

# GRADUATE STUDENTS AND EARLY CAREER PSYCHOLOGISTS

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We are pleased to bring you the fifth installment of our Section 10 Newsletter. In it, you will find a summary of our programming at the recent 2012 APA Convention, the abstract of this year's winner of the Section 10 Research Award, and a Call for Nominations to serve as an officer of our section for 2013. The Call for Nominations is especially

important this year, as there are four positions that are up for election: President-Elect, Secretary, Communications, and Representative. This is your chance to become intimately involved with the leadership of the American Psychological Association, and you'll have the opportunity to work with some fantastic people along the way. Please refer to

the last page of this newsletter for more details.

As always, feel free to contact us via email ([div12sec10@gmail.com](mailto:div12sec10@gmail.com)), visit our webpage for the latest updates ([www.div12sec10.org](http://www.div12sec10.org)) and join our Facebook group to interact with other members (search for "APA Division 12 Section 10").

See you next year in Hawaii!

- Jon Savant, Communications



## GET READY FOR APA CONVENTION 2013

With the recent APA Convention behind us, it's time to start planning for next year's convention. The 121st Annual Convention will be held at the Hawaii'i Convention Center in Honolulu Hawaii from July 31st to August 4th, 2013. We are already in the process of preparing some exciting symposia and we will welcome any suggestions for future events or feedback on past events.

**We are on the web!**

**[div12sec10.org](http://div12sec10.org)**

## APA CONVENTION 2012 SYMPOSLIA SYNOPSIS

We were excited to host a symposium for graduate students at the American Psychological Association annual convention this past August. The topic was “Applying for and Selecting a Predoctoral Psychology Internship,” a process near and dear to the hearts of many Section 10 members. We were lucky enough to have 3 outstanding speakers, representing several different perspectives on the Match, give presentations. Dr. Steve McCutcheon, a former chair of Association of Psychology Postdoctoral and Internship Centers (APPIC), started off the event with a presentation of recent Match statistics and his advice on how to draft the required application essays. Dr. Sandy Brown, co-director of the Psychology Internship at the San Diego VA Healthcare System, then gave her advice on how to impress site directors during the interview process. Finally, James Li, a graduate student at UCLA and current intern, provided some tips on navigating the application process and interview circuit from a student’s perspective. We want to thank our members that

showed up and were a part of the standing room only crowd for the event. If you couldn’t make it, feel free to get in touch with us at [div12sec10@gmail.com](mailto:div12sec10@gmail.com) for more information about the event and references to internship Match materials.

Our second symposium, “How to Effectively Balance Clinical and Research Activities in Graduate School,” was also a triumph. Our three speakers, Dr. Jamie Bedics of California Luthern University, Dr. Steve Lee of UCLA, and Alayna Berkowitz, a Doctoral Student at Lehigh University, shared experiences that offered a wealth of insight into effective time management and strategies to succeed while in graduate school. We would like to thank all of the people that donated their time and effort into making another fantastic set of Section 10 symposia.

- Chris Conway, President

“We want to thank our members that showed up and were a part of the standing room only crowd...”

## APA CONVENTION 2012 SOCIAL HOUR

The Section 10 social hour was quite successful! The section’s officers hosted the social hour in the Division 12 hotel suite at the Hilton Orlando Hotel one evening after chairing a very well attended symposium. At the social hour, a range of guests mingled and chatted over glasses of wine and snacks. The Section 10 research award winner, Christy Denckla, was one of our honored guests in attendance. On behalf of the leadership team of Section 10, we want to thank those who attended the social hour and we look forward to seeing more new faces at our next social hour at the upcoming convention in Honolulu, Hawaii, July 31st–August 4th, 2013!

- Megan Reuter, President-Elect



“We look forward to seeing more new faces at our next social hour at the upcoming convention in Hawaii...”

## SECTION 10 RESEARCH AWARD, 2012

Congratulations to the winner of the annual Section 10 Research Award, Christy A. Denckla, MA, Doctoral Candidate, Clinical Psychology Derner Institute, Adelphi University. Christy's submitted abstract was chosen among those submitted to our Section after we posted an announcement through our listserv. Her research was presented during Poster Session 2103: Assessment of Psychopathology, Issues in Diversity, and Emotion Regulation. The abstract is reprinted below:

### **Distinguishing Adaptive Detachment from Dysfunctional Avoidance in Coping with Negative Life Events**

Christy A. Denckla, M.A., Jonathan A. Singer, B.A., Robert Bornstein, Ph.D., Adelphia University

**Objective:** While avoidance is typically viewed as a risk factor in coping with negative life events, emerging evidence suggests adaptive qualities may be associated with some forms of detachment. In a related vein, there is considerable disagreement in the literature on the role of avoidance in clinical processes, with some models suggesting that disclosure is beneficial (Pennebaker & Graybeal, 2001), and others suggesting the opposite (Stroebe, Stroebe, & Schut, 2002; Ying, 2008). The purpose of this study was to distinguish adaptive detachment from maladaptive avoidance by examining whether adaptive expressions of detachment predicted reduced mental health symptoms among college undergraduates in high stress contexts. A second aim of the study was to determine the factor structure of a scale designed to differentiate adaptive detachment from dysfunctional avoidance in coping with stressful life events. We hypothesized that detached coping would moderate the impact of daily stressors on mental health outcomes, with individuals endorsing higher levels of adaptive detachment reporting fewer mental health symptoms than individuals reporting lower levels of adaptive detachment in the context of high daily stressors. **Method:** Study participants (N = 74) completed a set of self-report measures under laboratory conditions: the Coping Styles Questionnaire (CSQ, Roger, Jarvis, & Najarian, 1993), the Daily Hassles and Uplifts Scale (DHUS, DeLongis, Folkman & Lazarus, 1988), and selected items from the Symptom Checklist (SCL-90, Derogatis & Savitz, 2000). We then tested study hypotheses using a series of hierarchical regression models, consistent with established procedures (Aiken & West, 1991). A principle components analysis was conducted to examine scale dimensions. **Results:** We found a main effect of daily hassles on global symptom severity in the final model, such that daily hassles were associated with increased levels of symptom severity. Consistent with study hypotheses, adaptive detachment moderated the relationship between daily hassles and detached coping, such that individuals endorsing higher levels of adaptive detachment also reported fewer mental health symptoms in the context of high daily stressors. The reverse was true for individuals reporting lower levels of adaptive detachment. Finally, a principle components analysis revealed two factors differentiating dysfunctional avoidance from adaptive detachment, consistent with study hypotheses. **Discussion:** Findings indicated that individuals who describe themselves as adaptively detached reported fewer mental health symptoms in the context of high daily stressors, suggesting that adaptive detachment may be a protective factor, especially in high stress situations. The psychometric properties of a new scale that differentiates adaptive detachment from dysfunctional avoidance are discussed, and areas for future inquiry are offered.

We would like to thank Christy for sharing her research with our section. For a listing of past Section 10 Research Award winners, visit the Convention tab of our section's website: [www.div12sec10.org](http://www.div12sec10.org). In order to be eligible to submit for next year's award, you must be a member of our section and be presenting at the 2013 APA Convention. The deadline for submission to next year's convention is approaching soon, and we invite you to visit their website for more details: [www.apa.org/convention](http://www.apa.org/convention). Best of luck!



## CALL FOR NOMINATIONS 2013

The Section on Graduate Student and Early Career Psychologists is seeking nominations for four positions: **President-Elect**, **Secretary**, **Communications Chair**, and **Representative** to serve terms beginning January 1, 2013.

1. The **President-Elect** shall be a Divisional, Student, or Affiliate Member of the Section elected for a term of one year. The President-Elect shall be a member of the Board of Directors with the right to vote, shall serve as the Program Chair, and shall perform the duties traditionally assigned to a Vice-President. He/she shall succeed to the office of President by declaration at the close of the year after his/her election as President-Elect, and shall serve for one year. In the event that the President shall not serve his/her term for any reason, the President-Elect shall succeed to the unexpired remainder thereof and continue to so serve through his/her own term as President. The President shall preside at all meetings, shall be the Chair of the Board of Directors, and shall perform all other usual duties of a presiding officer.
2. The **Secretary** shall be a Divisional, Student, or Affiliate Member of the Section elected for a term of three years. During his/her term, he/she shall be a member and the Secretary of the Board of Directors with the right to vote, shall serve as the Chair of the Membership Committee, shall safeguard all records of the Section, shall keep the minutes of the meetings of the Section and of its Board of Directors, shall codify the policy actions of the Board of Directors as published rules, shall assist the President in preparing the agenda for business meetings of the Section and of its Board of Directors, shall maintain coordination with the Central Office of the Society and the American Psychological Association, shall issue calls and notices of meetings, shall inform the membership of action taken by the Board of Directors, shall keep an updated membership mailing and/or email list, and shall perform all other usual duties of a Secretary.
3. The **Communications Chair** shall be a Divisional or Affiliate Member of the Section elected for a term of three years. During his/her term, he/she shall maintain and modify the section website as needed, as well as oversee nominations for the following term. He/she shall distribute the conference highlights and information on the following year's conference. The Communications Chair shall create newsletters featuring section member activity, manage listserv communication, and ensure that relevant documents of the Section are available to members. Access to a website editing program preferred.
4. The Section's **Representative** to the Board of Directors of the Society must be a Divisional or Student Member of the Section, and is elected for a term of three years. He/she shall perform the duties specified in Article V of the Bylaws of the Society, including, but not limited to, participating in monthly Division 12 board member conference calls and acting as a liaison between Section 10 and Division 12 governing bodies.

Nominees must either be in an accredited, APA-Approved graduate program in clinical psychology, or have received their doctorate within the past 5 years. In addition, nominees must be able to attend the APA convention and commit to participating in ongoing email and phone exchanges. To encourage the representation of ethnic diversity issues the Section on Graduate Students and Early Career Psychologists requests that nominators consider the ethnic background of the nominee(s). The committee suggests that nominators also consider equitable age and gender representation, and diverse representation of expertise. The Section works through email and phone conferences. Applicants should expect to spend a minimum of 1-2 hours per week engaged in activities.

All nominations should include a statement of interest (maximum length 1 double-spaced page) from the nominee and a current C.V. (maximum length 2 pages). Nomination materials must be received by November 25, 2012. Nominations should be sent to: Jonathan Savant, email: [div12sec10@gmail.org](mailto:div12sec10@gmail.org)

## CURRENT SECTION 10 OFFICERS

**President:** Chris Conway, M.A.

**President-Elect:** Megan Reuter, B.A.

**Past President:** Kate Humphreys, M.A., Ed.M.

**Representative:** Christopher Cutter, Ph.D.

**Secretary:** Yuliana Gallegos, M.A.

**Treasurer:** Victoria Cosgrove, Ph.D.

**Communications:** Jonathan D. Savant, B.S.



## MISSION STATEMENT

The purpose of this Section is to help evaluate, organize and institute initiatives to increase the number of graduate students and early career psychologists who transition to full member status, as well as the number of early career psychologists joining the Division for the first time. The Section aims to collaborate in the development and implementation of the recruitment and retention initiatives of the membership Committee. The Section shall support the development of new mechanisms and the enhancement of existing mechanisms to increase participation of graduate students and early career psychologists in the Division. It shall promote greater awareness of the benefits of Division 12 membership for graduate students and early career psychologists and work to expand those benefits.

It shall represent the interests and concerns of graduate students and early career psychologists throughout the Division. It shall provide a forum for announcements and to promote communication among graduate students and early career psychologists in clinical psychology. The Section will address the unique needs of graduate student and early career psychologists members entering the profession and facing early career challenges in clinical psychology.