Dr. Anderson Aims High

The setting and completion of goals is a topic that relates to everyone, and goal-pursuit is Dr. Darshon Anderson’s research specialty. In addition to being a statistician, Dr. Anderson has performed a number of research studies on the topic of goal setting. She is particularly interested in the social pressures that allow people to accomplish their goals efficiently, and she hopes to identify factors important in determining which strategies people use when approaching multiple goals.

Overall, she believes that goal pursuit lends itself nicely to counseling psychology and the therapeutic relationship, because counseling psychology focuses on culturally-sensitive practices that help people improve their well-being and increase their ability to function – all the while focusing on their goals.


Cross-Culturalism with Dr. Xie

Dr. Dong Xie, a professor specializing in the study and research of culture in the Psychology and Counseling Department, has dedicated his research to exploring cross-cultural differences between Western and Eastern models of personality theory. He has spent a great deal of time studying how Western personality inventories characterize college students from China compared to American college students. His work in this area contributed to the development of the Chinese Personality Assessment Inventory (CPAI).

Currently, Dr. Xie is working with Dr. Anbo Yang, a visiting professor from China, on the relationship between attachment styles and psychological well-being in Chinese students compared with American students. Dr. Yang has collected data in China, and Dr. Xie is working on collecting data here in the states. He also hopes to investigate the effect of family structure (e.g., number of children in family) on the attachment styles of Chinese students in the near future.

Dr. Xie’s research is particularly relevant to counseling psychology since attachment style is an important component in many different counseling theories.
Meet the New President of APA's Division 18

Dr. Femina Varghese was recently selected as the recipient of the prestigious 2013 Division 18 Early Career Achievement Award, and she is the current president of APA's Division 18 of Psychologists in Public Service. Division 18 is a national division of the American Psychological Association whose members serve in various public service settings with some of the most challenging clients. The division consists of six sections: veterans' affairs, community and state hospitals, criminal justice, police and public safety, psychologists in Native American Country, and serious mental illness/severe emotional disturbance.

While she is honored to be given the opportunity to hold this office, Dr. Varghese is most passionate about conducting research and mentoring juveniles. She hopes to continue to conduct research that has important implications for offenders in the areas of vocation and employment. In regards to mentoring, she ultimately would like to establish a leadership training program for young people.

Team Receives NIH Grant to Study Bullying

Dr. Paul Nail, Dr. Joan Simon, and Dr. Elson Bihm have been awarded a grant to study middle-school bullying, “Decreasing Bullying with Self-Affirmation: A Test of the Compensation Model.” Bihm is Director of Training of the Counseling Psychology program, and he stated, “This is primarily the work of Dr. Paul Nail, an astute social psychologist.”

The total amount of the grant award is $286,500 and the duration of the grant is two years. The professors will specifically study social relations in middle school children. The research will be conducted in conjunction with the Eunice Kennedy Shriver National Institute of Child Health and Human Development.