

President's Greeting



Autumn greetings!

I hope this newsletter finds you doing well and having a productive fall semester. It's hard to believe that it's mid-semester already, and that the SWPA abstract submission time is upon us (October 13-November 24). Since the time of the last newsletter this summer, the SWPA executive committee and members of several of our other committees have

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Research: Reduction of Salivary Cortisol and Behavior Problems in At-Risk Adopted Children Utilizing a Short-Term Therapeutic Intervention¹

Karyn B. Purvis, PhD & David R. Cross, PhD
Texas Christian University

For the past ten years our lab has been devoted to developing research-based interventions for at-risk children. Beginning with internationally adopted children from orphanages in Eastern Europe we quickly expanded to serving domestically adopted children and foster children in protective custody. Applications of the intervention were developed primarily in a four-week summer day camp, The Hope Connection, and then extended to weekend Family Camps and Home Programs for the highest-risk children.



Research assistant gathering saliva for cortisol assay from a young camper in The Hope Connection.

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continued to work to offer more for you, our members. Primary in our planning is the upcoming SWPA annual convention. We are excited about the invited speakers and SWPA State Representative Invited Symposia that we have scheduled, and we look forward to filling out the convention program with a great variety of presentations from our membership and that of our adjunct organizations.

Speaking of adjunct organizations, we are happy to announce that this year the Texas Psychological Association (TPA) will join us at the SWPA convention and contribute several sessions to the program. Another exciting development is the reinstatement of continuing education opportunities. Many of our members have licensure requirements for continuing education, and once again they will be able to earn credits while attending our convention. Of particular interest may be the 3-hour ethics session that will fulfill many license requirements.

If you have not already done so, check out the new SWPA web site. In addition to useful resources (e.g. teaching and writing resources, announcements), we are already posting information about the upcoming convention. While you're visiting the site, make sure your member profile is up-to-date (or create one as the first step in joining SWPA), and pay your annual dues (dues cycle goes from July 1 – June 30). You will need to be dues current in order to be an author or co-author on an abstract submitted using the new and improved online abstract submission process (SWPA, Psi Chi, SAMR, and TPA submissions will all be handled through the SWPA online abstract submission process). Remember that your dues cover your convention registration.

Finally, I want to thank all the committee members who have been and will be working hard on SWPA-related activities. It has truly been a team effort, and we welcome additional input and suggestions from all of our members. Enjoy the newsletter and join us in appreciating the wide variety of opportunities and activities that are happening in our region.

Sincerely,
Lauren Scharff, Ph.D.
SWPA President, 2008-2009 *



Psi Chi in the Southwest

Randall E. Osborne Ph.D.
Texas State University

It is a pleasure for me to let all of you know what is and will be happening with Psi Chi in the Southwestern Region. My name is Randall E. Osborne and I am just getting started in my first term as regional Vice President of Psi Chi for this region. I hope to continue the fine tradition of excellence of previous regional VP's and the officers of SWPA. In my nomination statement, I promised to do all I could to bring the "voice" of smaller chapters to the decision-making process, on both the regional and national levels. I am pleased that SWPA (and SWPA President Scharff) have provided me with this opportunity to share some thoughts with you and encourage you to let me hear from you.

Psi Chi will have a busy year in the Southwestern Region again this year. Of course, our hallmark events are the programs we offer at the annual meeting of the Southwestern Psychological Association (SWPA). It is hard to believe that this will be the 55th annual meeting. Psi Chi will continue to offer programming of interest to faculty and students (both undergraduate and graduate) and to work with SWPA to ensure that the breadth of what psychology has to offer is represented.

This year's Psi Chi programming is shaping up to be the best ever (in my opinion!) and will include some new Psi Chi related initiatives just approved by the National Council. These include:

- 1.) funding for diversity programming,

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SWPA 2009 Invited Speaker Stephen F. Davis, Ph.D.

Biographical Sketch

Dr. Stephen F. Davis has been a longtime member of SWPA, and has been a role model and mentor for countless faculty and students through the years. His 2009 SWPA presentation, *Cheating and Education: The Most Dangerous Intersection in the World*, is based on student-inspired research on academic dishonesty that he has conducted for the past 20 years.

Currently Dr. Davis is Emeritus Professor at Emporia State University, and he serves as Visiting Distinguished Professor of Psychology at Texas Wesleyan University (Ft. Worth) and Distinguished Guest Professor at Morningside College (Sioux City, IA).

Since 1966 he has published over 300 articles, 31 textbooks, and presented over 900 professional papers; the vast majority of these publications and presentations include student

coauthors. Among his recent books are *21st Century Psychology: A Reference Handbook* (with William Buskist), *Psychology* (6th ed., with Joseph Palladino), *Handbook of Research Methods in Experimental Psychology*, *An Introduction to Statistics and Research Methods: Becoming a Psychological Detective* (with Randolph A. Smith), and *Handbook of the Teaching of Psychology* (with William Buskist).

Davis has served as President of The Society for the Teaching of Psychology (Division 2 of the American Psychological Association), Southern Society for Philosophy and Psychology, Southwestern Psychological Association, and Psi Chi (the National Honor Society in Psychology). Davis received the American Psychological Foundation National Teaching Award, the Society for the Teaching of Psychology (STP) National Teaching Award, and an STP Presidential citation for Career Contributions. Additionally, he was selected as the first recipient of the Psi Chi Florence L. Denmark National Faculty Advisor Award. He is a Fellow of Divisions 1 (General), 2 (Society for the Teaching of Psychology), 3 (Experimental), and 6 (Behavioral Neuroscience and Comparative Psychology) of the American Psychological Association. You can find a more complete biography on Dr. Steve Davis on our web site, on the Conference Highlights page. *

Stellar Students!

Consider submitting for the SWPA graduate or undergraduate student competitions!

The top five submissions in each category will present a talk and be judged for monetary prizes.

All finalists will be recognized at the Awards and Open Business Meeting session.

Note that the abstract length for these submissions is 1500-2000 words rather than 500.

Faculty cannot be co-authors, although they can serve as project advisors.

Previous research has documented the sobering fact that adopted children with histories of abuse, neglect or trauma are disproportionately represented among those who deteriorate into behavioral and emotional disorders. Numerous mechanisms have been identified which are believed to drive these aberrations in development such as changes in the child's trust and belief systems, changes in their stress reactivity, and changes in brain development and brain chemistry. However in the presence of a large corpus of research about challenges facing at-risk children, there is a distinct paucity of research about interventions for them. Explicit goals for our research were to explore the impact of fear mechanisms, and to seek advances in behavioral and emotional stability in the context of a therapeutic summer day camp for at-risk, adopted children with histories of neglect, abuse or trauma

Behavioral data from our early camps were consonant with our clinical observation of dramatic improvement in child behaviors including advances in prosocial behavior with peers and attachment behavior with parents. From the first camp forward, we documented significant decreases in Anxiety/Depression, Aggression, Attention Problems, and Thought Problems on the Child Behavior Checklist. In addition, we documented reduction in depression scales of Negativity, Interpersonal Relationships, and Total Depression on the Child Depression Inventory. On children's representations of their families in Family Drawings, we found significant decreases in distances between parents and children from pre- to post-test, indicating a positive shift in their attachment relationship. An

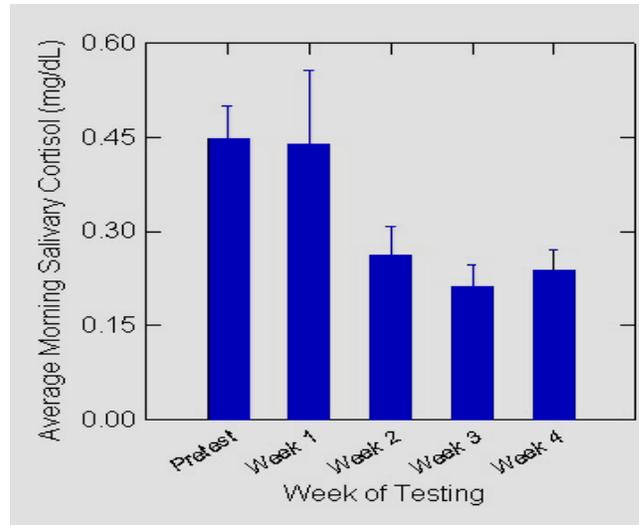
Special Thanks

Although we will formally recognize his contributions at the upcoming convention, we want to thank Dr. Raymond Russin for 10 years of service to SWPA as Secretary-Treasurer. Although he has resigned from this position, he has accepted the new position of Convention Registration Manager.

In turn, we want to officially announce that Dr. Sharon Roberts has agreed to take on the duties and responsibilities of Secretary-Treasurer.

Many thanks to both of these individuals!

unexpected surprise was improvement in expressive language with nearly 25% of the children evidencing a gain of two chronological years in term of language expression during the four-week summer day camp.



Cortisol assays for pre-camp the week before camp, and each Wednesday during the four-week camp.

Beginning with the third instantiation of our camp, we added the physiological measure of salivary cortisol – a commonly accepted marker of fear and stress. Research findings documented reduced levels of salivary cortisol, that were associated with the reductions in child depression and healthier attachment representations as assessed through family drawings. In addition, the positive shifts in behavior were temporally correlated with reduction in cortisol. These findings supported our belief that the presence of chronic fear is largely responsible for aberrations in the children's behavior and that reduction of fear is a crucial element in creating positive behavioral change in at-risk adopted children.

¹ Published in *Adoption Quarterly* in its entirety. Purvis, K. B. & Cross, D. R. (2006). Improvements in salivary cortisol, depression, and representations of family relationships in at-risk adopted children utilizing a short-term therapeutic intervention. *Adoption Quarterly*, 10(1), 25-43. *

Message from a Past President



Attending SWPA: Prioritizing the Excitement

Ken Weaver, Ph.D.

SWPA President 2004-2005
Emporia State University

Attending the SWPA convention is a marvelous experience that begins long before the convention. I prepare to attend SWPA in three phases. How will you prepare for SWPA?

My first phase is planning the travel. What city hosts the convention? What do I know about this city? When in April is the convention? Will I fly or drive? What is the convention hotel and where is it located? Answering these questions occurs months before the convention and marks the beginning of my anticipation for the convention. For 2009, SWPA returns to its roots, staying at the Gunter Hotel in San Antonio where the first SWPA convention was held. The last SWPA at the Gunter Hotel was the 50th convention during my presidential year.

The second phase occurs when I receive the program and the excitement of going through the program page by page. What are the topics of the posters, papers, and symposia being presented? Who are the authors of these papers and what colleges and universities do they come from? Who are the invited speakers and what are the topics of their invited addresses? I start creating a mental map of each day's convention schedule.

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Report from the 2008 Education Leadership Conference (ELC) sponsored by the Education Directorate of the American Psychological Association

The 2008 Education Leadership Conference (ELC) sponsored by the Education Directorate of the American Psychological Association (APA) was held in Washington DC, September 6-9, 2008 at the Mayflower Hotel. The goal of the annual ELC meeting is to bring together leaders in the fields of psychology education, from various organizations, to discuss topics relevant to the teaching and training of psychologists. Attendees of the ELC represent APA divisions and governance groups as well as organizations external to APA (e.g. regional organizations like SWPA) which have an interest in the education and training of students. The first ELC was held in 2001 and addressed the Vision of Psychology in Education for the 21st Century.

The 100-plus attendees of the 2008 conference spent the weekend discussing the topic of Internationalizing Psychology in the United States and its impact at each level of the educational process. Internationalization refers to a variety of "package" of programs designed by an institution that allow their students and faculty to interact with people, places, and issues that differ culturally from them. These experiences may take place locally or abroad.

The event opened on Saturday night with a reception and keynote address by Dr. Beverly Daniel Tatum, President of Spelman College in Atlanta. Dr. Tatum spoke about her desire to grow the study abroad program at Spelman. She proclaimed that students who study abroad return to their home institution and country with a better understanding of themselves and the world around them. She identified obstacles and that she faced in building a study abroad program primarily with students from underrepresented groups and presented information about how Spelman addressed each obstacle.

The Plenary Sessions on Sunday, September 7, 2008, addressed strategies for internationalizing the education curriculum. Panelists discussed the need

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NSF funded Undergraduate Student Research Opportunities



The National Science Foundation provides funding for Research Experiences for Undergraduates (REU) programs, which enable students to gain experience with working on research projects with faculty. Among the REU sites that have been established are approximately 40 that focus on social/behavioral research. Of these, about a dozen sites are located in Departments of Psychology. Since 2001, Dr. Melanie C. Page in the Department of Psychology at Oklahoma State University as directed an NSF REU summer program with Dr. Charles Abramson. The program aims to increase science education through the study of scientific psychology. Twelve students spend 8 weeks during the summer to carry out research with researchers investigating topics related to lifespan developmental psychology, including, but not limited to, children's social and cognitive development, adolescent and parent relationships, language processing, and successful aging. Students have worked with a variety of faculty members from the Department of Psychology at OSU, including Professor David G. Thomas, Dr. Douglas Hershey, Dr. Celinda Reese Melancon, Dr. James Grice, and Dr. Shelia M. Kennison. Students learn all aspects of the research process, including formulating hypotheses, integrating and analyzing scientific literature, study design, data collection, data analysis, and oral and written presentation of findings. Our program utilizes the junior colleague model. Faculty members serve as mentors and advisors rather than as authority figures.

Students are encouraged to voice their opinions, question experts, and assume a greater amount of responsibility for their own learning. This model leads to students participating in research for the enjoyment of scientific discovery rather than to please an authority figure. Throughout the summer program, students also attend workshops that are designed to help them prepare for future careers and/or applying to graduate school. Students learn how to write a successful resume or CV, how to write a statement of purpose, and how to study for the general tests on the GRE. Students selected for the program receive a stipend of \$3200 in addition to on-campus housing, a research stipend to cover such costs as photocopying, computer disks, and paying subjects, and a travel stipend that can be used to travel to a regional or national conference. More information about the REU program in psychology at Oklahoma State University can be viewed at:

<http://fp.okstate.edu/melanis/reu/REU.html>.

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Psychologists and Prescription Privileges: The Future of Applied Psychology

Athena Arthur*, Lawrence Dilks**, Shelley Blancett*, Jose' Levy* & Jackie Bourassa***

* Fielding Graduate University, **St. Patricks Hospital, *** McNeese State University

In comparison to the natural sciences and medicine, psychology is a relatively young field: a field that has continued to evolve since Wilhelm Wundt (1837-1920) founded the first experimental psychological laboratory in Leipzig, Germany in 1879, and Lightner Witmer's (1867-1956) establishment of the first psychology clinic in 1896 at the University of Pennsylvania. This evolution has carried the field of psychology through several developmental stages in the quest to gain acceptance as a science, and to attain the recognition and stature of medicine within the scope of health care. Just as the field of psychology has undergone an evolution, the health care system has undergone a revolution, a revolution that has contributed to the importance of the role of psychologists within the health care system. This has led to one of the most controversial issues facing the field of professional psychology; a campaign for prescription privileges (RxP) by psychologists.

This is not an idea born recently. As early as the 1980's, the feasibility of RxP for psychologists was receiving consideration. In the November 1984, at the annual meeting of the Hawaii Psychological Association, United States Senator, Daniel K. Inouye of Hawaii urged psychologists to seek prescriptive authority. Then, the 1985 Hawaii State Legislature considered legislation to study the feasibility of RxP for psychologists. However, the legislation was tabled due to significant opposition by the medical community. In 1988, as part of the fiscal year 1989 Appropriations Bill, congressional conferees directed the U.S. Department of Defense (DoD) to establish a pilot project to train psychologists in issuing psychotropic medications under certain conditions. Finally, in 1989, the American Psychological Association (APA)'s Board of Professional Affairs strongly endorsed the immediate study of the feasibility of RxP and the appropriate corresponding curricula in psychopharmacology.

The early 1990's brought about further investigations of and advances of RxP. In 1990, APA's Council of Representatives approved a motion in a 118 to 2 vote to establish an ad hoc Task Force on Psychopharmacology. In 1992, the task force issued a report to the council concluding that practitioners with combined psychosocial and psychopharmacological preparation could advance treatment, and in accordance, recommended multilevel pharmacological training. The Department of Defense (DOD) psychopharmacology training program graduated their first students in 1994: Navy Commander John Sexton PhD. and Lieutenant Commander Morgan Sammons PhD.

The evolution continued to gain momentum in the late 1990's. The APA council, at its New York meeting in 1995 formally endorsed RxP for appropriately trained psychologists. In 1996, a model prescription bill and training curriculum was formally adopted by the APA council at its Toronto meeting. Meanwhile, 1997 occasioned the APA Graduate Students organization's adoption of a formal resolution of support for RxP. In addition, the APA council authorized the College of Professional Psychology to develop a psychopharmacology examination suitable for use by state and provincial licensing boards. By 1998, prescription privileges legislation were pending or were about to be introduced in seven states while five other states were actively planning to introduce the legislation. In the same year, the U. S. Territory of Guam's legislature passed a bill granting psychologists prescriptive authority.

In the year 2000, the APA Insurance Trust announced that prescription activities would be covered for psychologists in states granting prescriptive authority. New Mexico's RxP bill passed in 2002, with the formal support of the New Mexico Medical Association, when Governor Gary Johnson signed New Mexico House Bill 170 into law. In 2004, the state of Louisiana became the second state in the nation to grant properly trained psychologists prescription authority when Governor Kathleen Blanco signed Louisiana House Bill 1426 into law.

In recognition of the move towards prescription privileges for psychologists there have been several programs developed for training psychologists to prescribe psychotropic medication; of those, the best known is the California

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education curriculum. Panelists discussed the need for foreign language requirements in psychology programs and encouraged student involvement in study abroad programs. Presenters also discussed the use positive aspects of technology (e.g. Web 2.0) and its role in internationalizing psychology as well as the benefit of having international students in our psychology programs. Plenary sessions on Monday examined critical conversations about Internationalization and how to plan for the future.

Monday afternoon included advocacy training by *Soapbox Consulting* for all participants who would be involved in making visits to Capitol Hill on Tuesday. Participants were prepared to meet with representatives and senators from their congressional districts and some neighboring districts. We were asked to seek support for the Reauthorization of the *Substance Abuse & Mental Health Services Administration (SAMHSA)* and to co-sponsor or support the inclusion of the *Mental Health on Campus Improvement Act* and the *Campus Suicide Prevention Program*. SAMHSA provides support for state and community efforts in the prevention and early intervention of substance abuse treatment, mental health and recovery and support services on college and university campuses. Congress has budgeted approximately 3.3 billion dollars for SAMHSA.

SAMHSA is also “home to the Garret Lee Smith Memorial Act programs and would administer the Mental Health on Campus Improvement Act programs,” which includes the *Campus Suicide Prevention Program*. To date, the *Campus Suicide Prevention Program* has given grants to 55 schools totaling approximately \$16 million dollars. APA supports each of these legislative initiatives.

Overall, the ELC is an effective way for APA to communicate its latest initiatives to the membership via the divisions, committees, and psychology-related external organizations. The theme for the conference changes each year as do the initiatives.

Respectfully submitted,
Loretta Neal McGregor, Ph.D.
SWPA ELC representative *

Join us at the beautiful, historic Sheraton Gunter Hotel on the Riverwalk in San Antonio for **SWPA 2009!**



SWToP Conference Announcement

Want to spend a couple of days with a group of energetic, committed professionals who are focused on being the best teachers they can be? Then join us at the **Southwest Teaching of Psychology conference, November 7-8, at Texas Wesleyan University in Fort Worth.**

Whether you're a new teacher who is anxious to improve your skills or a seasoned instructor looking for ways to meet new teaching challenges, SWTOP will have something for everyone. From roundtable discussions, to symposia, to teaching demonstrations, to research presentations, SWTOP will provide numerous opportunities to learn more about the art and science of teaching psychology.

We are fortunate to have two distinguished speakers for our invited addresses this year. David Myers, Ph.D., Professor of Psychology at Hope College, will be our keynote speaker at the banquet, with his address entitled “The Scientific Pursuit of Happiness.” Lauren Scharff, Ph.D., Professor of Psychology at Stephen F. Austin State University, Co-Director of the SFA Teaching Excellence Center as well as current SWPA president, will provide the conference-opening address, entitled Using PowerPoint Powerfully: From Visual Design to Presentation.

Please go to <http://www.swtop.org> for more information. We hope to see you there!

Graduate Research Internship Experiences

Amanda Brown
Emporia State University

As a graduate student in the Experimental Psychology Master's Program at Emporia State University (ESU), I am required to complete 100 hours intensive research in an internship realm. Although it is a "requirement," I like to call it more of an "opportunity." The research internship is an extremely valuable means for professional development, from helping students narrow down their research interests, to broadening their networks.

All ESU Experimental Psychology Graduate students are required to complete a research internship. Students first choose a site that aligns with their future goals, such as performing research at an academic institution or working in a setting of interest. For instance, I chose the former, spending a summer at Texas A&M University doing research with [Dr. James Grau and Dr. Michelle Hook](#). I performed my own experiment, and assisted other lab members with their research. A former student of ESU, Tyler Miller, utilized the second option of working in a setting of interest, spending a summer at the [Archives for the History of American Psychology](#) in Akron, Ohio. Our experiences were vastly different, yet still satisfied all requirements and enhanced our research development.

It is important to know that although graduate research internships are incredibly beneficial, very few schools require them. As such, many people are unaware that they exist. For this reason, it is extremely important to be proactive when looking for a place to do an internship. Many institutions do not advertise research opportunities, so finding a person or place that suits your needs is imperative. In my situation, I found Dr. Grau's spinal cord research incredibly interesting and decided to contact him to see if he would be interested in having me as an intern in his lab. It turned out to be a fantastic opportunity to contribute to federally funded neuroscience research. I also performed my own project under his grant while I was there. The

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Texas Psychological Association

David White (Executive Director)

TPA was organized in 1947 to advance psychology as a science, profession and as a means of promoting human welfare by the encouragement of psychology in all its branches. TPA advances the promotion of research in psychology and the improvement of research methods and conditions; by the improvement of the qualifications and usefulness of psychologists through high standards of professional ethics, conduct, education, training and achievement.

TPA is the ONLY state association that actively represents every psychologist in the state. TPA advocates for the psychological profession on the legislative and regulatory fronts. TPA worked tirelessly over the past several years to pass the Sunset Bill that assured that the Texas State Board of Examiners of Psychologists remains an independent, autonomous state agency that oversees and regulates the practice of psychology in Texas. TPA has actively educated legislators and state board members on the important role psychology plays in the health care arena and how psychological research is advancing medical care in all disciplines.

Here are just a few benefits of becoming a TPA member....

- ✓ Daily e-newsletter highlighting news stories around the country pertaining to psychology.
- ✓ Monthly newsletter focusing on the legislative and regulatory changes that affect the profession
- ✓ Continuing Educational opportunities to include an annual convention and home studies.

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Rochelle Evans, a graduate student in the Human Factors Research Laboratory at Rice University, prepares to record voice prompts of different personas.

Research Spotlight: Human Factors Research in Telephony Systems

We are all familiar with the ubiquitous visual progress bar that is often seen in computer and web applications. It is an effective tool for determining how far the current process has advanced, and for conveying information about how much time remains before the task is complete. While the design and implementation of visual progress bars is well understood, delivering the same information using the auditory channel alone is significantly more complicated.

The Human Factors Research Lab at Rice University has been conducting research into the design of effective progress bars that can be delivered using sound alone in the absence of any visual representations. Towards this end, we are exploring whether novel stimuli (so-called auditory progress bars) can be designed that will provide listeners with a low-cognitive-load way of knowing where they are in a waiting task, and how much time remains. In collaboration with the Rice Shepherd School of Music, we have begun to create a new class of compositionally informed stimuli that will help us explore users' time perception and mental workload in waiting situations where only the auditory channel is available. Waiting on telephone hold is a good example of a situation where information regarding the duration remaining in the queue would be useful for the user, and the auditory channel is the only way by which to deliver that information. Because millions of callers are put on hold each day, and customer satisfaction with the hold time experience can have an impact on their loyalty to a given company, an understanding of a caller's hold time perception, and an ability to improve that perception could prove to be beneficial to the user and business alike.

In a related line of research, we are also exploring the voice prompts that are used in telephone-based customer care systems. One important aspect of these delivery systems is the personality of the voice, or persona, that is used to deliver the information. Our research in this area aims to understand the impact that the perceived persona of the prompts in an automated telephone system has on user performance. Specifically, we are currently trying to determine if the personification of voice prompts can systematically change the form and accuracy of user responses when users answer questions posed by the telephone system.

In collaboration with the MD Anderson Cancer Center, we are exploring whether voices of different personas impact the responses users give to an automated pain assessment survey that is given to cancer patients and delivered over the phone. This pain assessment survey, developed at MD Anderson, is used by

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physicians to help them determine how well cancer patients being treated on an outpatient basis are doing in terms of their pain management. The automated telephone system periodically calls the patient questions to determine how much pain they have and if that pain is interfering with everyday life activities. Clearly, accurate responses to these questions are imperative if the physician is to use the information to aid in the patient's treatment.

We are currently testing the response patterns of non-patients who are using the system with three different voice personas: lively/perky, somber/professional and sympathetic/caring. By understanding how these different delivery personas impact how the listeners respond, we hope to better inform the design of future automated telephony delivery systems.

For more information, contact: Dr. Philip Kortum, Department of Psychology, Rice University, Houston, TX 77005, 713-348-4813, pkortum@rice.edu *

SWPA Staff Position Openings

Webmaster: Beginning in January, 2009 the position of SWPA webmaster will be available. Applicants should have working knowledge of html, css, php and MySQL. Duties will include making updates to the web site and creating modifications as necessary to promote usability. Annual stipend will be \$800, prorated for the current year.

Convention Manager: Beginning July 1, 2009 the position of SWPA convention manager will be available, although we desire the incoming person to train with the current convention manager this year. Duties include contacting hotels for future convention sites, obtaining bids and working with the EC to finalize the choice, negotiating the contract, working with the program chair to ensure appropriate presentation rooms, easel transportation and set-up for poster sessions, and serving as hotel liaison during the convention. Annual stipend is \$1500 plus travel for site preparations and a complimentary room at the SWPA convention.

- ✓ Become a member TPA's Divisions and/or Special Interest Groups
- ✓ FREE personalized WEB page
- ✓ Legal Consultation service

We want you to take this opportunity to become active in TPA by submitting a workshop proposal for SWPA's 2009 Convention. TPA is honored to be an adjunct organization for SWPA and is very excited to be part of this outstanding event.

Please go to our WEB site at www.texaspsyc.org and become a member of this outstanding organization.

experience solidified my desire to perform research in academia and made me excited to advance to the next level, a doctoral program.

Tyler and I enjoy many benefits gained from our internships. Both of us spent a lot of time with our "mentors," students, and post-docs at our respective institutions, establishing close connections, which will carry on for many years. The internship also gave us a chance to investigate the institution as a prospective applicant. This is a tremendous advantage when application time rolls around because the professor already knows the applicant and his or her work ethic from personal experience.

As I said before, ESU's psychology graduate research internship requirement is quite unique. The graduate student and faculty advisor decide on the number of hours needed to fulfill the requirement. Additionally, the student must complete a literature review or research manuscript, reflection paper, and an open oral presentation. Given my great experience, I highly recommend internships to all students looking to practice research. If you would like learn more about our experiences, please feel free to email me (abrown5@emporia.edu) or Tyler (milltyl@tamu.edu). *

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The final phase is completed the week or two before I leave for the convention. Given my convention schedule, how flexible is my time? Who among my friends and colleagues will be attending? Is there a particular activity I want to do in the convention city? Is there something in the city I want to explore?

So many activities are wrapped up in a 2.5 day convention that doing them all is impossible. I pick and choose, making decisions that will define my convention experience.

Whether you have attended many SWPAs or if 2009 will be your first, here is a suggestion. When you start preparing your daily schedule, enter first the Invited Addresses for that day and plan around them. As nice as a convention is for entertainment, recreation, dining, and shopping, SWPA is first and foremost a wonderful intellectual experience. Making the Invited Addresses your top priority ensures a rich exposure to fascinating ideas encompassing the diversity of the discipline. Leading scholars from throughout the nation and beyond present their research with clarity and precision, providing insights into the psychological phenomena they have devoted their lives to investigating.

I attended three Invited Addresses at the 2008 SWPA convention in Kansas City. The one sponsored by Psi Chi was well attended. However, the other two had very few attendees. The speakers were excellent, skillfully delivering informative and fascinating presentations to ballrooms that were almost empty.

As you get ready for SWPA and San Antonio, take advantage of all the wonderful activities that attending the convention offers. Be kind to your mind and make the Invited Addresses the top priority in your schedule!

To conclude my column, I want to shed the spotlight on a group of extremely dedicated and committed members of SWPA. I applaud the many efforts of the SWPA leadership—the Presidents and the members of the Executive Council—who have made difficult yet important decisions since the 50th convention in 2004 that have brought fiscal health and

vibrancy to the organization and a stronger cohesiveness to the region all without an increase in membership fees. This is an incredible accomplishment, and I want to take this opportunity to express my heartfelt thanks and appreciation to this group for ensuring SWPA's vitality for another 50 years. A few of the key changes since 1994 include moving the organization's communications from mail to electronic, changing the bylaws to reflect current practice, adopting more astute negotiating practices with potential convention hotels, using private vendor rather than convention hotel to provide audio-visual needs, restructuring the remuneration of invited speakers, enabling members to use their charge cards to renew their memberships, and renovating the organization's web page. WHEW! You can express your appreciation and thanks by joining or renewing your membership, submitting a proposal for the 2009 program, attending the convention, thanking the leadership by email or face-to-face in San Antonio, and becoming active in the governance of the organization! *



Scenes from SWPA 2008



School of Professional Psychology at Alliant International University's post doctoral Master of Science degree in Clinical Psychopharmacology. The program provides in-depth training in clinical applications of psychotropic medication management and integration of psychotropic medication with counseling and psychotherapy. The program consists of 450 hours of training and 432 hours of classroom instruction, with an additional 18-hour home study review course for the PEP (Psychopharmacology Examination for Psychologists). The program's design provides psychologists with the opportunity to attend training on a part-time basis through the use of a distributed education format.

The quest to grant prescriptive authority to psychologists has spanned two decades, and nearly two thirds of our state psychological associations have established RxP task forces to investigate the feasibility of granting prescriptive authority to appropriately trained psychologists. Regardless of the opposition's allegations that RxP would be a public health hazard, the RxP agenda has always been about providing the highest quality mental health care in a timely, competent, and cost effective manner. The granting of prescriptive authority to psychologists is an innovative solution to improving access to and coordination of quality mental health care to all American consumers. There is no doubt that RxP will broaden the scope of professional psychological practice as we have known it, and influence the future of applied psychology. *

Earn Continuing Education Credits again at SWPA!

A 3-hour ethics workshop will be offered in addition to a variety of other CE sessions.

Consider submitting an abstract to present a CE session. If you have questions about the CE Credits, please contact Dr. Larry Dilks.
(larrydilks@suddenlink.net)

- 2.) a possible celebration of the 80th anniversary of Psi Chi to be held at Harvard University,
- 3.) and the first ever regional travel awards to assist students in attending SWPA (for details check out the Psi Chi website – www.psichi.org – and link to the Southwestern Region and/or watch for my Spring letter which will also be posted to the Psi Chi website).

I am pleased that SWPA will, once again, facilitate Psi Chi with the processing of student submissions for possible presentation at the annual meeting. When you submit, BE SURE to choose Psi Chi as the group to which you are submitting when stepping through the online abstract submission process. That way we can be sure your submission can be reviewed for Psi Chi programming and considered for regional research and travel awards. In addition to one (or two) poster sessions, Psi Chi may host one or two "talk" sessions. Each of these sessions will have 4-5 student presenters. Please indicate during the abstract submission process whether you want your proposal to be considered for a talk or a poster (of course, once talk sessions fill up all those submitted with a talk preference will still be considered for a poster session). Psi Chi will also host a small number of talks at SWPA so if you have ideas for presentations and/or presenters, please send those my way (ro10@txstate.edu).

There is a separate application for the regional travel awards (criteria and application procedures are posted to the Psi Chi website for the Southwestern Region.

Psi Chi is making moves to become international in focus – the national council just recently approved three more international affiliate chapters and is working to make Psi Chi international in name, focus and scope. This, of course, will not mean any changes in what Psi Chi does for individuals in chapters across the country but does mean that Psi Chi will be expanding its reach and creating more global opportunities for members.

I am happy to have had this chance to let you know who I am and a bit of what Psi Chi in the region (and nationally) is about. I hope to see many of you at SWPA 2009. *

Student's Corner



Raise Money and Attend SWPA

Justine Corthay

Stephen F. Austin State University, TX

All organizations know that in order to keep the group active within the department, school, and community and to simply have fun with social and service events, money is a necessity. But what organizations also come to find is that fund raising can be difficult. Well, the fall semester is underway, so it is that time again. It is time to begin yet another fundraiser, but I can guarantee that raising money to attend SWPA is worthwhile.

Here are some tips and ideas to make raising funds just a little bit easier:

1. Always plan ahead. There is no procrastinating if you wish to have a successful fundraiser.
2. Know the type of fundraiser your group wishes to organize. A few ways to raise money include bake sales, car washes, coin drives, raffles, t-shirt sales, and even yard sales. The Psi Chi chapter at Stephen F. Austin State University always organizes a yearly bake sale and yard sale; In addition, they have one fundraiser in the spring specifically for the purpose of raising money to attend SWPA. It is called the Jail-and-Bail. This previous spring, the chapter made over \$1,000 from this particular event! Basically, in the Jail-and-Bail, you are not released until you make enough to be bailed out! The students make money by calling people (friends, immediate family, extended family, even bosses) and asking them to donate. Officers will have to make a specific amount of money (usually set by themselves and the advisor), and members will have to make a set amount of their choice. It is a really creative way of making money, and everyone always has a good time!
3. Make it a priority to have at least one fundraiser a year. Organizations should decide how often it is necessary to raise money. You could plan one a year, one a semester, or be ambitious and host a fundraiser once a month.

4. How much does the organization want to make? With every fundraiser, set a goal to obtain a specific amount of money: less than \$200, \$500, \$750, or perhaps, more than \$1,000.
5. Know what the money is going towards. For many Psi Chi chapters, money raised is put away for their regional psychology conference that occurs every spring.
6. Know who is going to be involved in the planning, and who is going to be carrying out the fundraiser. Have a sign up sheet ready to go for members and officers from the organization to volunteer. Also, checklists are useful so nothing is forgotten; a saved checklist can also make it easier to repeat the same idea the following year.
7. Finally, advertise your fundraiser! Make posters, and also put fliers around campus and within the community. In order to make money, people need to know what, when, and where the fundraiser will be.

Raising money to attend SWPA is not only worthwhile because students and faculty get to present and hear about research and meet like-minded psychologists, but your chapter could also stay at the hotel where the conference is held. Your organization should be motivated to raise enough money to stay at the conference hotel because then the faculty and students will feel involved. They will be able to attend more sessions and they will meet more people. If your organization were to stay at a different hotel, yes, it would cost less, which would mean less pressure to raise money, but your group would lose the networking opportunities that come with staying at the conference hotel. Being at the hotel also prevents your group from having to commute to and from the conference. In addition, the chosen hotel is often very nice and the selected rooms are available at a discounted price.

So, motivate your organization! Raise the money to attend SWPA, but on top of that, raise enough to allow your group to stay at the conference hotel. Fundraising is tough, but hopefully, with some hard work and these helpful tips, raising money will not seem as difficult this year. *



Déjà vu: Hurricane Gustav and University Disruption

Jackie Bourassa*, Lawrence Dilks**, Athena Arthur***, Jose' Levy*** & Shelley Blancett***

*McNeese State University, **St. Patricks Hospital, ***Fielding Graduate University

Hurricane Gustav began as all hurricanes do, and over time developed into a category 4 hurricane that threatened the U.S. Gulf coast and took its aim at the coastal areas of Louisiana. As Gustav approached, it raised alarms along the coast. Memories were vivid and painful of the devastation wreaked by the strong and powerful winds and rain of Hurricane Rita just three years prior to Gustav. Hurricane Rita caused billions of dollars of damage to the gulf coast, including millions of dollars of damage to McNeese State University itself. The damage in 2005 necessitated the closing of the university for approximately three and a half weeks while basic repairs were initiated.

With hurricane Rita still fresh in everyone's minds and the declaration of a mandatory evacuation of Calcasieu Parish by authorities, a feeling of déjà vu set upon the residents of Calcasieu Parish and students of McNeese State University. The majority of the students and faculty chose to depart the coastal area and head inland, becoming a small portion of the 1.9 million people who fled their homes and communities in the mass exodus.

One of those individuals who made the decision to leave the area was Sonia Clark, a graduate student in the Applied Behavior Analysis program at McNeese State University. Sonia, after watching the news and discussing her situation with others, decided to adopt a, "Better safe than sorry", approach and comply with the evacuation order. She rode with friends and spent four days in San Antonio, Texas. Sonia reported that there was a steady stream of traffic and delays were inevitable, resulting in a trip taking eight hours to complete, which should normally have taken five and a half hours. In hindsight, Sonia said she regrets the disruption, travel and overall chaos but she did enjoy the unexpected break from class.

Because tracking the course of a hurricane is a matter of probability, no one can say with certainty where landfall will occur, and heading inland does not always guarantee safety. Billie Myers, a graduate student in both the Counseling Psychology and Applied Behavior Analysis Program elected to go east to St. Landry parish to ride out the storm with her family. Her decision actually took her closer to the track of the storm and inclement weather. During the course of the storm the Myers family lost power and a tree fell near their house. Nearby, two people were killed by a tornado spun off by the hurricane.

Despite the danger of the impending hurricane, some individuals decided not to evacuate, and made the choice to ride out the storm and remain in Lake Charles. Jackie Bourassa, a senior psychology major, decided to remain in the city because her mother is a registered nurse and was required to be on duty at St. Patrick's Hospital during the course of the storm. Jackie and her son remained at the hospital in an area reserved for family members. She reported there was an atmosphere of anxiety and tension at the hospital, with memories of Hurricane Rita foremost in everyone's minds. Though anticipating the worst, Jackie reported that she found the storm damage to be minimal with winds only approaching 45 to 50 miles per hour.

The State of Louisiana, its administrators, and its residents learned a great deal from their experience with hurricanes Katrina and Rita, so now the people of this great state do not have to be told twice that it is time to leave when any hurricane takes a hard look and aims its eye at the Louisiana gulf coast. Déjà vu is an experience of something already felt, and is accompanied by a sense of compelling familiarity with an experience; in the case of hurricane Gustav, déjà vu was the reason so many left fearing the worst. As a consequence of Gustav, McNeese State University closed for a brief time to ensure the welfare of students and staff. Fortunately, the inclement weather resulted in little damage and classes resumed with only a minor interruption. *

Upcoming Conferences and Events of Interest

The main event:

SWPA!

April 2-4, 2009

Sheraton Gunter Hotel, San Antonio

Abstracts accepted Oct. 13th – Nov. 24th

Go online to <http://www.swpsych.org/> for more convention information, SWPA membership information, pictures from last year's convention, and other resources for our members. There is also information about all of our adjunct organizations and submission guidelines for each.

Other Psychology Conferences in SWPA Region

1. October 24-25, 2008: ARMADILLO Conference (The Southwest Cognition Conference), El Paso, TX, <http://www.armadilloville.org/>
2. November 7-8, 2008: **Southwest Teachers of Psychology Conference (SWToP)**, Fort Worth, TX, www.swtop.org
3. February 18-21, 2009: **Southeastern Psychological Association (SEPA)**, New Orleans, LA, <http://www.sepaonline.com/>
4. April 16-18, 2009, **Rocky Mountain Psychological Association (RMPA)**, Albuquerque, NM, <http://www.rockymountainpsych.org/>

Other Psychology Conferences Outside the SWPA Region

1. October 17-18, 2008: **Psychology Synergy Conference (Psi Beta)**, Westminster, MD, http://www.psichi.org/conventions/convention_1481.asp
2. October 23-25, 2008: **International Society for Exploring Teaching and Learning**, Las Vegas, NV, <http://www.isetl.org>
3. October 24, 2008: **Northeast Conference for Teachers of Psychology**, Western New England College, Springfield, MA. <mailto:chakala@wnec.edu>
4. October 24-25, 2008: **New England Psychological Association (NEPA)**, Western New England College, Springfield, MA. <http://www.nepa-info.org/index.html>
5. January 2-4, 2009: **Psi Chi National Leadership Conference**, Nashville, TN, http://www.psichi.org/conventions/convention_1482.asp
6. January 3-6, 2009: **National Institute on the Teaching of Psychology (NITOP)**, St. Pete Beach, FL, <http://www.nitop.org/>
7. March 20-21, 2009: **23rd Annual Conference on the Teaching of Psychology: Ideas and Innovation**, Westchester, NY, <http://www.farmingdale.edu/psyconf>
8. March 5-8, 2009: **Eastern Psychological Association (EPA)**, Pittsburgh, PA, <http://www.easternpsychological.org/>
9. April 23-26, 2009, **Western Psychological Association (WPA)**, Portland, <http://www.westernpsych.org/>
10. April 30-May 2, 2009, **Midwestern Psychological Association (MPA)**, Chicago, IL, <http://www.midwesternpsych.org/>