

University of Central Arkansas
Counseling Psychology
RESEARCH NEWSLETTER

Summer 2012, Vol. 1 (1)

Department of Psychology and Counseling

**Upcoming Research
Opportunity Events**

Southwestern Psychological
Association (Convention).
April 5-7, 2013. Fort Worth,
Texas.

American Psychological
Association (Convention).
August 2-5, 2012. Orlando,
Florida.

Editorial Staff

Allen Thomas, Editor
(allenthomas00@gmail.com)

Elson Bihm, Associate
Editor (elsonb@uca.edu)

Comments:

*The purpose of this news-
letter is to document and
promote research and
scholarly productivity
within the department, as
they relate to counseling
psychology.*



Dr. Femina Varghese (center, front) and members of offender lab.

**Counseling Psychology Professor Establishes Offender-
Research Program at UCA**

UCA professor Dr. Femina Varghese is dedicated to helping offenders lead better lives. To do so, she has established a research program by applying social-cognitive theory to the vocational behaviors of offenders (prisoners and persons on parole or probation). Dr. Varghese is examining the beliefs, attitudes, and behaviors that help offenders get jobs and keep them. But she is not alone in her work – she has a dedicated “lab” of undergraduate and graduate students who are enthusiastically helping her.

In her dissertation at Texas Tech University (2008), Dr. Varghese studied the role of self-efficacy and expectancy beliefs on the vocational intentions of prisoners in Texas. Since arriving at UCA in 2009, she has studied parolees’ social-cognitive beliefs and the stigmatizing effect of having a criminal history. The prestigious journal, *The Counseling Psychologist*, recently accepted one of her papers as a “major contribution.” She and her lab students plan to continue working with offenders,

(continued on next page)

especially juvenile offenders (or juveniles “at risk” to offend). As Varghese states – “This is a neglected group of persons who deserve our attention.”

The lab group meets every Wednesday afternoon – if you are interested in joining, please contact fvarghese@uca.edu.

References (Dr. Femina Varghese)

- Morgan, R. D., Flora, D., Kroner, D., Mills, J., Varghese, F.P., & Steffan, J. (in press). Treating offenders with mental illness: A research synthesis. *Law & Human Behavior*
- Lazano, A.T.R., Morgan, R.D., Murray, D., & Varghese, F.P. (in press). Prison tattoos as a reflection of the criminal lifestyle. *International Journal of Offender Therapy and Comparative Criminology*.
- Varghese, F.P., Hardin E.E., Bauer, R.L., & Morgan, R.D. (2010). Attitudes toward hiring offenders: The roles of criminal history, job qualifications, and race. *International Journal of Offender Therapy and Comparative Criminology*, 54, 769-782.
- Varghese, F.P., Hardin, E.E., & Bauer, R.L. (2009). Factors influencing the employability of Latinos: The roles of ethnicity, criminal history, and qualifications. *Race and Social Problems*, 1, 171 - 181.

Graduate Student Studies Psychology’s Most Famous Patient



Elizabeth Hood

Who is Psychology’s most famous patient? If you answered “Gloria,” you are probably correct. Almost every psychology student has seen the famous Gloria tapes – in which a woman, Gloria, is interviewed by three famous psychotherapists. The typed transcripts of these sessions have proven to be a gold mine for researchers, including Ms. Elizabeth Hood (now Stout), a graduate student in UCA’s counseling psychology program. She and Dr. Art Gillaspay of UCA presented their findings at the 2011 convention of the American Psychological Association, held in Washington, D.C.

To analyze the transcript of Gloria and her three therapists (Carl

(continued on next page)

Send news items and comments to allenthomas00@gmail.com or elsonb@uca.edu

Rogers, Fritz Perls, and Albert Ellis), Ms. Hood used a coding system based on concepts used in Motivational Interviewing (MI). According to Hood and Gillaspy, Rogers' approach seemed the most consistent with MI – at least when evaluated in terms of Gloria's use of change-talk (that is, Gloria used more change-talk, or verbal expressions of her intent to change, when talking to Rogers). On the other hand, she used the most counter-change talk when talking to Perls (for example, reasons why she could not change).

Ms. Hood is enthusiastic about her programmatic research into the counseling process. Since arriving at UCA in 2008, she has participated in several other research projects. For example, with graduate student James Hopper, she presented a poster in 2010 at the meeting of the Southwestern Psychological Association, in which they reported that marijuana was a “gateway” drug leading to methamphetamine use, but that smoking and alcohol were not gateways to meth use. With Dr. Dong Xie, she is completing two review papers on culture and behavior, and her doctoral dissertation will examine some critical dimensions of motivation interviewing.

References (Elizabeth Hood)

- Hood, E., James, M., Marsden, T.M., Gillaspy. (2011). *Who has the spirit? Comparing Rogers, Perls, and Ellis from a Motivational Interviewing perspective*. Presented at the 2011 (119th Annual) American Psychological Association Convention in Washington, D.C.
- Hood, E., James, M., Marsden, T.M., Gillaspy. (2011). *Does Rogers have the pirit? Comparing Motivational Interviewing and Person-Centered therapy*. Presented at the 2011 Southwestern Psychological Association Conference in San Antonio, Texas.
- Hood, E., & Xie, D. (2010). *Counseling Psychology over the past 50 years: A meta-review*. Presented at 2010 (118th Annual) American Psychological Association Convention in San Diego, CA.
- Hood, E., & Hopper, J. (2010). *Methamphetamine use: Evaluation of a predictive model based upon gateway hypothesis*. Presented at 2010 Southwestern Psychological Association Conference in Dallas, Texas.



Early training film in which a rabbit is used to teach colors to children.

UCA Psychologists Preserve B. F. Skinner-Arkansas Connection

In 1951, two of B. F. Skinner's graduate students moved to Hot Springs, AR. They were Keller and Marian Breland, critical to the history of psychology. Using the operant techniques they mastered under B. F. Skinner at the University of Minnesota, they established the IQ Zoo in Hot Springs in 1954, and under the auspices of their business, Animal Behavior Enterprises (ABE), they provided trained-animal exhibits and shows to businesses, parks, fairs and television. For the military, they trained animals to engage in classified military work. Within the field of



An early television commercial by ABE, Inc.

psychology, the Brelands are best known for their famous 1961 article, *The Misbehavior of Organisms*. After Keller Breland's death, Marian married marine biologist Robert Bailey in 1977.

Three UCA professors (Elson Bihm, Art Gillaspy, and Bill Lammers) have been working together for the past 10 years to preserve this legacy. In 2003, they received a National Science Foundation (NSF) grant to transport the remaining artifacts of ABE from Hot Springs to the Archives of the History of Psychology. Three recent articles in the *Behavior Analyst* and the *Psychological Record* (below) document their efforts.

Interest in ABE has extended to the undergraduate program – in 2012 Ms. Kaylen Wood completed her UCA Department of Psychology and Counseling's honors thesis on ABE's most popular exhibit, Bird Brain, the tic-tac-toe playing chicken. For more information about the Arkansas-Skinner connection, see the official IQ Zoo website (now housed at UCA, thanks to Mr. Robert Bailey).

<http://www3.uca.edu/iqzoo/>

References

- Bailey, R. E., & Gillaspy, J. A. Jr. (2005). Operant psychology goes to the fair: Marian and Keller Breland in the popular press, 1947-1966. *The Behavior Analyst, 28*, 143-159.
- Breland, K., & Breland, M. (1961). The misbehavior of organisms. *American Psychologist, 16*, 681-684.
- Bihm, E. M., Gillaspy, J. A., Jr., Abbott, H., J., & Lammers, W. J. (2010). More misbehavior of organisms: A Psi Chi lecture by Marian and Robert Bailey. *Psychological Record, 60*, 505-522.
- Bihm, E. M., Gillaspy, J. A., Jr., Lammers, W. J., & Huffman, S. (2010). IQ Zoo and teaching operant concepts. *Psychological Record, 60*, 523-526.
- Gillaspy, J. A., Jr., & Bihm, E. M. (2002). Marian Breland Bailey (1920-2001). *American Psychologist,*

FACULTY and RESEARCH INTERESTS

- Elson M. Bihm** (Ph.D. in Counseling Psychology, Texas Tech University).
Counseling psychology, social-emotional learning, philosophical psychology.
- Shawn Charlton** (Ph. D. in Experimental Psychology, University of California-San Diego). Human decision making, delay discounting.
- J. Arthur Gillaspy, Jr.** (Ph.D. in Counseling Psychology, Texas A & M University).
Addiction, motivational interviewing, counseling process and outcomes.
- R. Kevin Rowell** (Ph.D. in Counseling Psychology, Texas A & M University).
Mental health of elderly, alcohol problems, dementia assessment.
- Femina Varghese** (Ph.D. in Counseling Psychology, Texas Tech University).
Offender employment and ethnicity, offender mental health.
- Dong Xie** (Ph.D. in Counseling Psychology, Ohio State University). Culture and Personality.