your employer something extra.

In sum, diversifying your research and teaching experience can help your vitae look more appealing regardless of where you would like to go in psychology!

Membership Report (August 15, 2013)

by **Dr. Amy Bohmann**
Membership Registrar

As of June 22, right before the new fiscal year began, SWPA had **1,397** dues from current members.

The breakdown is as follows:

705 Undergraduate Students

312 Graduate Students

315 Professional Members

39 Past Presidents

18 Life Members

6 Non Members

1,192 people were registered for the 2013 conference.

On August 15, 2013, five professional members and four student members were listed as dues current for 2013-2014. Most members pay dues during the Call for Papers, which has yet to occur for the coming year.



(Continued from page 2)

(Continued from page 1)

Bayne and M. Montague (eds) *Cognitive Phenomenology*; "Recent work on Intentionality" (2011) in *Analysis*; "The Logic, Intentionality, and Phenomenology of Emotion" (2009) in *Philosophical Studies*; and "Against Propositionalism" (2007) in *Nous*. She is currently working on a book about mental content.

[Click here for Michelle Montague's Website](#)

Dr. Galen Strawson



Professor Galen Strawson taught at the University of Oxford from 1979-2000, where he was a Fellow of Jesus College, and at the City University of New York Graduate Center from 2004-7, where he was Distinguished Professor of Philosophy. He has been professor of philosophy at the University of Reading, UK, and currently also holds a post at the University of Texas at Austin. He has held visiting research positions at the Research School of Social Sciences, Australian National University, Canberra (1993, 2012); the University of Copenhagen (2003, 2011); Princeton University, where he was a Council of the Humanities Old Dominion Fellow (2011); and the Ecole des hautes études en sciences sociales in Paris (2012). He has taught as a

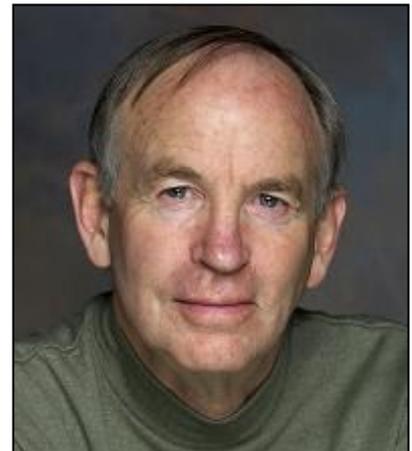
Visiting Professor at NYU (1997), Rutgers University (2000), MIT (2010) and Princeton (2011).

He is the author of *Freedom and Belief* (Oxford 1986, 2nd edition 2010), *The Secret Connexion: Realism, Causation and David Hume* (Oxford 1989), *Mental Reality* (MIT Press 1994, 2nd edition 2009), *Selves: An Essay in Revisionary Metaphysics* (Oxford, 2009), *The Evident Connexion: Mind, Self and David Hume* (Oxford, 2011), *Locke on personal identity* (Princeton 2011). He is principal author of *Consciousness and its Place in Nature*, ed. A. Freeman (Imprint Academic, 2006). A selection of his philosophical papers, *Real Materialism and Other Essays*, was published in 2008 (Oxford). He is working on a book about the way we experience our lives in time.

[Click here for Galen Strawson's Website](#)

Dr. Russ Hurlburt

Russ Hurlburt is widely recognized as an innovative investigator of methods for exploring inner experience. He was the first to use beepers to explore experience and behavior, inventing, in 1973, the beeper that makes such exploration possible, and was the first to undertake what is now widely referred to as "thought sampling," the random sampling of thoughts in natural environments. Since the early 1980s, he has focused his research efforts on simply describing inner experience, using another method of his invention that he calls "Descriptive Experience Sampling."



Dr. Hurlburt has written five books on inner experience including *Investigating Pristine Inner Experience*

(Continued on page 6)

(Continued from page 5)

ence: Moments of Truth (Cambridge, 2011) and Describing Inner Experience? Proponent Meets Skeptic (MIT, 2007, with Eric Schwitzgebel).

Dr. Hurlburt is Professor of Psychology at the University of Nevada, Las Vegas. He balances his interest in descriptive science with innovations in the teaching of quantitative science. He is the author of the university textbook Comprehending Behavioral Statistics, now in its fifth edition (Kendall-Hunt, 2012).

[Click here for Russ Hurlburt's Website](#)

consecutive years and briefly as the occupant of a chair at the University of St. Andrews.

He works mainly in the philosophy of mind and the foundations of cognitive science, but also has interests in metaphysics. He has published seven books, five with MIT Press, Bradford Books, one with Cambridge University Press, and one with Oxford University Press. Four books were on consciousness, one on the imagery debate in cognitive psychology, one on the metaphysics of mind, and the most recent on concepts. His first book on consciousness (Ten Problems of Consciousness) was an alternate selection of the Library of Science Book Club and was published in 1995. The follow up

Consciousness, Color, and Content) came out in 2000. Both books defend what has come to be known as the representationalist approach to phenomenal consciousness. There is a web symposium on his views on consciousness (see On-line Papers below). His fifth book, Consciousness and Persons, is on the unity of consciousness and was published by MIT Press, Bradford Books, in November 2003. And finally his latest book on consciousness, entitled Consciousness Revisited: Materialism without Phenomenal Concepts, also with MIT Press, was published in Spring 2009.

Dr. Michael Tye

Michael Tye is a philosopher at the University of Texas at Austin (formally Dallas TACA Centennial Professor in Liberal Arts), and his interest in philosophy was awakened at Oxford while an undergraduate. I went up to Oxford to study physics, but after finding out that a physics degree would require a day a week in the laboratory, he switched to physics and philosophy (which involved no lab work at all). By the time he had finished his undergraduate degree, he focused on philosophy alone and subsequently came to the USA, with strong ties back home in UK as a visiting professor at King's College, London for some ten



[Click Here for Michael Tye's Website](#)

(Continued from page 3)

views built around the topic of the history of psychology); Advancements in the History of Psychology (a blog); two videos detailing the history of functionalism. The second resource is found on Facebook. The Society for the History of Psychology has a page you can like. They frequently post articles, pictures, and research regarding the history of psychology. I encourage you to all check out these resources, perhaps they will spark an area of research interest for you.

(Continued from page 3)

goals in a number of ways. A youth suicide infrastructure will be built by forming the Kansas Youth Suicide Prevention committee and the Kansas Scientific Council for Youth Suicide Prevention. These committees will award small grants to agencies across Kansas to build and strengthen suicide intervention programs. Additionally, Headquarters will provide ASIST training to the behavioral health and other clinical workforce providers. The grant will develop and maintain youth suicide prevention resources in Kansas via websites. Information relevant to suicide prevention will also be disseminated via the media and public events. Finally, current Suicide Prevention Lifeline services will be expanded in Kansas by adding additional phone lines as well as offering services via email, text, live internet chat, and social media.

The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK(8255) or at www.suicidepreventionlifeline.org. Headquarters Counseling Center can be reached at (785) 841-2345 or at www.HeadquartersCounselingCenter.org.

References

Kansas Department of Health and Environment. (2013). *Deaths by selected causes of death by county of residence*. Retrieved from <http://kic.kdhe.state.ks.us/kic/OHA/anntable12.html>

Kansas Department of Health and Environment, Division of Public Health, Bureau of Epidemiology and Public Health Informatics. (2012). *Annual summary of vital statistics, 2011*. Retrieved from http://www.kdheks.gov/hci/as/2011/AS_2011.pdf

McIntosh, J. L., & Drapeau, C. W. (for the American Association of Suicidology) (2012). *U.S.A. suicide 2010: Official final data*. Washington, DC: American Association of Suicidology, Retrieved from <http://mypage.iu.edu/~jmcintos/2010datapgsv3.pdf>

(Continued from page 3)

well-represented in research in the social sciences and students who have not had research opportunities in their undergraduate training.

Eight undergraduate students from across the country are selected each Spring to come to NAU over the Summer, to apprentice themselves to one of our doctoral research faculty, and to select, design, and propose a Compassion research project, to collect and analyze their data, and to present their results in a formal poster and oral presentation at a local REU conference in Flagstaff. Additionally, selected REU projects are submitted for a Compassion Symposium presentation at the American Psychological Association (APA) Annual Convention held the following year. And all of this is accomplished over 8 weeks of intensive training and direct research experience in the Department of Psychology at NAU.

Some sample research projects conducted over summer 2012 and presented at the 121st Annual Convention of the APA in Honolulu, Hawaii, August 1, 2013 are: "Can We Teach Compassion? Electro cortical (EEG) and Self-Report Outcomes"; "Compassion, Self-Compassion, and Relational-Interdependent Self-Construal"; "Promoting Compassion in Physical Minds"; "The Road to Happiness is Paved with Friendship Experiences and Compassion for Others"; "The Effects of Exercise and Compassion Training on Compassion and Self-Compassion Measures".

For more information, please see our website at: <http://www2.nau.edu/~psych/StevensREU/reu.html>.

SWPA's Financial Picture

by **Dr. Arn Froese**

Treasurer



Current status

I am pleased to report that SWPA has completed another positive financial year. I first started tracking finances when I served on the Executive Council as Kansas representative. At that time, financial reports generally consisted of the checking account balance. That balance had dropped to virtually nothing in 2008. Since then, accounting procedures, changes in dues, and careful planning have permitted SWPA to see positive year-end balances every year. We have accomplished this at the same time that we have expanded the quality of convention services and enhanced the professional ambience of the convention.

Here is a big picture summary of our finances.

Convention income was \$67,671, up 8.6% from 2012.

Convention expenses were \$59,892, up 2.2% from 2012.

SWPA's bank account has a balance of about \$49,000.

SWPA's endowments have grown to about \$42,000.

SWPA's additional income came from significant increases in convention registration and membership dues. These increases are directly related to our increasing number of members.

SWPA's major additional expenses came from professional and expanded audio-visual (AV) services, convention management increases, and expanded student awards. Executive Council members heard positive reports from members about each of these enhancements.

Planning for the Future

While this positive report is cause for celebration, SWPA must carefully plan for a future in which convention expenses will definitely rise. Here are some direct expenses that will increase beginning next year:

Our AV provider gave us a first-year contract bonus of about \$4,000. That bonus will not be available next year.

Our convention manager discounted her fees by several thousand dollars because of our uncertainty about the value of her professional services and whether our budget could handle her full fee.

Our convention manager turned her dissatisfaction with services from the company that provided our new poster boards into over \$2,000 credit for SWPA.

Those three items alone could have produced a negative balance for SWPA. As you can see, SWPA needs to be cautious in future planning.

SWPA faces additional risks in planning. We benefit greatly from our connection with affiliate organizations. SWPA assumes that these organizations will continue to meet with SWPA for future conventions. That assumption could create financial problems for SWPA if affiliates decide to meet separately. The big risk would be whether SWPA could meet its contractual obligations for booking hotel rooms. This risk could be ameliorated if SWPA obtained commitments for continued joint meetings before SWPA signed future hotel contracts.

The Executive Council is currently considering some modifications to enhance SWPA's income stream. These include increasing vendor presence at the convention, developing a web/cell phone application for online convention programs to replace most of the printed programs, increasing advertising fees, and removing the confusing "bundle bonus" for those who pay dues and convention registration together before December 1 prior to the next convention. These actions could ensure that SWPA can maintain its enhanced professionalism, continue to retain financial strength, and hold dues and registration costs stable for the next year.

If you would like a more detailed financial report, or you would like to comment on any items in this report, please send email to me, (afroese46@gmail.com). I will gladly respond to any questions and forward any advice to the Executive Council.

Conference Registration and Deadline Information



About the Conference

The 2014 SWPA conference will be held at the [Hyatt Regency Riverwalk](#) (123 Losoya St.) in San Antonio, TX from April 3rd through April 5th (Thursday-Saturday). This year's theme is *Consciousness: The Final Frontier*.

This is a formal invitation to submit an abstract to the conference for a talk, poster, panel discussion, etc., on consciousness or any psychology-related topic. Abstract submissions are currently open and will close on November 30th.

Abstract Submission

Any dues-paid member of SWPA is eligible to submit to SWPA and SWToP. **Dues are \$20 for students (undergraduate and graduate) and \$55 for professional members.** Psi Chi submission authors must additionally be members of Psi Chi. Dues must be current at the time of submission for all authors listed on SWPA and Psi Chi submissions. At minimum the first author of SWToP submissions must be a dues-paid SWPA member. Authors for SAMR and SCPA are not required to be SWPA members, although SWPA members have a significant discount on conference registration.

Submit all abstracts (including those for affiliate organizations) via the online step-by-step process.

[Click here to submit an abstract.](#)

Student Competitions

There are several student SWPA paper competitions and awards. Students may compete in a paper competition at the undergraduate or graduate student level. Students selected as finalists will give a presentation of their research. For both the graduate and undergraduate competitions, first place winners receive \$300, while second place receives \$200, and third place \$100. The SWToP organization also coordinates a \$100 award for the best poster presentation on the topic of Teaching of Psychology.

When submitting an abstract please indicate if you would like to participate in any of the award competitions.

Abstract Reviewers

Any professional member of SWPA is eligible to serve as an abstract reviewer. AS you complete your membership profile, or when you are renewing your membership, you can volunteer as an abstract reviewer. Please note that you will receive several abstracts for each topic you select.

We hope to see you all in San Antonio this coming April!