



South Dakota Psychological Association



Special Edition

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Letter From the Editor

The South Dakota Psychological Association is pleased to present this special issue of the newsletter to highlight research and other activities that are happening in schools of higher education across the state. We are excited about presenting the research being done by faculty as they seek to broaden the knowledge base. We also want to acknowledge that the future of the profession is evident in the activities of students in psychology clubs which may involve community endeavors as well as research. We hope to make this special issue an annual offering. The

purpose of which is to share information with each other and to celebrate accomplishments within the field of psychology. Psychology Departments are often active in developing programs that enhance campus life, and we would like to hear about that too for inclusion in future issues. So we offer thanks to those who answered our call for articles, and hope to hear from others in the future.

Best regards,
Sally Weyer, Ph.D.
President Elect, SDPA

Black Hills State University

Assistant Professor of Psychology at Black Hills State University Aris Karagiorgakis, and co-principal investigator Kara Graveman of ABC (Action for the Betterment of the Community), were awarded a 5-year \$625,000 federal SAMHSA grant through the Department of Health and Human Services to study substance abuse among youth in the Sturgis community.

The grant will help address community risk and protective factors, and the data will be used to identify emerging trends, monitor consumption and consequence patterns over time. Annual interventions will be administered to students from grades 6 to 12, and data will be used to determine whether education interventions have decreased youth's use of alcohol in the last 30 days, decreased risk-taking behaviors by youth, changed the initial drinking age, and increased perceptions of harm caused by underage drinking. Furthermore, community interventions will also be utilized, with partner Sturgis Police Department, in the form of saturation checks, compliance checks, and DUI checks.

Dr. Karagiorgakis and Project Director (and BHSU alum) Kara Graveman were one of the 87 new grantees selected from 452 applicants through a competitive, peer-reviewed process nation-wide. Both attended a 3 day training conference in Washington, D.C. in December. Students from Aris' research group will be provided with numerous opportunities to gain valuable research skills and experiential learning.



University of South Dakota Department of Psychology

Barbara Yutrzenka, Director, Clinical Psychology Program; ACT Advisor

The USD Department of Psychology includes an active undergraduate degree program as well as doctoral programs in Human Factors Psychology and Clinical Psychology. The Clinical Psychology Program has been fully accredited by the American Psychological Association since 1971. The Department of Psychology houses the Disaster Mental Health Institute, the Heimstra Laboratories, and the Psychological Services Center. The faculty and the graduate and undergraduate students in the Department are involved in a number outreach, programming, and research activities and these experiences enhance the already rich educational opportunities provided by the department. A portion of these programs, accomplishments, and research activities are highlighted below.

Student Groups Are Active at USD

Erika Holzer, Psi Chi/Psychology Club President

Tyler Wray, ACT State Representative/ SDPA Student Representative

USD's **Advocacy Coordinating Team** hosted a number of professional psychologists as they spoke to students about their respective career paths during the team's "Learning Over Lunch" series. These programs were well-attended by both undergraduate and graduate psychology students alike as they learned about where an education in psychology might take them. In conjunction with members of ACT and Psi Chi/ Psychology Club, Clinical Psychology and Human Factors programs graduate students and faculty participated in a **Department Open House** for current and prospective psychology majors and showcased not only the major itself, but a number of the faculty research labs.



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2011 Psi Chi Presentation at the Midwestern Psychological Association Annual Meetings in Chicago

(advisor, Dr. Gemma Skillman,
3rd from left)



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The **USD Psi Chi International Honor Society in Psychology** chapter, which just celebrated its 45th year anniversary, as well as our **Psychology Club**, have been busy the past few years in the areas of research, service, and student resource support, which reflect the mission of our organization as a whole. The 2010-2011 Psi Chi research

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teams had the opportunity to present their work through poster presentations at the 2011 Midwestern Psychological Association (MPA) Annual Meeting in Chicago, IL. The team presented a study (continued from a 2010 study which investigated the relationship between sleep and academic performance) looking at the relationship between academic performance and gender, living environment, extracurricular activities, and employment. The 2011-2012 Psi Chi research team is examining self-disclosure on social networking sites, namely, Facebook; particularly, the team is investigating differences in self-disclosure between family, peers, co-workers etc. The team will be presenting their findings at USD's IdeaFest in April.

Reflecting our commitment to service, USD's Psi Chi and Psychology Club have recently been involved in philanthropic events in the community and on campus. The Psi Chi/Psychology Club provides supplies for, prepares, and serves a meal for over 100 community members at Vermillion's Welcome Table. Located at the Methodist Church, the Table provides an evening meal for community members in need.

Serving at the Welcome Table is fun, and we meet wonderful people in the process. This fall, Psi Chi/ Psychology Club also had a Halloween trick-or-treat food drive for the Vermillion City Food Pantry and the Sioux Falls Domestic Violence Shelter. Members went trick-or-treating for food and clothing and were happy to have collected over 100 items for the pantry and shelter.

Another mission of Psi Chi/Psychology Club at USD is to provide students resources and knowledge for gaining expertise in the field of Psychology as well as connecting students to Psychology faculty. Each year, in an effort to carry out this goal, Psi Chi/Psychology Club host panels consisting of faculty, graduate students, and practicing professionals from the community. These panels cover various topics; this spring, our upcoming panels are titled, "Careers in Psychology" and "Preparing for Graduate School: What to do this summer." Our goal is to provide students with valuable information that can help them in preparing for their future professional careers.

USD Committed To Diversity Initiatives

The Psychology Department's **ALLY** group and **Students of Color in Psychology**, held several formal and informal gatherings to discuss issues of diversity in personal and professional development. They also helped to promote a number of USD campus diversity talks and activities. The **14th Annual Building Bridges Conference**, held in March 2011 focused on the application of the principles of Psychological First Aid with traditional perspectives. This Department sponsored conference involved Psychology faculty, graduate and undergraduate students, and community elders working together with Native American K-12 students and their counselors/teachers to examine ways in which Native communities provide emotional and psychological support to enhance the strength and resilience of their members. The 2012 Conference, "Stand Tall, Look Good and Be Proud: Helping Each Other Realize Our Dreams" will be held on Friday, March 16, on the USD campus and features keynote speaker, Mr. Steve Saffron.

USD Faculty and Graduate Student Research Activities and Recognitions

- **Dr. Jan Berkhout**, Director of the Human Factors Program, is involved in research and consultation involving safety. More specifically his research area involves signal light designs for emergency vehicles, cell phone keypads, workstation evaluations, and accident reconstruction.
- **Dr. Beth Boyd**, Director of the Psychological Services Center, contributed to a book chapter which is set for publication in a volume entitled "Indigenous mental health and healing on Turtle Island: A multifaceted approach." As a faculty member in the Disaster Mental Health Institute, **Dr. Boyd** is also actively involved in helping Native communities develop disaster response plans. She is currently the President of Section VI (Clinical Psychology of Ethnic Minorities) of Division 12 (Society of Clinical Psychology), one of the largest divisions affiliated with the American Psychological Association (APA).
- **Dr. S. Jean Caraway** recently completed her participation in a three year grant funded by the Office of Violence Against Women in the Department of Justice,

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focusing on developing a campus based education and prevention program for violence against women. Recent clinical program alum **Sarah Barron**, in collaboration with **Dr. S. Jean Caraway**, presented Barron's doctoral dissertation research on well-being as a predictor of various health risk behaviors at the annual conference of the Society for the Scientific Study of Sexuality.

- **Dr. Michael Granaas** delivered several presentations within the department on using virtual tools to enhance classroom instruction.
- **Dr. Gerard Jacobs**, Director of the Disaster Mental Health Institute, received two contracts from the Red Cross to conduct a multi-state prospective evaluation for the Gulf States and an evaluation of the ARC Psychological First Aid course. In addition, **Dr. Jacobs**, in his capacity of Director of the USD Disaster Mental Health Institute, has been traveling extensively both within the state and across the nation, providing training in Psychological First Aid and a number of disaster mental health preparedness topics.
- **Dr. Randy Quevillon**, Department Chair, and students on his Rural Mental Health research team continue to work on the development of a measure of farm stress, while more recently examining aspects of rural culture. He and his students have presented their work at state and national meetings. As a faculty member in the Disaster Mental Health Institute, **Dr. Quevillon** has participated in a leadership role in a number of responses to national and regional disasters.
- **Dr. Doug Peterson** recently completed his tenure as the Director of the USD Honors Program. He is currently examining differences between pedagogical delivery methods for large sections of General Psychology.
- **Dr. Frank Schieber** is a member of the editorial board of the journal *Human Factors* and recently completed a five year term as Chair of the National Research Council/TRB *Committee on Visibility (AND40)*. He and his students are involved in research projects focusing on human aging, visual function and driving.
- **Drs. Jeffrey Simons** and **Raluca Gaher**, in collaboration with School of Medicine Faculty member **Dr. Gina Forester**, were recently awarded a grant from the Department of Defense to carry out brain imaging research examining the overlap between post-traumatic stress symptoms and substance use. **Dr. Simons** is also completing data collection in fulfillment of a major grant from the National Institutes on Alcohol Abuse and Alcoholism that investigates event-level relationships between elements of self-control, affect, and alcohol-related problems. **Dr. Simons'** student, **Tyler Wray**, was also recently awarded a fellowship grant from the National Institutes on Alcohol Abuse and Alcoholism to support research training in psychopharmacology. This grant also supported research in **USD's Cocktail Lab** that investigates the effects of acute alcohol intoxication and shifts in sympathetic arousal on sexual risk-taking. **Drs. Simons** and **Gaher** also collaborated with students **Tyler Wray** and **Ryan Reed** on a book chapter on the prevalence and consequences of drug use in college students to be included in the book *College Student Alcohol Abuse: A Guide to Assessment, Intervention, and Prevention*. **Dr. Simons** also lead a session on self-control and substance use at last year's American Psychological Association (APA) convention and worked with students



2012 SDPA Conference

May 18-19
Sioux Falls, SD

University of South Dakota Department of Psychology

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- Rob Dvorak** and **Tyler Wray** to publish papers in four different peer-reviewed journals. **Dr. Simons** has recently collaborated with several students to prepare posters for this year's APA Convention and meeting of the Research Society on Alcoholism.
- **Dr. Gemma Skillman**, in collaboration with students **Dennise Garcia** and **Rob Dvorak**, published an article in *Alternatives in Mind-Body Medicine* examining relationships between the use of complementary and alternative medicine and spirituality, environmental consciousness, and markers of a healthy lifestyle. Along with several students, **Dr. Skillman** also presented a poster on the difference in gender, course load, extracurricular involvement, and living environment at the annual conference of the Midwestern Psychological Association.
 - **Dr. Holly Straub** has been involved in a number of faculty led study abroad courses, including travel to Costa Rica, Ecuador and the Galapagos Islands, and Italy. In May 2012, **Dr. Straub** will lead the "Darwin and the Galapagos Islands" course in which she and a group of students will travel to Ecuador and the Galapagos Islands to learn about the interactive influences of heredity and environment on the behavior of human and non-human animals.
 - **Dr. Cindy Struckman-Johnson** conducts research in a variety of social psychology related area, particularly in the area of sexuality, attitudes, and prejudice. She has also been involved in a state funded contract to assess seat belt utilization across the state. **Dr. Struckman-Johnson** recently presented their research at an international conference in Paris, France.
 - **Dr. XT Wang** recently finished editing a book entitled, *Thus Spake Evolutionary Psychologists*. The volume contains chapters from a number of leading researchers examining the evolutionary bases of human behavior. In addition, **Dr. Wang's** work examining the impact of blood glucose on risky choices, completed with student **Rob Dvorak**, continues to receive coverage in popular media outlets, such as *Science Daily*, *Time Magazine*, and *Nature*.
 - **Dr. Barbara Yutrzenka** and her research team continue to examine ethical issues related to multiple relationships and to peer reporting of ethics violations. **Dr. Yutrzenka** was awarded the 2011 Beverly Thorn Award for Outstanding Director of Clinical Training Service at the annual meeting in December of the Council of University Directors of Clinical Psychology held in Nashville, TN.

Editor: Sally Weyer, Ph.D.

This e-newsletter has been sent to you as a member of the South Dakota Psychological Association (SDPA) or as a subscriber to this newsletter. SDPA's mailing address is:

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