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UCA Counseling Psychology-Emphasis **RESEARCH NEWSLETTER**

A publication of the UCA Counseling Psychology Doctoral Committee dedicated to the development and promotion of research by faculty and students

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.

Anderson, D. & Max, M. (in press). Health disparities in diabetes education and outcomes: Using a goal pursuit perspective. *AADE in Practice*.

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.

In Case You Missed It

HERE'S WHAT'S GOING ON IN THE CP DOCTORAL PROGRAM

Congratulations are in order! Mrs. Elizabeth Hood-Stout became the 1st graduate of the Counseling Emphasis Doctoral Program on May 3rd, 2014. Congratulations!

Mrs. Laura Horton successfully defended her dissertation on May 16th, 2014. Mr. Michael Marsden defended on July 1st. Both will graduate in August.

Congratulations, Laura and Michael!

The Counseling Psychology program swept the competition at the SWPA conference this year. All 3 graduate research awards were won by CP students. Here are the award winners:

*1st Place: Michael Marsden
2nd Place: Tiffany Wierzbicki
3rd Place: Danielle Umland*

Also presenting at SWPA were Christina Christi, Nicholas Mitrani, and Cory Cobb. Cobb placed 2nd in the Undergraduate Research competition and received the Regional Psi Chi research award.