

Psychology

Advancing the Science of Psychology from Infancy to Old Age August 25, 2015

Time to build....

Budget cuts and plans for the future

Our semester got off to a rocky start, having to deal with another large budget cut that meant the loss of three staff members – Jonathan Forster, Michael Dyckman, and Candace Campus. Howard Allen is also leaving us, retiring after 19 years of service to the clinical program. We wish them the very best in their future endeavors.

With the difficult cuts behind us, it's time to focus on building – making strategic investments in the things that will make us strong. At our upcoming faculty retreat on **Saturday, August 29th in the Rincon Room at the Student Union**, we'll continue our discussion of the priorities outlined in our 2015 Strategic Plan, and talk about initiatives that will further increase our excellence in research, teaching, and community partnerships. Some of these initiatives are already in progress, and you'll hear more about them. I hope that all our faculty members will attend this important meeting ready to share your ideas and expertise.

Nothing is more important to our future than a strong faculty – the cornerstone of our department. We're fortunate to welcome SIX new faculty this fall. Please join me in welcoming them!

Lee Ryan

Meet our new faculty!

Six new faculty join our ranks this fall.

Adam Lazarewicz, Teaching Faculty

I am from Boston originally (go Red Sox!), but moved to Tucson in 2003 to attend graduate school in social psychology at the UA. I have spent



the past eight years teaching Advanced Placement Psychology to academically-gifted students at University High School here in Tucson. It was a great job, but I am very excited to be back at UA teaching at the college level. When I am not teaching, I like to play tennis, cook, read, and play guitar and drums. I'm very passionate about teaching psychology, and I am looking forward to working with all of you.

Upcoming Events

The **Graduate Student Research Showcase** will be held on Friday, August 28th from 3-6 pm in Modern Languages 311. Grad students will be presenting their work in datablitz-style talks, followed at 6pm by a party at the *Shanty*, hosted by our good friend and alum, Bill Nugent. Please plan on attending!

The annual **Faculty Retreat** will be held Saturday, August 29th from 1-6 pm at in the **Rincon Room at the Student Union**. The meeting will be followed by a wine reception. Faculty, please mark your calendars for this very important meeting.

The first **Colloquium** of the year will be given by Dr. Matthias Mehl – **The Sounds of Social Life** – on September 11th. Talks will be held on Fridays from 3:00 to 4:30 pm in Psychology Room 306. Look forward to seeing ALL our faculty and grads at these talks!

Matt Grilli, Assistant Professor, Clinical Neuropsychology



After three Boston winters (one being the snowiest on record, one being the coldest on record, and all being dark and depressing), I am very happy to return to the Desert Southwest and the department where I completed my PhD in clinical neuropsychology. I look forward to continuing my research on strategies for improving cognition and well-being in memory-impaired adults, especially individuals with traumatic brain injury. I am also excited to continue my recent research on understanding how memory is used to construct a sense of self. When not at work, I plan to enjoy the running, hiking, and biking trails of Tucson and attend Wildcat sporting events with friends and family.

Heidi Hamann, Associate Professor, Clinical Psychology



I am joining Psychology as an Associate Professor with a joint appointment in the Department of Family and Community Medicine. My training was in clinical health psychology, and my research focuses on psychological and behavioral issues across the cancer control spectrum. My most current areas of research focus on cancer survivorship, stigma among lung cancer patients, and psychosocial oncology interventions. I am originally from Minnesota, but have most recently lived and worked in Dallas, Texas (where I gained an appreciation of barbeque!). In my personal life, I enjoy spending time with my husband (John) and kids (Carson and Lily). Other hobbies include running/walking, trying new foods, and beach vacations!

John Ruiz, Associate Professor, Clinical Psychology

Hi everyone! My name is John and I am a clinical health psychologist and new Associate Professor here in the Department of Psychology. My program of research examines how our social lives constitute risk and resilience factors for physical health, particularly cardiovascular disease, with an emphasis on identifying key biobehavioral mechanisms. I am also interested in sociocultural aspects of racial/ethnic health disparities and I have a particular interest in the epidemiological phenomenon referred to as the Hispanic/Latino Mortality



Paradox. I am the current chair of APA's Committee on Socioeconomic Status, a permanent member of the NIH Behavioral Medicine Interventions and Outcomes (BMIO) study section, and a recently elected fellow of the Academy of Behavioral Medicine Research (ABMR). Outside of academics I love loud music, time in the gym, socializing, watching sports, sampling tasty food and beverages, watching movies, and of most of all, spending time with my wife, Heidi, and kids, Carson (8 yrs) and Lily (4 yrs)!

Ashley Jordan, Teaching Faculty



My training and background has been in the area of child and adolescent development. I received my masters in Psychology from Florida Atlantic University and a Ph.D. in Family Studies and Human Development from the University of Arizona. I've taught at the undergraduate level for over ten years, most recently through Pennsylvania State University's award-winning online degree program. My primary research interest is the study of risky adolescent behavior. In my spare time I enjoy (attempting to) play guitar, gardening, and chasing around my twin 3-year-old daughters.

Fabian Fernandez, Assistant Professor, Cognition and Neural Systems

I'm a Stanford-trained physiological psychologist who developed the first hypothesis-based drug therapy for treating cognitive impairment in people with Down syndrome. The concept of this treatment has now entered late-stage clinical trials led by Roche and Balance Therapeutics. More recently, I'm devising novel light treatments and medical devices to alleviate the circadian-sleep problems produced by aging. My laboratory uses rodent models to define individual differences in circadian function that are likely to impact memory performance. Episodic memory loss is one of the earliest features of cognitive, age-related disease and is itself often presaged by flattening of the circadian activity rhythm (CAR) amplitude and high CAR fragmentation. My primary goals are to characterize biomarkers that will identify 'midlife' individuals at risk for later Alzheimer's or vascular dementia and to create interventions that will delay onset of these conditions.



Investing in graduate training

The Alfred W. Kaszniak Graduate Fellowship

Our first-ever graduate student reunion was a big success, held on April 18th, and attended by nearly 50 former grads from all over the country. We also took the opportunity to celebrate Al Kaszniak's retirement. In honor of his enormous contribution to the field of neuropsychology and to graduate training in Psychology, we established The Alfred W. Kaszniak Graduate Fellowship endowment, to be given each year to a promising graduate student in the field of clinical neuropsychology. Because of generous contributions from our alums, faculty, and friends, we're well on our way to meeting our goal of \$25,000 by December, 2015. If you'd still like to support the fellowship, it's not too late. Go to <http://psychology.arizona.edu/announcement/celebration> for a link to the donation page.



Tech Launch Arizona

New innovations from Psychology

The UA created **Tech Launch Arizona** (TLA) to move inventions, technologies and intellectual property from the laboratory out into the marketplace. TLA brings together the faculty and researchers of the UA with the business community to maximize the impact of our research and innovation efforts. Two Psychology Department researchers – Jamie Edgin and Gene Alexander – are already working with TLA to take their research ideas public – see below. For more information on technology transfer at UA, visit <http://techtransfer.arizona.edu/>.



A portable system for assessing memory in young children. Jamie Edgin (Assistant Professor, Psychology) and Caron Clark (Research Associate, Psychology) are developing a new assessment tool for measuring memory and executive function in young children and those with intellectual disabilities. The new tool could have broad application in assessing the impact of clinical interventions by providing researchers with a sensitive way of measuring cognitive functions in children with Down syndrome, autism, and other developmental disorders. With help from TLA, Edgin and Clark are developing a portable testing system using an android tablet environment and the validation of the test using that platform. International pharmaceutical companies have already expressed an interest in adopting the assessment system for clinical trials.

Combining exercise and cognitive training to maintain brain health. Gene Alexander (Professor, Psychology) and David Raichlen (Anthropology) are developing a portable system that allows individuals to exercise on aerobic equipment while engaging in a series of tasks designed to enhance cognitive functions, including memory and executive functions. There is growing evidence that physical exercise plays a role in maintaining brain health as we age, and exercise may also decrease the risk of developing Alzheimer's disease. Alexander and Raichlen are betting that adding cognitive exercise to a physical exercise program will have additional positive benefits. With support from TLA, these researchers are currently validating their system in clinical trials with older adults.

Meet our Alumni

UA Psychology alums making a difference

Ever wonder where they went to, and what they're doing now? The Psychology Department has literally thousands of outstanding undergraduate and graduate alums who have gone on to do amazing things. Each newsletter, we'll highlight one or more alums who are making a difference. For our inaugural "Meet our Alumni" segment, I've asked Hal Movius, former graduate student (Ph.D. Clinical Psychology, 1999, John Allen, Advisor) to write about his life as a grad student, and what it has meant for his career. Hal has stayed connected with us as a member of our Psychology Advisory Board, and has contributed an enormous amount of his time and expertise to our department. If you know of other alums who should be featured here, or you're an alum who would like to contribute, let us know. LR



Hal Movius, President, Movius Consulting Inc.

Ph.D., Clinical Psychology, 1999, Advisor: John Allen

U of A Psychology has historically been a place where faculty and students have the freedom to pursue interesting questions across program boundaries. When I was a graduate student (1993-99) there was an informal, collaborative ethos in the building that spawned lively colloquia and class discussions. Yet friendly skepticism and passionate inquiry rarely devolved into petty criticism. Sometimes the best questions came from people who had little or no background in the specific topic under discussion.

I came to the department having taken only two psychology classes in my life, but with a deep interest in learning more about the connections between negotiation, self-regulation, and values. Any sensible person would have whittled down this list, but instead it widened to include psychotherapy integration, psychophysiology, and unconscious motivation. Jeff Greenberg, Tamra D'Estree, Hal Arkowitz, Gary Schwartz, Varda Shoham and Michael Rohrbaugh -- each was a valuable mentor and each (perhaps not without some exasperation) put up with my peripatetic intellectual path. To John Allen I owe a special debt, as he got me organized and over the finish line. Fellow students Jim Coan and Laura Boeschen as well, who were my closest friends and allies.

After completing my clinical internship at Cambridge Hospital I realized that I really wanted to work in an applied setting. Turning away from both academia and clinical work was a scary decision: I was 35 and basically broke, with the post-9/11 economy in a ditch. I took an entry-level job in a consulting firm and became a trainer, assessment designer, coach, consultant, and writer. On the personal side, I found a wonderful partner at age 39; children followed at 40 and 42. (Parenting is a humbling experience, with so much System 1 processing and behavior; I rely most days on my partner Kate's superior skills to supplement my own more modest ones.)

I now lead a consulting company, Movius Consulting, Inc. A central principle and aspiration in our work has been to marshal diverse experimental literatures in formulating advice and interventions that help leaders to negotiate and communicate more effectively while building trust. Our team members span several continents and come from diverse disciplines, including economics, leadership studies, law, urban planning, neuroscience, and theater. I enjoy trying to boil down complex descriptive literatures into valid prescriptive advice. Humility in this endeavor is tempered by the vast wasteland of utterly intuitive and outdated advice that still permeates most of the consulting world. The bar is low.

Today's graduates face a world with increasing economic insecurity and a bewildering pace of change and disruption. A silver lining — if there is one — is the freedom to (re)invent oneself and one's career. UA Psychology was a place that fostered this sense of possibility and adaptation, and I will always be grateful for that.

Hal Movius

President, Movius Consulting, Inc.

www.moviusconsulting.com

Colloquium Schedule 2015-2016

Fall

- September 11, 2015** *Matthias Mehl*, The University of Arizona
The Sounds of Social Life Project: Mobile Sensing with the (Human) EAR
- October 9, 2015** *Dave Sbarra*, The University of Arizona
The Social Determinants of Health: Lessons from the Study of Divorce
- October 23, 2015** New Faculty datablitz: *Ruiz, Hamman, Lawrence*
John Ruiz: From risk to resilience: the impact of our social lives on physical health
Heidi Hamman: Psychological and behavioral issues across the cancer control spectrum
Erika Lawrence: I didn't marry you because we fight well
- October 30, 2015** New Faculty datablitz: *Wilson, Fernandez, Grilli*
Bob Wilson: Information seeking and randomness drive human exploration
Fabian Fernandez: A vision for how circadian rhythms shape memory
Matt Grilli: Supporting the Self-Concept with Memory: Insight from Amnesia
- November 6, 2015** *Vladimir Sloutzky*, Ohio State University
Categorization and Memory

Spring

- January 22, 2015** *Mike Yassa*, University of California, Irvine
Hippocampal memory in healthy and pathological states
- January 29, 2015** Psychology Colloquium and UA sleep conference: Keynote in honor of Richard Bootzin: *Kenny Litchstein*, University of Alabama
Insomnia Identity
- February 19, 2015** Greg Siegle, University of Pittsburgh
- March 4, 2015** Varda Shoham Memorial Lecture
Gayla Margolin, University of Southern California
Family Aggression: Transmission across Family Systems
- April 1, 2015** *Belinda Campos*, University of California, Irvine
Insights for Relationships and Health from Latino and East Asian Cultures
- April 8, 2015** *Sonia Bishop*, University of California, Berkeley
Neurobiological mechanisms linked to altered associative learning in anxiety
- April 15, 2015** *Yuko Munakata*, University of Colorado, Boulder
Developing Inhibitory Control