

THE URBAN PSYCHOLOGIST

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First PhD Defence!



We are proud to announce that the Department has now graduated our first PhD student. **Dr. Meera Paleja** successfully

defended her dissertation on the role of the hippocampus in memory processes in September. Meera is currently a postdoctoral fellow with **Dr. Brenda Milner**, a world-renowned neuro-psychologist, at the Montreal Neurological Institute. Meera describes her experience in the Psychological Science Program at Ryerson University as "truly unforgettable." She adds, "I have been privileged to work with dynamic and innovative people that have fostered my growth, both academically and personally. My training at Ryerson has set a strong foundation for my future research endeavors, including my postdoctoral work." Congratulations and best of luck, Meera!

Chair's Corner

by **Dr. Martin Antony**, Department of Psychology Chair



As the academic year gets underway, I reflect on our accomplishments over the past year, and look forward to seeing what this year will bring. Since last Fall, we have witnessed a number of exciting developments in Psychology...



- Our undergraduate and graduate programs received record numbers of applications.
- Our faculty members and students won numerous prestigious awards for their contributions to teaching, research, and service.
- Our faculty complement grew for the 8th year in a row (and another position is being advertised for the coming year).
- Our recently launched clinical psychology PhD program was accredited by the Canadian Psychological Association, just in time for our first cohort of students to graduate in the next year.
- We held a number of successful events (e.g., Undergraduate Thesis Poster Session; Psychology Research and Awards Celebration; PGSA Research Symposium) showcasing the impressive achievements of our undergraduate and graduate students.
- Our faculty and students traveled around the world to give more than 300 presentations to a wide array of scientific and professional audiences.
- We graduated our first PhD student, with more on the way.
- Our faculty and students published over 200 books, chapters, and scientific articles, including papers in some of the world's highest impact journals in Psychology and related fields (e.g., American Journal of Psychiatry, Archives of General Psychiatry, Biological Psychology, Child Development, Clinical Psychology Review, Cognition, Developmental Psychology, Health Psychology, Journal of the American Medical Association, Journal of Consulting and Clinical Psychology, and Lancet, to name a few).

This Fall, the Psychology Research and Training Centre expands its footprint from the second floor of Ryerson's South Bond Building to the first floor of the same location, increasing in size from about 10,000 sq. ft. to about 15,000 sq. ft. The newly constructed space houses 10 rooms comprising our Institute for Stress and Wellbeing Research, which is supported by \$1 million in new research equipment and infrastructure, and a generous gift from a private donor (to be announced shortly). The new space also includes six new dedicated research labs, a shared conference room, and four shared research offices available for booking by students or faculty. This expansion of our research space will also provide an opportunity for several of our second floor labs to increase in size, to accommodate recent growth in research funding and staff.

In anticipation of another busy year, I wish everyone in our Department a happy, healthy, and productive 2012-2013!

PSYCHOLOGICAL SCIENCE @ Ryerson University



Dr. Margaret Moulson
Director of Psychological
Science Training

Within the Psychology MA and PhD program, the **Psychological Science** area offers graduate students the opportunity to train in a supportive and collegial environment that fosters excellence in basic, applied, and translational research. Highlights of the program include:

Training in Four Core Research Areas

- **Brain, Perception, and Cognition**
- **Lifespan Development**
- **Social Psychology**
- **Community and Health Psychology**

Collaboration

Many faculty members and students have interests that cut across more than one of the core research areas, providing fruitful ground for collaboration. Psychological Science students often conduct research with more than one faculty member in the Department, and student-student collaborations are also common.

High-Tech Resources

Recently acquired equipment housed in the Institute for Stress and Wellbeing Research (within the Department of Psychology) provides graduate students with opportunities to answer research questions using electrophysiology (EEG/ERP), neuroimaging (fNIRS), psychophysiology (EMG, GSR), eye-tracking, hormonal assay, and virtual reality.

Innovative Research Practices

A unique feature of the Psychological Science area is the opportunity to complete two research practicum placements. In these placements, students work in academic or applied settings outside of their own lab, where they can experience new areas of research, learn new research skills, or use their research skills in an applied setting (e.g., health care, industry, or education).

Professional Development

Students in Psychological Science have unique opportunities for professional development. A required professional issues course covers topics like grant applications, work-life balance, and career development (including strategies for finding a job). Students can gain administrative experience by sitting on departmental committees and participating in our vibrant Psychology Graduate Students Association. Our teaching practicum course, as well as opportunities to teach undergraduate classes allow students to hone their teaching skills.

facebook in the Classroom

by Drs. John Turtle, Kristin Vickers, Ben Dyson and Lili Ma



Adrianna Tassone (left) and Sara Cowan (right).

The Department of Psychology's Task Force on Teaching Large Classes is launching a project this fall that will have students using **Facebook** for a small part of our Introduction to Psychology I course (PSY102). With generous support from **Ryerson's Learning and Teaching Enhancement Fund**, we have hired undergraduate student **Adrianna Tassone** and graduate student **Sara Cowan** to create and present some course-relevant material through the popular social media website. Adrianna is the recipient of the First Year Psychology Award for 2011-12. Her recent experience with

the course and content expertise will facilitate a connection with students enrolled in the course this year. Sara is the "face" of the Facebook site, visiting the Intro Psychology classes to present and review the material prepared by the rest of the team. Of course the project would not be possible without the encouraging support (and considerable flexibility in the face of many last-minute demands!) from the other PSY102 professors, Drs. Alba Agostino, Brad Meisner and Stephen Want.

The project's main focus is to present on Facebook a story in the news or a recent research finding in psychology that helps students connect the course material to applications outside the textbook and the classroom. The material is available during the week prior to Sara's coming to class. Students are asked to answer questions about the story or research finding, express their comments, have discussions with other students and suggest related links. The following week Sara highlights the story, and discusses the top comments and questions from students, with the aim of engaging them in the wide variety of ways psychology issues are dealt with in the "real world."

The Task Force greatly appreciates the hard work from Adrianna and Sara, the cooperation of our Intro Psychology colleagues, and the financial and logistical support from the Learning and Teaching Office. We plan to report back on the outcome of the project through a number of routes, including the Ryerson Faculty Conference in the spring and a variety of possible online and print outlets.



Dr. Michelle Dionne
Graduate Program
Director

St. Michael's Hospital and Psychology Training Clinic: A Model of Care

Ryerson's Psychology Training Clinic, a component of St. Michael's Hospital's Academic Family Health Team, has been open for over a year now. In July, the Family Health Team at St. Mike's was named one of four leading models from across Canada for team-based health care. The center was recognized by the Council of the Federation Working Group on Health Care Innovation and was presented to Canadian Premiers this past summer.

Incoming Graduate Student Orientation

On August 30, we welcomed 16 new students to our program. They spent the morning meeting each other, learning about Ryerson and our program, and taking in tips on how to survive and thrive in Grad school. At the end of the session, faculty left the room and they were treated to a Q & A with current grad students. Attendees admitted they are a bit nervous about the transition to grad school, but left feeling excited and ready to start the next phase of their academic life. Many thanks to Tara Stallberg who organized the event.

Open House and Information Session (Thursday, October 18, 6:30 - 8:30 pm)

Again this year, prospective applicants to our MA and PhD program to join us for an Open House and Information Session. Attendees will learn about our Psychological Science and Clinical Psychology programs, with an opportunity to meet with faculty and current students in an informal setting. Refreshments will be served. Additional Information can be found at on our website (www.ryerson.ca/psychology/graduate).

Psychological Science Lab Tours (Thursday, October 18, 4:30 - 6:00 pm)

Before the Open House, potential applicants to our Psychological Science program have a chance to visit our labs and interact with faculty and students. Three core areas that will be highlighted include Developmental Psychology, Brain/Perception/Action/Cognition, and Social Psychology.

Congratulations Graduates

Fall convocation is on October 18, and 15 more Psychology students will graduate, including our very first PhD! Look for photos of the day to be posted on our Website later this term. Congratulations to everyone.

Clinical Psychology Doctoral Program Granted **CPA** Accreditation



Dr. Candice Monson,
Director of Clinical
Training



The **Canadian Psychological Association** recently granted accreditation to the doctoral training program in clinical psychology for a period of 4 years. The accreditation panel commended the participants in the process and noted the program's many strengths, including interdisciplinary consultation; early integration of practice, theory and research; and excellent research facilities.

The program includes a partnership with **St. Michael's Hospital**, where graduate clinical psychology students offer psychological assessments and psychotherapy to some of the city's neediest residents at the hospital's new family practice unit at 80 Bond Street.

This is a significant milestone for the program and department, met before graduating our first cohort of students in the program - which is unusual, of not unprecedented in Canada.

BA PROGRAM Updates



Dr. John Turtle
Undergraduate
Program Director



Lisa Vuong
Undergraduate
Program Administrator



Welcome New Students

We recently welcomed a new cohort of about 125 students for Fall 2012, and are again fortunate to be among the top programs at Ryerson in terms of the number of applications and the grades of our incoming students. In fact, Psychology was included as one of the five “standout programs” in the Toronto Star’s September 14th “profile” of Ryerson. Most of our new students are of course coming directly from high school, but there are also many who come from other Ryerson programs, from other universities in Ontario and around the world, and a few who have returned to school from a variety of backgrounds.

New Courses, New Programs

On more academic notes, we are offering three new courses this year: Human Memory, Human Brain Circuitry, and an Independent Study course. We also have a few more in the works for next year, as our curriculum continues to evolve. Our students also have a broad range of courses to choose from at Ryerson, especially within the Faculty of Arts with the launch of new programs in History and in Environment and Urban Sustainability, and with a new program in Philosophy “on the runway” for next year.

After Graduation

Now that we’ve had students graduate from our program over the past couple of years, it’s interesting to note the

range of things they’re up to. Of course some are pursuing graduate degrees in psychology, including programs at York, U of T, and other schools in Canada, the U.S. and the U.K. Some others are in graduate and undergraduate programs that complement their psychology degree, such as computer science, environment studies, immigration and settlement, teachers college, and human resources management. And we have at least one graduate in one of the few and extremely competitive speech-language pathology programs in Ontario, and there’s a small group of our current undergraduates hoping to follow the same path. We look forward to hearing about other graduates’ successes, and to facilitating the post-graduation goals of our current students.

Department of Psychology Hosts Music Cognition Seminar



CogMIR is a society for research in cognitively based music informatics, founded by **Drs. Naresh Vempala** (MITACS Elevate Postdoctoral fellow, SMART Lab, Ryerson University) and **Frank Russo** (Director, SMART Lab) in 2011. The second CogMIR seminar was held on August 27, 2012 at Ryerson’s Psychology Research and Training Centre, uniting psychologists, cognitive scientists, musicians, and engineers under one umbrella. The seminar included keynote addresses by **Drs. Michael Casey** (Dartmouth College, Music) and **George Tzanetakis** (University of Victoria, Computer Science). Other highlights included student posters with representation from across North America. Past seminar excerpts can be viewed at **CogMIR.org**. The third annual CogMIR seminar will be held on **August 7, 2013** at Ryerson University.





Dr. Michelle Dionne
Undergraduate Thesis
Coordinator

Undergraduate Thesis Stream

Undergraduate thesis students are hard at work in PSY961 after being selected for this elite program based on their outstanding applications last winter. The current class contains 18 budding researchers being mentored by 16 faculty advisors. Congratulations to four members of the incoming thesis class (**Carly Basian**, **Kathleen Lyons**, **Andrea Polanco** and **Mandi Torris**) who received Undergraduate Research Opportunity (URO) summer scholarships this year.

In addition to helping students create and present their own independent research projects, we also devote a few hours of class time to the sometimes perplexing world of graduate school and funding applications. As in past years, students in the thesis course will formally present their research projects on the last day of class, followed by a small reception. Everyone is invited. If you are interested in knowing more about the thesis stream, keep an eye out for our information

sessions held each term. We will help psychology students decide if the research stream is for them, and will provide tips on everything from how to develop a strong CV to how students can work their way into a research lab of their choice.

Congratulations to last year's thesis students **Antonio Cassano**, **Adam Harley** and **Gabriela Kostova**, who all received CPA Commendation of Excellence Awards for their thesis work.



URO Scholarship winners, Mandi Torris, Carly Basian, Andrea Polanco, & Kathleen Lyons (not pictured) pose with Dr. John Turtle, Undergraduate Program Director.



Students in the 2011-2012 Thesis Stream pose with Dr. Michelle Dionne, Thesis Coordinator, at the 2012 Annual Thesis Poster Session at the PRTC - Psychology Research & Training Centre.



Gabriela Kostova, (Dr. John Turtle), Adam Harley, & Antonio Cassano, winners of CPA Commendation of Excellence Awards, pose at the 2012 Annual Psychology Celebration.

Giving Back to the Community: One Presentation at a Time

Dr. Lixia Yang, Director, Cognitive Aging Lab (CAL)

Over the past 2 years, graduate students (**Sara Gallant**, **Karen Lau**, **Linda Truong**, **Andrea Wilkinson**, and **Brenda Wong**) and research assistants (**Dana Greenbaum**, **Samantha Kilby-Lechman**, **Kathleen Lyons**, and **Sasha Mallya**) of the Cognitive Aging Lab (CAL), directed by **Dr. Lixia Yang**, have been actively serving the local community by presenting research on mental strategies, memory, and aging. Their most recent talk occurred earlier this year at the Toronto Reference Library, attracting over 160 people. While the talks have attracted an audience of mostly older adults (ages 60 and over), they have also elicited interest from younger adults and professionals in related fields. The purpose of these presentations is to disseminate research on mental functioning and aging to a general audience. Overall, both the audience and CAL members have found these presentations beneficial and very rewarding. They provide older adults the opportunity to learn about personally



relevant information and master mental strategies to cope with age-related changes in cognitive functions. In addition, the presentations allow CAL members to generate public interest and awareness of the exciting research conducted in the Department of Psychology at Ryerson University. The success of these presentations has solicited invitations for future talks. CAL members look forward to upcoming presentations in the series.

New Graduate Students

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NEW PhD STUDENT



Holly Wilson, CLIN (D. Day)

Holly completed her MA in Forensic Psychology at Carleton University. She was employed as a RA at Public Safety Canada throughout her graduate degree and worked as a Probation and Parole Officer prior to starting at Carleton. She recently joined the Psychology of Crime and Delinquency Lab to study risk factors, need factors, and crime trajectories among youth.



Sasha Malliya, CLIN (A. Fiocco)

Sasha completed her Honours BA in Psychology in 2010 at Ryerson University. She recently joined the Stress, Aging, and Health Research (StAR) Lab, where she plans to study the effects of mindfulness based stress reduction on cognitive functioning in older adults.

NEW MA STUDENTS



Rachel Bar, CLIN (M. Dionne)

Rachel Bar completed her Honours BA in psychology at York University. She recently joined the Health and Sport Psychology Lab where she plans to study body image and eating disorders in athlete populations.



Hanna McCabe-Bennett, CLIN (M. Antony)

Hanna received her Honours BA in Psychology with a Research Specialist, Co-op option from Wilfrid Laurier University. As a member of the Anxiety Research and Treatment Lab, she will pursue her research interests in the relationship between anxiety disorders and perfectionism.



Andrew E. Brankley, CLIN (A. Goodwill)

Andrew received his Hon. BA in Philosophy from U of T before completing additional coursework in Psychology. In the Criminal and Forensic Psychology Group International (CFPGI), he will study violent and sexual offenders, with the intention of contributing to research on behavioural investigative advice.



Rebecca Metcalfe, CLIN (J. Kuo)

Rebecca earned her Honours BA in Psychology from McGill University in 2010. She now works in the Borderline Personality Disorder and Emotion Regulation Lab where she plans to study childhood trauma, posttraumatic stress disorder, and suicidality in the context of borderline personality disorder.



Lauren David, CLIN (S. Cassin)

Lauren received her Honours BA in Psychology from Queen's University in 2012. She recently joined the Healthy Eating and Lifestyle (HEAL) Lab where her research will focus on investigating how psychosocial factors and readiness for change affect treatment outcomes for obesity.



Jason Middleton, PSY SCI (S. Want)

Jason received his Honours BA in Psychology, with a double major in Environmental Studies, from York University. Working in the Media and Social Development Lab, he is interested in examining the relationship between media exposure and its impact on the development of children and adults.



Sara Jaffer, PSY SCI (L. Ma)

Sara completed her Hon. BSc in Psychology at the University of Toronto. She plans to conduct research in the Early Childhood Cognition lab where she will examine the social development of children, mainly focusing on their willingness to trust others.



Gabe Nespoli, PSY SCI (F. Russo)

Gabe received his BSc in Psychology from McGill University in 2007, and has since been working in the Psychology Department at Ryerson. In the SMART Lab, he plans to investigate how the brain processes music and how emotional communication is achieved between a performer and an audience.



Jeanine Lane, CLIN (T. Ornstein)

Jeanine received her Hon. BA in Psychology and BHSc specializing in Health and Rehabilitation Sciences from the University of Western Ontario. As a member of the Cognitive Neuroscience Lab, Jeanine is excited to conduct research on OCD and executive functioning. Jeanine's interests include anxiety disorders, mood disorders, and neurocognitive functioning.



Nicole Reyes PSY SCI (M. Moulson)

Nicole completed her Honours BA in Psychology from York University where she developed an interest in social and developmental psychology. She recently joined the Brain and Early Experiences (BEE) Lab and plans to research cross-cultural emotion recognition in both infants and adults.



Elisabeth Leroux, PSY SCI (K. McShane)

Elisabeth completed her Honours BSc with specialization in Psychology at the University of Ottawa. She belongs to the Community-Engaged Research in Culture and Health (CERCH) Group and is interested in examining the intersection between homelessness, mental health and the criminal justice system.



Natalie Stratton, CLIN (T. Hart)

Natalie completed her Honours BA in Psychology with a Specialization in Interdisciplinary Studies of Sexuality at Concordia University. She works in the HIV Prevention Lab and plans to explore the relationship between sexual dysfunction and HIV transmission among men who have sex with men.



Lingqian Li, PSY SCI (L. Yang)

Ling completed her Honours BSc in Psychology and Human Biology at the University of Toronto. She recently joined the Cognitive Aging Lab, where she will be working on topics related to aging, memory and human cognition.



Kathleen Tallon, CLIN (N. Koerner)

Kathleen completed her Honours BA in Psychology at McGill University in 2012 and is now a member of the Cognitive Psychopathology Lab. Her research interests focus on the cognitive mechanisms underlying worry and the processing of uncertainty in anxiety disorders.

come

New Faces in Psychology!



Karen Milligan

Welcome to New Faculty Member, Dr. Karen Milligan

The Psychology Department is pleased to welcome its newest Assistant Professor, Dr. Karen Milligan. Dr. Milligan received her PhD in School and Child Clinical

Psychology from the University of Toronto and has worked in numerous interdisciplinary settings. She is currently the director of research at Integra (Canada's only accredited mental health center for children with mental health issues and co-occurring learning disabilities). Dr. Milligan's research is focused on children with self-regulation disorders and information processing challenges, and evaluation of innovative community and school-based treatments targeting these challenges. Dr. Milligan is director of Ryerson's new Child Self-Regulation Lab. You can find Dr. Milligan in the Jorgenson tower in office JOR-940 if you want to pass by and say hello!



Carson Pun

Carson Pun joins Psychology Department as New Research Operations Administrator

The Department of Psychology welcomed Carson Pun as our new Psychology Research Operations Administrator in September 2012.

Carson received his BSc and Master's Degrees in Psychology at the University of Toronto. He has a wealth of experience in programming, analysis, and using a variety of research technologies. Some of his recent roles include Introductory Psychology Pool Coordinator (U of T), Human Testing Lab Coordinator (U of T), Research Assistant/Lab Manager (U of T and Sunnybrook Health Sciences Centre), and Technical Consultant/Web Developer (Toronto Rehab). Carson has six peer-reviewed publications in the areas of cognition, perception, and vision science. In his new position in the Department of Psychology, Carson provides technical and administrative support in the Psychology Training and Research Centre at 105 Bond Street.

First Psychology Students Match for Predoctoral Internship

The Department of Psychology is delighted to announce that its first round of clinical psychology students to apply for internship have all matched to accredited internship sites. The predoctoral internship is the final hurdle in the Clinical Psychology program, and securing one of these highly sought-after and competitive positions is no easy feat.

This year, 23% of students applying for internship across North America failed to match to an internship site. The fact that all applicants from Ryerson matched despite the shortage of positions testifies to their excellence as students, which has now been recognized in both Canada and the United States. This match is a milestone for our students and the clinical psychology program.

Congratulations **Rachel Strimas** (Center for Addiction and Mental Health, Toronto, ON), **Anne Wagner** (Center for Addiction and Mental Health, Toronto, ON), **Valerie Vorstenbosch** (Center for Addiction and Mental Health, Toronto, ON), and **Jenny Rogojanski** (Montefiore Medical Center, Bronx, NY).



Jenny Rogojanski was one of 6 students (out of more than 400 applicants) to start the predoctoral internship at Montefiore Medical Center in the Bronx on July 1, 2012.

Psychology Training Clinic Receives 2012 Community Fund Grant through Bell Canada's **Let's Talk** **Mental Health Initiative**



Dr. Kelly McShane
Psychology Professor



Jen Rouse
PhD Student
Clinical Psychology

Ryerson's Psychology Training Clinic, housed at **St. Michael's Hospital**, is honoured to receive a 1-year **Bell Canada's Let's Talk Community Fund** grant. Bell provides grants ranging from \$5000 to \$50,000 to Canadian community organizations working to improve mental health access and treatment. **Dr. Kelly McShane** and **Jen Rouse** (doctoral student) were provided \$40,000 to improve patients' mental health capacity, improve patient access to psychological services, and strengthen clinical psychology students' training. The grant also includes funding for a chronic disease self-management program and Jen Rouse's doctoral research investigating the effectiveness of psychotherapy provided at the Clinic.

More information about Bell's Let's Talk Community Fund is available at:

<http://letstalk.bell.ca/en/initiatives.php#community-fund>

PGSAmessage



Matilda Nowakowski
PhD Student
PGSA President

The Psychology Graduate Students Association (**PGSA**) organized a number of successful events over the past year. Our annual holiday party and talent show in December was a wonderful night with great food and entertainment, highlighting

the many amazing nonacademic talents within our department. In April, we held an End-of-Year Dinner to celebrate the end of a busy and successful academic year as well as the start of the summer. We also recently held our annual Welcome Back Pub Night. This was a great opportunity for first year students to get to know each other as well as the upper year students in an informal setting.

Currently, the PGSA is busy preparing for our 4th annual Research Symposium, which will take place on November 9, 2012, and will include oral and poster presentations by graduate students and will highlight the innovative and rigorous research being conducted in our program.

As our term on the council draws to an end, we will be holding elections for a new council in October. The PGSA is a great way to get involved in the program and we encourage everyone to consider running for a position!

PSYCHOLOGY IN THE NEWS

Some recent media appearances by members of the Psychology Department.

Dr. Martin Antony was quoted in the June/July 2012 issue of **City Life Magazine** on the topic of phobias and their treatment.

Dr. Martin Antony's tips on coping with Back to School Anxiety were quoted on **CityTV.com** (Toronto), **680News.com** (Toronto), and **News919.com** (Thunder Bay) in August 2012.

Dr. Martin Antony was quoted in the October 2012 issue of **Owl Magazine** on the topic of phobias.

Dr. Tara Burke was interviewed on May 11, 2012 by the **CBC National Morning News** about the jury deliberations in the Michael Rafferty (Tory Stafford) Murder trial.

Dr. Colleen Carney was interviewed by the **Wall Street Journal** for an article in the June 5, 2012 issue called "Who Sleeps Better at Night?" regarding a research article by Jenny Rogojanski (PhD student), Dr. Candice Monson, and Dr. Colleen Carney.

Dr. Colleen Carney and PhD student Taryn Moss's research on the influence of fear of the dark in insomnia was featured in more than 87 media outlets (including **Time Magazine**, **CNN**, **WebMD**, **Huffington Post**, **ABC news**, and **MSNBC**).

Dr. Alasdair Goodwill was interviewed in late May and early June 2012 by a number of media outlets (including **CBC National News**, **Sun News TV**, and **CHQR-AM radio** in Calgary) regarding what forensic research tells us about the possible personality features of Luka Magnotta, who was accused of killing and dismembering international student, Lin Jun.

Dr. Candice Monson was featured in more than 60 media outlets (including **CTV**, **Globe and Mail**, **ABC News**, **CBS News**, and **Los Angeles Times**) in August 2012 on her recently published study in the Journal of the American Medical Association (**JAMA**) on the effect of cognitive-behavioral couple therapy for posttraumatic stress disorder.

Dr. Frank Russo was featured in an article ("Toronto the Better") from the May 2012 issue of **The Grid TO**, in which The Grid asked some of Toronto's smartest people one simple question: "What's your brilliant idea to make Toronto better?"

Dr. Frank Russo was featured in a cover story on the science of tone deafness by Tim Falconer in the May 2012 issue of **Maisonneuve Magazine** entitled "Face the Music." BBC News Magazine recognized this piece as "one of the week's best reads."



Mandi Torris
4th year BA Student, PSA President
www.psych.ryerson.ca/psa

PSAmessage

Greetings from the undergraduate Psychology Student's Association (PSA)! We recently kicked off the new school year with the second annual Psychology Welcome Day. Incoming psychology majors got to mingle with upper-year students, faculty, and graduate students for a campus-wide scavenger hunt, pizza lunch and a concert at the Hard Rock Café. Although a large number of students were involved to make it all work so well, we would like to extend our special thanks to graduate students Gabe Nespoli and Zara Chan for showcasing their musical talents on stage.

Next up was the Faculty of Arts Orientation, where first-year students from all Arts programs had a taste of what's to come in their first year at Ryerson and met their peers, upper-year students, faculty and staff from the department. Our group of fun, dedicated, and creative PSA Executives is looking forward to working hard this year to continue building the reputation of the university and the cohesiveness of the Psychology program through a range of academic and social events! We will be selling our popular, custom-designed t-shirts and sweaters again this fall. Look for us at various campus events to get on the inside track (and get your free psychology buttons!). Happy studies everyone!

new research grants

Dr. Leslie Atkinson (principal investigator) received a \$37,816 SSHRC Insight Development Grant to study meta-analysis and model building pertaining to cumulative risk and cumulative outcome.

Dr. Todd Girard (principal investigator) received a \$5,000 New Initiatives Grant from the Faculty of Arts (Ryerson University) to study emotional memory and brain function in posttraumatic stress disorder.

Dr. Maria Gurevich (principal investigator) received a \$8782 Research Assistant Award from Ryerson's Office of the Vice President Research and Innovation to study Viagra and sexuality in the age of pharmaceutical interventions.

Dr. Maria Gurevich (co-investigator) received a \$199,964 SSHRC partnership development grant to study intimate interfaces for people with disabilities. Dr. Deborah Fels is principal investigator

Dr. Tae Hart (principal investigator) received a 2-year, \$144,487 CIHR grant to study long-term physical and psychological outcomes in colorectal cancer survivors.

Dr. Tae Hart (co-principal investigator) received a 3-year, \$356,377 CIHR grant to study cancer, queer biopolitics, and the mobilization of public health knowledge. Dr. Mary K. Bryson is nominated principal investigator.

Dr. Trevor Hart (principal investigator) received a 1.5-year, \$86,228 CIHR HIV/AIDS Research Initiative grant to study interventions designed to reduce social anxiety and substance use among men who have sex with men.

Dr. Trevor Hart (co-investigator) received a 5-year, \$1,500,000 CIHR HIV/AIDS Research Initiative grant involving a collaboration among HIV researchers, people living with HIV, community-based organizations, and policy makers. Dr. Sean B. Rourke is principal investigator.

Dr. Lili Ma (principal investigator) received a 2-year, \$47,812 SSHRC Insight Development grant to study the role of gossip in children's selective learning from others.

Dr. Kelly McShane (principal investigator) received a \$5,000 New Initiatives Grant from the Faculty of Arts (Ryerson University) to study the development of a community-university training program in evaluation to support evidence-based decision-making in mental health and addiction services.

Dr. Kelly McShane (principal investigator) and **Caitlin Davey** received a \$5,000 small research grant from Seed Funding, Network for Aboriginal Mental Health Research to study Aboriginal perspectives on mental health.

Dr. Karen Milligan (principal investigator) received a \$14,800 knowledge mobilization grant from the Ontario Centre for Excellence in Child and Youth Mental Health to study advanced issues in developing systems that support the maintenance and sustainability of evidence-based practice in community-based children's mental health agencies.

Dr. Frank Russo (principal investigator) received a \$194,666 NSERC collaborative research and development grant to study the advancement of a software application suite for music analysis and generation informed by music cognition research.

Dr. Frank Russo (principal investigator) received a \$45,000 research grant from the Parkinson's Canada to study a novel singing therapy to improve communication of facial and vocal emotion.

Dr. Frank Russo (principal investigator) received a \$235,000 NSERC Discovery Grant to study the joint roles of movement and simulation in vocal-emotional communication.

Skye Stephens (principal investigator) received a \$14,497.50 Predoctoral Research Grant from the Association for the Treatment of Sexual Abusers (ATSA) for her PhD research addressing hebephilic sexual interests in sexual offenders.

Drs. John Turtle (principal investigator), **Kristen Vickers**, **Ben Dyson**, and **Lili Ma** received a 2-year, \$8887 research grant from the Ryerson Learning and Teaching Enhancement Fund to study the use of social media to increase student engagement in introductory psychology.

NOTE: This is a partial list. A full list will be available in the next Psychology Annual Report, to be published in Summer 2013.

Ryerson Psychology Students Win National Video Contest



Dana Greenbaum (left) and Andrea Wilkinson (right).

Dana Greenbaum (Psychology BA student) and **Andrea Wilkinson** (PhD student in Psychological Science) won **1st place** in the Psychology Foundation of Canada's "**There Is No Health Without Mental Health**" video contest! As part of Psychology Awareness Month, the contest required students to produce creative and engaging videos to promote the understanding of issues pertaining to mental health. The videos were evaluated based on online popularity and feedback, as well as formal evaluation by psychology experts and researchers. Dana and Andrea created their video on the importance of secure attachment in childhood for future mental and physical health. The video features Drs. Leslie Atkinson, Naomi Koerner, and Martin Antony, and discusses the impact of mental health issues on our society and the vital role of supportive and nurturing parenting in fostering the ability of infants to regulate stress, thereby promoting mental as well as physical well-being.

Ryerson research health fund grants

Ryerson University's Office of the Vice-President Research and Innovation recently announced 12 new Ryerson Research Health Fund grants, of which 5 went to the Department of Psychology, each with a value of close to \$7000 for 1 year. Recipients (principal investigators) include:

Dr. Martin Antony (Family Accommodation in Problem Hoarding)

Dr. Leslie Atkinson (Maternal Sensitivity and Infant Stress Physiology: A Concurrent Examination of HPA Axis and Sympathetic Nervous System Function)

Dr. Colleen Carney (Validity of a Cognitive Reactivity Assessment Procedure for Use in Insomnia)

Dr. Stephanie Cassin (Motivational Interviewing for Obese Bariatric Surgery Patients: A Pilot Study)

Dr. Lixia Yang (Training-Induced Cognitive and Neural Plasticity of the Aging Brain: Effects of Self-Guided Cognitive and Physical Training Programs)

Community-Engaged Learning & Teaching in the Department of Psychology



Dr. Kelly McShane, Psychology Community-Engaged Learning Liaison

Ryerson University has a long tradition in **experiential learning**, given its roots as a technical institute. One emerging form of experiential learning gaining prominence in the Department of Psychology is community-engaged learning and teaching (**CELT**), often referred to as Service Learning, in which students, faculty, and community organizations collaborate on mutually beneficial projects. Such projects support learning objectives by providing a real world opportunity to practice and implement classroom teaching, and provide valuable resources and support for community organizations.

Last semester, undergraduate students enrolled in PSY215 (Psychology of Addictions) partnered with Dr. Diana Brecher and the Centre for Student Development and Counseling (**CSDC**) to

develop evidence-based brochures on a range of addiction related topics identified by staff. Students worked in groups and received extensive feedback from their professor and teaching

assistants to create their final brochures (which are soon to be posted online through Ryerson's Centre for Student Development and Counselling or CSDC). This fall, students in PSY808 (Community Psychology) are partnering with Renascent, Progress Place, and Hong Fook Mental Health Association to develop an evaluation plan and create a literature review of key measures to support the community organizations' evaluation efforts. As well, in a new graduate course on Program Evaluation, students will undertake a more comprehensive evaluation project, including stakeholder consultation and the development of a logic model. For this work, they are partnered with organizations within Ryerson (e.g., 50+ Program, Writing Centre, CSDC) and in the community (e.g., Progress Place, Me to We).

In recent years, opportunities for community-engaged learning have increased in the Department of Psychology, both at the undergraduate and graduate level. Continuing to expand these opportunities is an important priority for the Department, for the University, and for the field of Psychology, more generally (e.g., American Psychological Association, 2011).



Dr. Diana Brecher
Psychologist,
Centre for Student
Development and
Counselling at
Ryerson University

Clinical Workshop on Motivational Interviewing to Help Change Risky/Problem Behaviours



On October 19, 2012, **Dr. Linda Sobell** will provide a sold out, full day workshop on **Motivational Interviewing (MI)** strategies to students and professions, both from within Ryerson and from the community. Dr. Sobell is a Professor and Associate Director of Clinical Training at the Center for Psychological Studies at Nova Southeastern University, Florida. She is internationally known for her research in the addictions field, particularly brief motivational interventions and the process of self-change. Highlights from the workshop include learning why MI was developed and how to apply MI techniques to enhance commitment for changing risky/problem behaviours. The focus is on substance abuse and other health-related problem behaviours. Proceeds from the workshop will fund scholarships for Ryerson graduate students to present their research at professional conferences in Canada and abroad.

recent publications

Martin M. Antony (in press). Behavior therapy. In R.J. Corsini, & D. Wedding (Eds.), *Current psychotherapies* (10th ed.). Belmont, CA: Cengage Brooks/Cole.

Leslie Atkinson (2012). Strategic decisions: Life history, neurobiology, interpersonal relations and ethics in parenting and development. *Parenting: Research and Practice*, 12, 185-191.

Morton Beiser, Fenta-Wube, H., Baheretibeb, Y., Pain, C., Araya, M., & Taa, B. A. (in press). Comparison of emotional problems and their determinants among Ethiopian children in Addis Ababa, Ethiopia, and Toronto, Canada. *Transcultural Psychiatry*.

Lisa Chan, Frank A. Russo, & Steven R. Livingstone (in press). Automatic facial mimicry of emotion during perception of song. *Music Perception*.

David M. Day & Sonya G. Wanklyn (2012). *Identification and operationalization of the major risk factors for antisocial and delinquent behaviour among children and youth*. Research report published by the National Crime Prevention Centre (NCPC), Public Safety Canada, Ottawa, ON.

Deschênes, S.S., Dugas, M.J., **Katie Fracalanza, & Naomi Koerner**. (in press). The Role of Anger in Generalized Anxiety Disorder. *Cognitive Behaviour Therapy*.

Bethany A. Gee, Martin M. Antony, & Naomi Koerner (2012). Do socially anxious individuals fear embarrassment by close others? Development of the Fear of Embarrassment by Others Scale. *Personality and Individual Differences*, 52, 340-344.

Alasdair M. Goodwill, Skye Stephens, Sandra Oziel, Yapp, J., & Bowes, N. (2012). Multidimensional latent classification of 'street robbery' offences. *Journal of Investigative Psychology and Offender Profiling*, 9, 93-109.

Halpern, J., Maunder, R.G., Schwartz, B., & **Maria Gurevich**. (2012). Identifying, describing and expressing emotions after critical incidents in paramedics. *Journal of Traumatic Stress*, 25, 111-114.

Stacey L. Hart, Hoyt, M.A., Diefenbach, M., Anderson, D.R., Kilbourn, K.M., Craft, L.L., Steel, J.L., Cuijpers, P., Mohr, D.C., Berendsen, M., Spring, B., & Stanton, A.L. (2012). Meta-Analysis of the efficacy of psychotherapeutic and pharmacologic interventions for depressive symptoms in adults diagnosed with cancer. *Journal of the National Cancer Institute*, 104, 990-1004.

Naomi Koerner, Martin M. Antony, Young, L., & McCabe, R.E. (in press). Changes in beliefs about social competence of self and others following group cognitive-behavioral treatment. *Cognitive Therapy and Research*.

Lili Ma, & Xu, F. (in press). Preverbal infants infer intentional agents from the perception of regularity. *Developmental Psychology*.

Lucy M. McGarry, Frank A. Russo, Schalles, M., & Pineda, J.A. (2012). Audio-visual facilitation of the mu wave. *Experimental Brain Research*, 218, 527-538.

Brad Meisner & Baker, J. (in press). An exploratory analysis of aging expectations and health care behavior among aging adults. *Psychology and Aging*.

Millett, G.A., Peterson, J.L., Flores, S.A., **Trevor A. Hart**, Jeffries, W.L., Wilson, P.A., . . . & Remis, R.R. (2012). Disparities without borders: A meta-analysis of individual-, network-, and structural-level correlates of HIV transmission among Canadian, British and U.S. black men who have sex with men. *Lancet*, 380, 341-348.

Candice M. Monson, Fredman, S.J., Macdonald, A., **Nicole D. Pukay-Martin**, N.D., Resick, P.A., & Schnurr P.P. (2012). Effect of cognitive-behavioral couple therapy for PTSD: A randomized controlled trial. *Journal of the American Medical Association*, 308, 700-709.

Matilda E. Nowakowski, Jenny Rogojanski, & Martin M. Antony. (in press). Specific Phobia. In S.G. Hofmann (Ed.), *Cognitive behavioral therapy: A complete reference guide. Volume 2* (J.A.J. Smits, Ed.): CBT for specific disorders. Hoboken, NJ: Wiley-Blackwell.

Tisha J. Ornstein, Max, J.E., Schachar, R., Dennis, M., Barnes, M., Ewing-Cobbs, L., & Levin, H.S. (in press). Response inhibition in children with and without ADHD after traumatic brain injury. *Journal of Neuropsychology*.

Frank A. Russo, Paolo Ammirante, & Fels, D.I. (in press). Vibrotactile discrimination of musical timbre. *Journal of Experimental Psychology: Human Perception and Performance*.

Frank A. Russo, Ives, T., Goy, H., Pichora-Fuller, M. K., & Patterson, R. (2012). Age-related difference in melodic pitch perception is probably mediated by temporal processing: Empirical and computational evidence. *Ear and Hearing*, 32, 177-186.

Raj Sandhu & Ben J. Dyson (2012). Reevaluating visual and auditory dominance through task switching costs and congruency analyses. *Acta Psychologica*, 140, 111-118.

Danielle R. Schwartz & Colleen E. Carney (2012). Mediators of cognitive-behavioral therapy for insomnia: A review of randomized controlled trials and secondary analysis studies. *Clinical Psychology Review*, 32, 664-675.

Lixia Yang, Linda Truong, Fuss, S., & Bislimovic, S. (2012). The effects of aging and divided attention on the self-reference effect in emotional memory: Spontaneous or effortful mnemonic benefits? *Memory*, 20, 596-607.

NOTE: This is a partial list. A full list will be available in the next Psychology Annual Report, to be published in Summer 2013.

Biking Across the Country for the White Ribbon Campaign



Over the past summer, **Alexander Waddling** along with his friend Danny Surjanac biked more than 45,000 km over 41 days to raise money and awareness in support of the **White Ribbon Campaign** - a national organization fighting violence against women. Waddling, a 3rd year psychology and philosophy student at Ryerson, got involved with the White Ribbon campaign at Ryerson's first annual What Makes a Man Conference. Inspired by the cause, he contacted Jeff Perera, the co-chair of White Ribbon Campaigns' Ryerson chapter, and organized the initiative. Despite grueling weather conditions and agonizing knee pain, among other obstacles, Alex and Danny completed their trip from Toronto to Vancouver and raised over \$2000 for the cause!

announcements, awards, & other contributions



Dr. Maureen Reed, Director of Ryerson's Learning and Teaching Centre presents the Best Poster Award to **Jenny Liu** and **Dr. Marilyn Hadad** (not in photo) at this year's Ryerson Faculty Conference. Their research examined the influence of positive psychology on students' motivation, with a focus on potential applications for teaching in the university setting.

Dr. Martin Antony received the 2012 *Award for Distinguished Contributions to Education and Training* from the Canadian Psychological Association.

Dr. Leslie Atkinson was elected to fellow status in the Canadian Psychological Association.

Dr. David Day was selected by a provincial government search committee to be the Chair of the Correctional Services and Youth Justice Research Committee for two provincial ministries, the *Ministry of Community Safety and Correctional Services* (MCSCS) and the *Ministry of Children and Youth Services*. This is a 1-year renewable position.

Sara Gallant won a Teaching Assistant/Graduate Assistant award (\$500.00) from Ryerson University's Learning and Teaching Office.

Dr. Maria Gurevich won the 2012 Feminist Mentoring Award from the Section for Women in Psychology, Canadian Psychological Association.

Dr. Marilyn Hadad and **Jenny Liu** (4th year undergraduate student) were the recipients of the Best Poster Award at this year's Ryerson Faculty Conference.

Michelle Marcos received the William Glassman Prize in Psychology.

Lucy McGarry, Elizabeth Pawluk, and Leanne Wilkins won the Canadian Psychology Association Commendation of Excellence Award.

Dr. Kelly McShane received the inaugural Faculty of Arts *Experiential Teaching Award*, recognizing her contributions to advancing teaching and learning at Ryerson through experiential learning.

Dr. Brad Meisner received the inaugural Faculty of Arts *New Faculty Teaching Award*, recognizing his contributions to teaching as a faculty member in his or her first 3 years at Ryerson.

Dr. Candice Monson was elected to fellow status in the Canadian Psychological Association.

Dr. Frank Russo received the 2012 *Early Career Award* ("for exceptional contributions to the understanding of Brain, Behaviour and Cognition") from the Canadian Society for Brain, Behaviour and Cognitive Science.

Dr. Frank Russo was appointed as the 2012-2013 Inaugural Ryerson-Massey Fellow at Massey College, University of Toronto.

The *Society for Music Perception and Cognition* will hold its 2013 conference at Ryerson University in August, with **Dr. Frank Russo** as Convention Chair. The conference is sponsored, in part, by the Department of Psychology, and is expected to attract more than 300 participants from around the world.

Dr. Kristin Vickers received the inaugural Faculty of Arts *Slobodan Drakulik Cross Disciplinary Teaching Award*, recognizing excellence in teaching students from a wide variety of disciplines.

Anne Wagner received the inaugural Interdisciplinary HIV Pregnancy Research Group (IHPREG) Student Research Award of Excellence.

QUESTIONS & COMMENTS:

For questions or comments regarding content or submissions for future editions, please feel free to contact us:

Editor

Martin M. Antony

mantony@psych.ryerson.ca

Co-Editors

Skye Fitzpatrick

skyler.fitzpatrick@psych.ryerson.ca

Lisa Liskovoi

lisa.liskovoi@psych.ryerson.ca

Matilda Nowakowski

mnowakowski@psych.ryerson.ca

Design and Production Editor

Lisa Vuong

lisa.vuong@psych.ryerson.ca

MAILING ADDRESS:

Department of Psychology

Ryerson University

350 Victoria Street

Toronto, Ontario

M5B 2K3 CANADA



www.ryerson.ca/psychology

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