

THE URBAN PSYCHOLOGIST

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Chair's Corner



Dr. Martin Antony
Department of
Psychology Chair

Welcome to another issue of *The Urban Psychologist* (UP) and another round of updates from the Department of Psychology at Ryerson University.

Since our last issue in Fall 2014, we have enjoyed a number of “firsts” in the Department:

- Dr. Julia Spaniol was named the Department of Psychology’s first faculty member to hold a prestigious Canada Research Chair. Dr. Spaniol’s Tier 2 Canada Research Chair in Cognitive Aging will help to expand her research into exciting new areas.
- Dr. Trevor Hart made Ryerson history when his research team was awarded a \$1.5 million team grant from the Canadian Institutes of Health Research (CIHR) Boys’ and Men’s Health Initiative. Dr. Hart’s award is among the first two CIHR team grants received by Ryerson Faculty members (Dr. Josephine Wong, from the Daphne Cockwell School of Nursing, also received a team grant in the same competition).
- Four recent PhD graduates became the first Ryerson alumni to become registered as psychologists in the province of Ontario.

You can read more about each of these developments (and others) in this issue of UP.

In addition, we just completed the recruitment process for a new assistant professor who will join us in July 2015. We are delighted to welcome Dr. Eric Hehman to Ryerson. Dr. Hehman completed his PhD in 2012 from the University of Delaware and is currently a postdoctoral scholar working in the Social Cognitive and Neural Sciences Lab at New York University. His research uses a variety of innovative methods (e.g., fMRI, EEG, digital face modeling) to study how individuals perceive one another across group boundaries. Dr. Hehman has published more than 20 peer-reviewed papers in top journals, including *Psychological Science*, the *Journal of Experimental Social Psychology*, and the *Journal of Neuroscience*. Look for a more detailed bio for Dr. Hehman in the Fall 2015 issue of UP.

Finally, Ryerson University recently unveiled its Academic Plan for 2014-2019, highlighting four priorities for the next 5 years: (1) enabling greater student engagement and success through exceptional experiences, (2) increasing scholarly, research, and creative excellence, intensity, and impact, (3) fostering an innovation ecosystem, and (4) expanding community engagement and city building. Now that Ryerson’s plan is finalized, the Faculty of Arts and the Department of Psychology are in the process of finalizing their own academic plans to complement the University’s plan. We look forward to unveiling our Department plan over the coming months.

That’s it for now. I hope you enjoy the Winter issue of UP!

Martin M. Antony, PhD
Chair, Department of Psychology

Undergraduate Program Update



Dr. Tara Burke
Undergraduate
Program Director

Linking an Undergraduate Degree to Career Opportunities

One of the most common questions high school students (and their parents) ask faculty members each year at the Ontario Universities' Fair is "what can I do with a degree in psychology?" While most university degrees are not typically aligned with a specific type of job, it is important that our students be aware of the many opportunities available to them with their BA. In January of 2015, **Sonny Wong**, the

Career Counsellor for the Faculty of Arts, led our inaugural interactive career workshop to help our undergraduate students begin to think about their career options, and also to think about areas of employment they may not have previously considered. In the fall, the second part of this workshop will provide students the opportunity to meet with individuals who represent various employment sectors including education, research, health, and social services. Psychology graduates have unique skills, ranging from communication and critical thinking skills, to writing and analytic reasoning skills; these representatives, many of whom are responsible for hiring in their various fields, will speak to how the skills of our graduates are aligned with the requirements for many different positions within each of these sectors.

March Break Open House

On March 19, we met with many prospective students who attended the annual March Break Open House where they learned more about the undergraduate psychology program in particular, and Ryerson in general. We look forward to welcoming many of them to our 2015-2016 first-year student cohort.

Program Updates

As of this fall, the department has a brand new psychology course on the books. *Sleep* (PSY682) will provide students with biobehavioural perspectives on sleep. Topics will include: 1) healthy sleep across the life cycle, 2) sleep deprivation, 3) understanding how we produce sleep and maintain wakefulness, 4) dreams, and 5) sleep disorders. The course will emphasize theoretical and therapeutic perspectives with empirical support.

Upcoming Events

The Department of Psychology's annual *Student Research and Awards Celebration* will be held in the evening on Tuesday, June 9, 2015. Convocation for the Faculty of Arts will occur in the afternoon on Friday, June 12. We look forward to seeing many of you at these celebrations.

Graduate Program Update



Dr. Michelle Dionne
Graduate Program
Director

Two of the really important tasks we took on this Winter shared many similarities. One of those tasks was the search for a new tenure-track faculty member for the Department. The other involved reviewing graduate admissions files to select another 15 MA candidates to start their studies here in the fall. In both cases we had a tremendous response and the quality of the applications was truly outstanding. It is always a delight to be able to tell people about our Department and our Program, and to be able to reflect on what we've built and why we're so proud of it.

Why are people so attracted to our program? The location doesn't hurt. *The Economist* recently named Toronto the best city in the world in which to live. From a program perspective, our proximity to industry, other universities and colleges, as well as hospitals and research centers makes connecting with our community easy. And our productivity hasn't been disrupted with a *Stanley Cup* celebration in 47 years! Students and faculty also appreciate our focus on using sound theory and a strong evidence base to solve real-world problems. Ryerson has always been known for work with societal relevance and is now becoming a hub for social innovation and entrepreneurship. Our programs anchor this ideal in our courses and other degree requirements including the practicum (clinical and research) placements our students complete at both the MA and PhD.

Finally, and most importantly, it is the quality of our people what sets us apart. Our graduate students are doing tremendous work and are publishing and presenting it nationally and internationally. This year, they hold well over \$1 million in funding and have won six major University-wide academic awards. Our clinical students hold a perfect 100% match rate for internship placements over the past 4 years. Our faculty are leaders at Ryerson in research productivity, teaching, leadership, and service—as evidenced by the recently-announced university recognition awards. If that weren't enough, our students, staff, and faculty are genuinely nice people with a collective goal of excellence for our program. For all the individual accolades we've garnered, our real strength is our commitment to collegiality, collaboration, and shared success. We look forward to welcoming new grad students and a new faculty member in the coming weeks.

More Winners

Congratulations to **Leorra Newman** and **Stephanie Taillefer** who each recently received a CIHR Health Professional Student Research Award. These awards are presented annually to health professional students enrolled in a Canadian program leading to licensure.

Five PhD students from Psychology were recent recipients of the newly announced YSGS 4th year Doctoral Completion Awards. These cash awards go to students who complete regular program requirements on or ahead of schedule. Congratulations to **Caitlin Davey**, **Lucy McGarry**, **Raj Sandhu**, **Linda Truong**, **Amy Usher**, and **Leanne Wilkins**, who qualified for this award and are set to graduate this academic year.

PSA Update



Kayla Edwards, PSA President

The **Psychology Students' Association** has been enjoying another great year at Ryerson University. We had a great time hosting the thesis information session and Halloween party last semester. Our Welcome Back Pub Night in January was also a blast and we're psyched about organizing other exciting events!

The annual tours at the **Centre for Addiction and Mental Health** (CAMH) took place on March 5. In previous years this event has been a great success and this year was no different. This tour is always a fun and informative opportunity for students to learn about the Centre and services for mental health and addiction.

We had another fantastic thesis information session for interested students with **Dr. Michelle Dionne** on February 24. We're also looking forward to organizing some study sessions and workshops for our students this semester!

Elections are planned for later in March, and we are excited to welcome a new executive team to the PSA. Interested students can run for any position – President, VP of Finance, VP of Operations, VP of Events or VP of Social Media. Please email the PSA or Sarah Carmichael for more information.

Students who are interested in getting involved should email psa@ryerson.ca or check out our webpage at:

www.psych.ryerson.ca/psa

Psychology in the News

Some recent media appearances by members of the Psychology Department

Dr. Martin Antony was quoted in the *Deccan Herald India* for an article called, *Helping a perfectionist child worry less, do more* (February, 2015).

Dr. Martin M. Antony was quoted by *Live Science* and *Yahoo News* in an article called, *Boy diagnosed with "fear of growing up"* (February, 2015).

Dr. Martin M. Antony was interviewed by *Your Cat Magazine* (UK) on the topic of cat phobias (February, 2015).

Dr. Martin M. Antony was interviewed by the *New York Times* on the topic of perfectionism (January, 2015).

Dr. Martin M. Antony was interviewed by *Headline* and *Global News* on the topic of fear of clowns (November, 2014).

Dr. Martin M. Antony was interviewed by *Entrepreneur.com* on the topic of perfectionism (November, 2014).

Dr. Morton Beiser was quoted by *CBC* and *The Huffington Post* for an article called, *Express entry immigration points system revealed before Jan. 1 launch* (December, 2014).

Dr. Colleen Carney was quoted by *NewsOK* in an article called, *What you and your partner are doing wrong in bed* (February, 2015).

Dr. Colleen Carney was quoted by *The Link* for an article called, *Counting Sheep? Don't Neglect a Routine Sleep Schedule* (January, 2015).

Dr. Colleen Carney's publication *Tired of Feeling Tired?* was featured in *Psychology Today* (January, 2015).

Dr. Colleen Carney was quoted by *Global News* in a story called, *Booze before bedtime disrupts restful sleep, scientists suggest* (January, 2015).

Dr. Colleen Carney was quoted in *USA Today* for a story called, *After holidays: How to get through a long, dark winter* (December, 2014).

Dr. Colleen Carney was quoted by *CBC News* for a story called, *Time change can cause symptoms similar to jet lag* (November, 2014).

Dr. Colleen Carney was quoted by *Global News* for a story called, *Daylight saving time ends this weekend: How it affects your internal clock* (November, 2014).

Dr. Colleen Carney's research was cited by the *Daily Mail UK* for a story called, *The drug-free way to fight depression: New hope to the one in five people threatened by the illness* (October, 2014).

Dr. Colleen Carney's research was cited by

the *National Post* for a story called, *Dr. Aw: Sleep, why it's essential, how a lack of it can shrink your brain, and what to do if you can't get enough* (September, 2014).

Dr. Michelle Dionne was quoted by *Global News* for a story called, *A normal-sized Barbie doll with acne and cellulite? "It's natural"* (November, 2014).

Hanna McCabe-Bennett was quoted in *Student Health 101*, an online magazine distributed to colleges and universities across North America in a story called, *The pursuit of perfection: What is the cost of your high standards* (Fall 2014).

Dr. Stephanie Cassin was interviewed by *Global News* on the topic of making healthy New Year's resolutions that stick (December 2014).

Dr. Trevor Hart was featured in the Canadian Institutes of Health Research news release, *Government of Canada and partners support new research on HIV and AIDS* (December, 2014).

Dr. Julia Spaniol's research on cognitive decline during aging was featured in a story on *MedicalXpress.com* (February 13, 2015).

NOTE: A full list of media appearances will appear in our 2014-2015 Annual Research and Achievement Report, due to be published in Fall 2015.

PGSA Update



Sofia Puente-Duran, PGSA President

The new executive council of the **Psychology Graduate Students Association (PGSA)** is excited to celebrate student involvement and new initiatives in 2015!

The PGSA finished off 2014 with the **6th Annual Psychology Research Symposium**, which included thought-provoking presentations by students and featured a stimulating guest lecture by Dr. Candice Monson on evidence-based psychotherapy

for Posttraumatic Stress Disorder. We kicked off 2015 with tasty appetizers courtesy of the PGSA at our **Annual Holiday Party** - thanks to all who attended!

The PGSA has exciting plans for the upcoming year including social meetings, community-building activities, and a number of fundraising events. For Valentine's Day, department members were able to show their appreciation for their fellow colleagues and support the PGSA by sending a choc-o-gram. The PGSA also hosted a **Valentine's Day Bake Sale** on February 13th in the lobby of the Student Center (SCC). Dr. Martin Antony will be sharing his expertise on how to prepare successful practicum, internship, and job applications on April 24, 2015. We are also happy to have the assistance of a recently awarded **Special Projects Funding** provided by the Ryerson Student Union (RSU).

Lastly, we are happy to announce that the PGSA is now online! Check out our newly launched PGSA website psychlabs.ryerson.ca/pgsa. Follow us on *Instagram* (@RyersonPGSA) and *Twitter* (@pgsa_ryerson) to keep up-to-date with PGSA's news and events. Don't forget to use the hashtag #PGSA when sharing photos of our events online!

Our goal for the remainder of the year is to promote activities, collaboration and student engagement in departmental affairs, and foster relationships and connections amongst the student body, faculty, university and broader psychology community. We look forward to more shared successes in the coming year.

New PGSA Executive Council 2015-2016

President: **Sofia Puente-Duran**

Vice President/Social Coordinator: **Natalie Stratton**

Secretary/Treasurer: **Alexander Vasilovsky**

Representative at Large (Clinical Psychology Stream):

Hanna McCabe-Bennett

Representative at Large (Psychological Science Stream):

Jessica Sutherland

PhD Student Representative: **Jennifer Khoury**

MA Student Representative: **Alexandra Marquis**



Undergraduate Research Award winner, Maria Ilief

Psychology BA Student Receives Faculty-Wide Research Award

Third-year psychology BA student, **Maria Ilief**, recently received the **2014 Irene Gammel & Jean-Paul Boudreau Undergraduate Research Award**. This award recognizes excellence in research and academic achievement for a BA student in the Faculty of Arts. Maria was nominated by her faculty supervisor, **Dr. Lili Ma**, for the many hours she contributed to various research projects on social learning and statistical inference in the *Early Childhood Cognition Lab* between April 2013 and December 2014. The project Maria spent the most time working on investigated whether 2- to 3-year old children could infer a preference, dislike, or a neutral goal from another person's nonrandom sampling behaviour, depending on the context in which the sampling occurred. Maria's contributions to these projects have not only earned her this distinguished research award but also authorship on a poster presented at the *2013 Biennial Meeting of the Cognitive Development Society*, a paper to be presented at the *2015 Biennial Meeting of the Society for Research in Child Development*, and two research presentations (2013, 2014) at the *Ontario Science Centre*. Congratulations Maria!





Dr. Kelly McShane

New Funding to Develop Online Modules in Program Evaluation

Dr. Kelly McShane was recently awarded an online learning grant from the Ministry of Training, Colleges, and Universities. Along with **Dr. Kosha Bramesfeld** (Psychology), Dr. Patrice Dutil (Politics), Dr. Kathryn Underwood (Early Childhood Studies) and Dr. Souraya Sidani (Nursing), the team will develop four online modules on program evaluation, which can be incorporated into the curriculum of undergraduate, graduate, and certificate programs. Modules will present content on logic models, qualitative data collection methods and performance management. The multidisciplinary team from three faculties at Ryerson University will develop the content, ensuring a wide range of applicability and allowing instructors to supplement in-class lectures with discipline-specific content.

Recent Announcements, Awards and Other Contributions

Dr. Martin Antony was awarded the *Dean's Scholarly, Research, and Creative Activity Award*, Ryerson University, 2014.

Dr. Martin Antony was awarded the *YSGS Outstanding Contribution to Graduate Education Award*, Ryerson University, 2014.

Dr. Leslie Atkinson was awarded the *Sarwan Sahota Ryerson Distinguished Scholar Award*, Ryerson University, 2014.

Dr. Morton Beiser was appointed to the Executive Committee of the *Conference Board of Canada*, 2015.

Dr. Jean-Paul Boudreau was elected to the status of Fellow in the Canadian Psychological Association.

Dr. Stephanie Cassin received tenure and was promoted to Associate Professor.

Sara Cowan received a *Michael Smith Foreign Study Supplement* from SSHRC in the amount of \$5950 to conduct a research practicum at Iowa State University.

Dr. Ben Dyson and **Dr. Candice Monson** were awarded the *Dean's Service Award*, Ryerson University, 2014.

Dr. Alexandra Fiocco was awarded the *Dean's Teaching Award*, Ryerson University, 2014.

Sara Gallant was awarded a *Certificate of Excellence* for her MA thesis from the Canadian Psychological Association, 2014.

Vivian Huang and **Alexandra Marquis** received the 3rd place poster award at the *Ryerson Psychology Graduate Research Symposium*, 2014.

Maria Ilief, a third year BA student working in the Early Childhood Cognition Lab was awarded the *Irene Gammel and Jean-Paul Boudreau Undergraduate Research Award* in the inaugural Faculty of Arts-wide competition, 2014.

Mhairi Kay was awarded a *Certificate of Excellence* for

her Honours thesis from the Canadian Psychological Association, 2014.

Lingqian Li received the 1st place poster award at the *Ryerson Psychology Graduate Research Symposium*, 2014.

Danielle MacDonald received the 2nd place poster award at the *Ryerson Psychology Graduate Research Symposium*, 2014.

Danielle MacDonald's paper on the validity of DSM-5 changes to the diagnostic criteria for bulimia nervosa was awarded the *Student Research Award* from the Women's Issues in Behavior Therapy Special Interest Group, Association for Behavioral and Cognitive Therapies, November 2014.

Dr. Candice Monson received the *Distinguished Mentorship Award* from the International Society for Traumatic Stress Studies (ISTSS), November 2014.

Dr. Candice Monson received the *Harvey Brooker Award for Excellence in Clinical Teaching* from the Ontario Psychological Association, February 2015.

Dr. Matilda Nowakowski was awarded a *Certificate of Excellence* for her Doctoral thesis from the Canadian Psychological Association, 2014.

Dr. Maureen Reed was awarded the *President's Award for Teaching Excellence*, Ryerson University, 2014.

Alisha Salerno was awarded a *Certificate of Excellence* for her Honours thesis from the Canadian Psychological Association, 2014.

Lindsey Torbit was awarded a *Certificate of Excellence* for her MA thesis from the Canadian Psychological Association, 2014.

Linda Truong received the *Age+ Prize* from the Institute of Aging, Canadian Institutes of Health Research (CIHR), for her paper on working memory and emotion in young and older adults, December 2014.

Linda Truong received the *Jack Brown Award* from Ryerson University's LIFE Institute for her contributions to research in the area of cognitive aging, March 2015.

Tyler Tulloch was awarded a *Certificate of Excellence* for his MA thesis from the Canadian Psychological Association, 2014.

Tyler Tulloch was awarded the Canadian Institutes of Health Research (CIHR) Institute of Gender and Health (IGH) *Gender, Sex and Health Research Skills Development Award* (\$3,337) to attend the Summer Institute in LGBT Population Health in Boston, MA from July 14 to Aug 8, 2014.

Dr. Naresh Vempala was appointed as a Reviewer for the *Universal Journal of Psychology* in January 2015.

Dr. Naresh Vempala and **Dr. Frank Russo** co-chaired the 4th annual conference on *Cognitively Based Music Informatics (CogMIR)* at Ryerson University on October 4, 2014, with keynote speakers Douglas Eck (Google Research) and Carol Krumhansl (Cornell University).

Esztella Vezer was awarded a *Certificate of Excellence* for her Honours thesis from the Canadian Psychological Association, 2014.

Dr. Valerie Vorstenbosch was awarded a *Certificate of Excellence* for her Doctoral thesis from the Canadian Psychological Association, 2014.

Dr. Andrea Wilkinson was awarded a *Certificate of Excellence* for her Doctoral thesis from the Canadian Psychological Association, 2014.

Brenda Wong was awarded the Ryerson Graduate Student Professional Development in Teaching Program Certificate of Completion, Level 2 (2015, January).

NOTE: This is a partial list. A full list will appear in our 2014-2015 Annual Research and Achievement Report, due to be published in Fall 2015.

2015 Clinical PhD Internship Match Results

On February 20, 2015, the North American Psychology internship match results were announced by the Association for Psychology Postdoctoral and Internship Centers (APPIC). For the fourth year in a row, **100%** of Ryerson's clinical psychology applicants matched with an internship on "Match Day." Our perfect record of matching since the launch of our program is impressive given the Canadian national match rates of 84% (2015), 86% (2014), 84% (2013), and 73% (2012) over the same period (<http://www.appic.org/Match/Match-Statistics>).

This year's cohort of students matched at the following sites:

Amy Brown Bowers – *Calgary Clinical Psychology Residency* (Calgary, AB)

Maddy Burley – *Northern Ontario Psychology Internship Consortium* (Thunder Bay, ON)

Matthew King – *St. Joseph's Healthcare Hamilton* (Hamilton, ON)

Danielle MacDonald – *St. Joseph's Healthcare Hamilton* (Hamilton, ON)

Emma MacDonald – *Montefiore Medical Center* (New York, NY)

Jennifer Newman – *Royal Ottawa Mental Health Centre* (Ottawa, ON)

Sandra Oziel – *Centre for Addiction and Mental Health* (Toronto, ON)

Liz Pawluk – *London Clinical Psychology Residency Consortium* (London, ON)

Jen Rouse – *University of Toronto Counselling and Psychological Services* (Toronto, ON)

Philippe Shnaider – *St. Joseph's Healthcare Hamilton* (Hamilton, ON)

Skye Stephens – *St. Joseph's Healthcare Hamilton* (Hamilton, ON)

Stephanie Taillefer – *Royal Ottawa Mental Health Centre* (Ottawa, ON)

Sonia Wanklyn – *University of Mississippi Medical Center / VAMC Consortium* (Jackson, MS)

Holly Wilson – *Nova Scotia Capital District Mental Health* (Dartmouth, NS)

Andrea Woznica – *London Clinical Psychology Residency Consortium* (London, ON)

Congratulations to everyone for their successful matches and best of luck for an excellent experience on internship in 2015-2016!



Dr. Julia Spaniol

Julia Spaniol Receives Canada Research Chair in Cognitive Aging

We are pleased to announce that **Dr. Julia Spaniol**, Associate Professor or Psychology and Director of the *Memory and Decision Processes Lab*, has received a **Canada Research Chair** (Tier 2, NSERC) in *Cognitive Aging*. The 5-year CRC will enable Dr. Spaniol to expand her research into neurocognitive and motivational determinants of successful aging, and to support her growing team of graduate and undergraduate trainees. Examples of new projects supported by the CRC include an Evoked Response Potential (ERP) investigation of motivational effects on selective attention, a Functional Magnetic Resonance Imaging (fMRI) study of motivation-based alterations in functional connectivity of attention networks, and a series of behavioural studies investigating prospecting and intertemporal choice in younger and older adults. Dr. Spaniol is the first member of Ryerson's Psychology Department to hold a Canada Research Chair appointment.

Spring Workshop on Treating Posttraumatic Stress



Dr. Candice Monson, a leading expert on the treatment of Posttraumatic Stress Disorder (PTSD), will give a 2-day workshop on May 7 and 8 entitled "Cognitive Processing Therapy: Evidence-Based Treatment for PTSD." Dr. Monson's engaging and informative workshop will include interactive activities and demonstrations on how to deliver one of the foremost evidence based therapies in the reduction of PTSD symptoms.

For details on the event, please visit:

<http://ryerson.ca/content/dam/psychology/news/Monson2015WorkshopFlyer.pdf>

To register, please visit: www.psych.ryerson.ca/workshop/monson



From Left: Drs. Anne Wagner, Jenny Rogojanski, Valerie Vorstenbosch, and Rachel Strimas.

Ryerson Alumni Become Registered Psychologists

Four PhD graduates recently became the first Ryerson Clinical Psychology alumni to become registered psychologists with the **College of Psychologists of Ontario**. In addition to passing this significant career milestone, they have all gone on to start exciting careers. **Drs. Valerie Vorstenbosch** and **Rachel Strimas** are psychologists at the *Eating Disorders Program at Homewood Health Centre*; **Dr. Anne Wagner** is a postdoctoral fellow in Ryerson's *IMPACT lab*, adjunct professor at Ryerson, and associate at EBT3 (a private psychology practice); **Dr. Jenny Rogojanski** is a psychologist in the *Mental Health Program at St. Michael's Hospital* in Toronto. In reflecting upon how it feels to finally be a registered psychologist, Dr. Strimas told the *Urban Psychologist*: "It is exciting! One aspect I appreciate about Ryerson's Psychology Graduate Program is the diversity in training opportunities. Students complete clinical practica, attend clinical

rounds and in-house workshops, and are provided with opportunities to work collaboratively with faculty and fellow students on research projects. These opportunities provided the breadth in training necessary for competency as a Psychologist." Dr. Wagner echoed Dr. Strimas' comments, adding that her "training and experiences at Ryerson have set me up extremely well to be able to blend all of the aspects I love about a career in clinical psychology – a combination of applied research, supervision/teaching, and clinical practice. Being registered allows me the confidence to pursue my clinical research objectives and practice knowing I am on the right track, and that our training has provided a solid foundation." These four extraordinary students are paving the way for subsequent Ryerson clinical psychologist graduates as they embark on exciting career paths in the field.



From left: Brenda Wong, Dr. Kelly McShane, and Alain Mootoo

Psychology Connections to the SocialVentures Zone

The Department of Psychology is engaged in a number of exciting ways with the **SocialVentures Zone** (SVZ; <http://www.ryerson.ca/svz>), recently launched by the Faculty of Arts, Ryerson University. Faculty member **Dr. Kelly McShane** has served as a member of the SVZ Admissions Committee for the past academic year. This experience has involved working closely with **Alex Gill**, *Social Innovator in Residence* within the Faculty of Arts, as well as other faculty members and staff, to review applications from a host of disciplines, all aimed at addressing current social issues through innovation.

Fall 2014 saw the first Psychology student be accepted into the SVZ. **Alain Mootoo**, an Independent Studies pursuing a Certificate in Psychology, successfully pitched his project aimed at addressing youth unemployment in Toronto through the provision of wraparound services for employment in the trades professions. In addition, graduate student **Brenda Wong** recently began a research practicum that will involve an evaluation of the SVZ (completed under the supervision of Dr. McShane).

Ryerson's SocialVentures Zone is committed to supporting students and alumni wishing to develop sustainable and viable initiatives for social change. Psychology is excited to have a role in this exciting new development at the University, and we look forward to reporting on the results of our new connections in a future issue of *The Urban Psychologist*.



Recent Research Grants

Dr. Martin Antony (co-investigator) received a 1-year \$100,000 Transition grant from the Canadian Institutes of Health Research (CIHR) for the project, *A pragmatic randomized controlled trial of group transdiagnostic cognitive-behaviour therapy for anxiety disorders in primary care*, October 2014.

Dr. Trevor Hart (principal investigator) received a 5-year \$1,500,000 team grant from the Canadian Institutes of Health Research Boys' and Men's Health Initiative, November 2014. The grant is co-funded by the Ontario HIV Treatment Network and the Canadian Foundation for AIDS Research and will be used to conduct a multisite study in Vancouver, Toronto and Montreal to investigate HIV and STI prevalence and recent infection among men who have sex with men, evaluate current HIV prevention programs, and develop novel HIV prevention interventions.

Dr. Kelly McShane received a \$38,000 grant from the Ministry of Training, Colleges, and Universities for her proposal, *Interdisciplinary Program Evaluation Curriculum Modules*, January 2015.

Dr. Karen Milligan (principal investigator) received a 3-year \$104,811 grant from the Scottish Rite Charitable Foundation to evaluate the impact of mindfulness-based martial arts intervention on attention, impulse control and emotion regulation in adolescents with learning disabilities and co-occurring mental health challenges. Her co-investigators include Drs. Louis Schmidt (McMaster University), Sid Segalowitz (Brock University), and Marjory Phillips (Child Development Institute), November 2014.

Dr. Frank Russo (principal investigator) received a 3-year \$440,000 Natural Science and Engineering Research Council of Canada (NSERC) Collaborative Research and Development grant in January 2015 to investigate the development of a dynamic emotion feedback system for music. This work continues his lab's longstanding collaboration with waveDNA, a Toronto-based music software development company.

Dr. Julia Spaniol (principal investigator) received a 5-year \$500,000 Tier 2 NSERC Canada Research Chair grant to investigate motivation-cognition interactions in younger and older adults, Fall 2014.

Dr. Anne Wagner (Co-Investigator) received a 1-year, \$25,000 Canadian Foundation for AIDS Research grant for the project titled *"An Ontario Case Study: Adoptive Parents Living with HIV and the Adoption Agencies that serve them,"* October 2014. Dr. Mona Loutfy is the principal investigator.

Dr. Anne Wagner (Co-Investigator) and **Dr. Candice M. Monson** (Co-Principal Investigator) received a 2-year, \$200,000 grant from the Multidisciplinary Association for Psychedelic Studies for the project *"An initial test of MDMA-facilitated Cognitive-Behavioral Conjoint Therapy for PTSD,"* January 2015. Dr. Michael Mithoefer is the principal investigator.

A full list of grants for the year will appear in our 2014-2015 Annual Research and Achievement Report, due to be published in Fall 2015.

Education that Promotes Success in Today's Globalized Society



Dr. Maureen Reed

Dr. Maureen Reed recently met with colleagues from South Africa and Australia in Johannesburg to share a vision of how higher education can meet the needs of changing societies. In South Africa, after apartheid, universities were required to educate a broad sector of society. Today in South Africa, the students who were previously denied entrance to many universities make up the majority of the student population in those same institutions.

Similarly, most universities in developed nations have opened universities to a wider sector of the population. Like our fellow nations, Canada is providing opportunities to segments of society that 20 years ago would have been denied access (e.g., students with disabilities, students from lower income families, older students). Dr. Reed and her colleagues realized during their meeting in Johannesburg, that there were many similarities in experience between our nations.

According to Dr. Reed, “the benefit of providing higher education to larger segments of the population is that education opens opportunity. The challenge, however, is that increases in enrolment are not accompanied by increases in resources and many students do not have the preparation for university that ‘traditional university’ students have.” Given these limitations, how do we educate a diverse group of students so that they can adapt to an ever changing environment? The professors meeting in Johannesburg believed that we need to create a new set of nontraditional graduate attributes that compliment discipline-based knowledge and focus on skills that promote resilience, creativity, design thinking (e.g., ethics, proficiencies in project design), and the ability to produce in teams.

In the end, each member of the collective was tasked with writing a book chapter that speaks to the implementation of nontraditional attributes. Dr. Reed’s chapter examines methods to best reach nontraditional university students and how they can be assisted to cope with the challenges of higher education. Dr. Reed and her colleagues hope that this book will assist universities to develop curriculum that speaks to societal need and promotes students abilities that allow them to thrive in a globalized society.



Tyler Tulloch presents on his research at The Fenway Institute. Photo courtesy of The Fenway Institute.

Clinical PhD Student Ventures Abroad for Unique Learning Experience

This past summer, clinical PhD student, **Tyler Tulloch**, travelled to **The Fenway Institute** in Boston, Massachusetts to attend the Summer Institute in LGBT Population Health Research. This 4-week program, funded by the United States National Institutes of Health, offers a unique opportunity for students to gain interdisciplinary training in conducting population research in sexual and gender minority health. In addition to securing one of 18 competitive spots in this intensive program, Tyler received a *Gender, Sex and Health Research Skills Development Award* from the CIHR Institute of Gender and Health, which supports graduate student skill development in this field, and which helped to fund his trip.

While at The Fenway Institute, Tyler attended lectures from top researchers in the field and interdisciplinary seminars focusing on topics, methods, and theory related to LGBT health. In addition to lecture-based training, the program provided an intensive advanced statistics course in quantitative data analysis as well as a hands-on opportunity to analyze LGBT population health data through completion of an individual research project. Using data from Ryerson’s *HIV Prevention Lab*, Tyler’s project explored the impact of sexual minority stress on foreign-born and Canadian-born gay and bisexual men living in Toronto. His findings indicated that being foreign-born served as a protective factor against anxiety for gay and bisexual men who had been exposed to antigay experiences.

In speaking about his experience at the Summer Institute, Tyler noted that it was a great opportunity for forming personal and professional connections that will be useful for future collaborations.

Recent Publications

- Morton Beiser** (2014). Personal and social sources of resilience among refugees. In L. Simich and L. Anderman (Eds.), *Refugee resettlement and mental health* (pp. 73-90). New York, NY: Springer.
- Kosha D. Bramesfeld & Arla Good** (in press). The game of social life: An assessment of a multidimensional poverty simulation. *Teaching Sociology*.
- Braun Janzen, T., Thompson, W. F., **Paolo Ammirante**, & Ranvaud, R. (2014). Timing skills and expertise: Discrete and continuous timed movements among musicians and athletes. *Frontiers in Psychology*, 5, 1482.
- Amy Brown-Bowers, Maria Gurevich, Alexander T. Vasilovsky, Stephanie Cosma, & Sarde Matti** (in press). Managed not missing: Young women's discourses of sexual desire within a postfeminist heterosexual marketplace. *Psychology of Women Quarterly*.
- Browne, D. T., **Sofia Puente-Duran**, Shlonsky, A., Thabane, L., & Verticchio, D. (in press). A randomized trial of wraparound facilitation versus usual child protection services. *Research on Social Work Practice*.
- Bonares, M., **Peter Egeto**, de Oliveira Manoel, A., Vesely, K., MacDonald, R., & Schweizer, T. (in press). Unruptured intracranial aneurysm treatment effects on cognitive function: A meta-analysis. *Journal of Neurosurgery*.
- Becky L. Choma**, Charlesford, J. J., Dalling, L., & Smith, K. (in press). Effects of viewing 9/11 footage on distress and Islamophobia: A temporally-expanded approach. *Journal of Applied Social Psychology*.
- Egan, S.J., Wade, T.D., Shafran, R., & **Martin M. Antony** (2014). *Cognitive-behavioral treatment of perfectionism*. New York, NY: Guilford Press.
- Alexandra J. Fiocco & Sasha Mallya** (2015). The importance of cultivating mindfulness for cognitive function and psychological wellbeing in late life. *Journal of Evidence-based Complementary and Alternative Medicine*, 20, 35-40.
- Skye Fitzpatrick & Janice R. Kuo** (2015). A comprehensive examination of delayed emotional recovery in borderline personality disorder. *Journal of Behavior Therapy and Experimental Psychiatry*, 47, 51-59.
- Sara N. Gallant & Lixia Yang** (2014). Positivity effect in source attributions of emotional and non-emotional information during item-based directed forgetting. *Frontiers in Psychology*, 5.
- Alasdair M. Goodwill** (2014). Where to next? Importance of directional considerations in offender geo-spatial sequential decision making. *Legal and Criminological Psychology*, 19, 218-220.
- Kirchberger, M. J., & **Frank A. Russo** (in press). Development and validation of the Adaptive Test for the Assessment of Music Perception. *Ear and Hearing*.
- Janice R. Kuo, Jennifer E. Khoury, Rebecca Metcalfe, Skye Fitzpatrick, & Alasdair Goodwill** (2015). An examination of the relationship between childhood emotional abuse and borderline personality disorder features: The role of difficulties with emotion regulation. *Child Abuse and Neglect*, 39, 147-155.
- Meredith H. Landy, Anne C. Wagner, Amy Brown-Bowers, & Candice M. Monson** (in press). Examining the evidence for Complex Posttraumatic Stress Disorder as a clinical diagnosis. *Journal of Aggression, Maltreatment and Trauma*.
- Leann K. Lapp & Julia Spaniol** (in press). Aging and self-discrepancy: Evidence for adaptive change across the lifespan. *Experimental Aging Research*.
- Danielle E. MacDonald, Dimitropoulos, G., Sarah Royal, Andrea Polanco, & Michelle M. Dionne** (2015). The Family Fat Talk Questionnaire: Development and psychometric properties of a measure of fat talk behaviors within the family context. *Body Image*, 12, 44-52.
- Emma MacDonald, Elizabeth Pawluk, Naomi Koerner, & Alasdair Goodwill** (2015). An examination of distress intolerance in undergraduate students high in symptoms of generalized anxiety disorder. *Cognitive Behaviour Therapy*, 44, 74-84.
- Sasha Mallya, Jessica Sutherland, Syb Pongracic, Brian J. Mainland, & Tisha J. Ornstein** (in press). The manifestation of anxiety disorders after traumatic brain injury: A review. *Journal of Neurotrauma*.
- McLean, C., **Stephen C. Want, & Benjamin J. Dyson** (in press). The role of similarity, sound, and awareness in the appreciation of visual artwork via motor simulation. *Cognition*.
- Karen Milligan, Jennifer E. Khoury, Benoit, D., & Leslie Atkinson** (in press). Maternal attachment and mind-mindedness: The role of emotional context. *Attachment and Human Development*.
- Jennifer E. Newman, Sonya G. Wanklyn, Ashley K. Ward, Nicole S. Cormier, & David M. Day** (in press). Developmental predictors distinguish sexual offending, violent offending, and versatile violent offending in adulthood. *Journal of Sexual Aggression*.
- Ogniewicz, A.S., Dugas, M.J., Langlois, F., Gosselin, P., & **Naomi Koerner** (2014). The Word-Sentence Association Paradigm for generalized anxiety disorder: Assessing interpretation bias. *Journal of Experimental Psychopathology*, 5, 457 - 476.
- Tisha J. Ornstein, Sagar, S., Max, J., Brian Mainland, Schachar, R.J., Levin, H.S., Ewing-Cobbs, L., Chapman, S.B., Dennis, M., Saunders, A.E., & Landis, J.** (2015). Neuropsychological profile of secondary attention-deficit/hyperactivity disorder in children and adolescents 6- and 12- months after traumatic brain injury. *Journal of Neuropsychology*.
- Meera Paleja, Todd A. Girard, Herdman, K. A., & Christensen, B. K.** (2014). Two distinct neural networks functionally connected to the human hippocampus during pattern separation tasks. *Brain and Cognition*, 92, 101-111.
- Price, J.L., MacDonald, H., Adair, K.C., **Naomi Koerner & Candice M. Monson** (in press). Changing beliefs about trauma: A qualitative study of cognitive processing therapy. *Behavioural and Cognitive Psychotherapy*.
- Nicole D. Pukay-Martin, Lindsay Torbit, Meredith S. H. Landy, Sonya G. Wanklyn, Philippe Schnaider, Jeanine E. M. Lane, & Candice M. Monson** (in press). An uncontrolled trial of a present-focused cognitive-behavioral conjoint therapy for posttraumatic stress disorder. *Journal of Clinical Psychology*.
- Philippe Schnaider, & Milosevic, I.** (in press). Habituation. In I. Milosevic & R. E. McCabe (Eds.), *Phobias: The psychology of irrational fear, an encyclopedia*. Santa Barbara, CA: ABC-CLIO.
- Sin, G. L., **Brian J. Mainland, Lee, J., Tisha J. Ornstein, Shulman, K. I., Herrmann, N.** (in press). Outcomes of cognitive fluctuations in dementia patients. *Journal of the American Geriatrics Society*.
- Julia Spaniol, Holly J. Bowen, Peter Wegier, & Grady, C. L.** (in press). Neural responses to monetary incentives in younger and older adults. *Brain Research*.
- Linda Truong & Lixia Yang** (in press). Dual mechanisms of cognitive control. In S. K. Whitbourne (Ed.), *The encyclopedia of adulthood and aging*. Hoboken, NJ: Wiley Blackwell.
- Tyler G. Tulloch, Natalie L. Stratton, Ing, S., Petrovic, B., & Trevor A. Hart.** (2014). HIV and sexually transmitted infections. In T. Hadjistavropoulos & H. D. Hadjistavropoulos (Eds.), *Fundamentals of health psychology*. Toronto, ON: Oxford University Press Canada.
- Anne C. Wagner, Ivanova, E. I., Trevor A. Hart, & Loutfy, M.R.** (2014). Examining the Traits-Desires-Intentions-Behavior (TDIB) model for fertility planning in women living with HIV in Ontario, Canada. *AIDS Patient Care and STDs*, 28, 594-601. doi: 10.1089/apc.2014.0075
- Wendland, B.E., **Leslie Atkinson, Steiner, M., Fleming, A.S., Pencharz, P., Moss, E., Gaudreau, H., Silveira, P.P., Arenovich, T., Matthews, S.G., Meaney, M.J., & Levitan, R.D.** (2014). Low maternal sensitivity at 6 months of age predicts higher BMI in 48 month old girls but not boys. *Appetite*, 82, 97-102.
- Andrea J. Wilkinson & Lixia Yang** (in press). Long-term maintenance of inhibition training effects in older adults: 1- and 3-year follow-up. *Journal of Gerontology, Series B: Psychological Sciences and Social Sciences*.
- Wilson, C., Marshall, Z., Flicker, S., McClelland, A., Vo, T., Nepveux, D., ... & **Trevor A. Hart.** (2014). Condoms and contradictions: Assessing sexual health knowledge in lesbian, gay, bisexual, trans, and queer youth labeled with intellectual disabilities. *Critical Disability Discourse*, 6, 107-139.
- Andrea A. Woznica, Colleen E. Carney, Janice R. Kuo, & Taryn G. Moss** (in press). The insomnia and suicide link: Toward an enhanced understanding of this relationship. *Sleep Medicine Reviews*.
- Dora Zalai, Sherman, M., Kelly McShane, Shapiro, C. M., & Colleen E. Carney** (2015). The importance of fatigue cognitions in chronic hepatitis C infection. *Journal of Psychosomatic Research*, 78, 193-198
- Dora Zalai, Gladanac, B., Shapiro, C. M.** (in press). Circadian sleep disorders. In H. Selsick (Ed), *Sleep disorders in psychiatric patients: A practical guide*. Berlin, Germany: Springer.

Note: This is a partial list. A full list of publications will appear in our 2014-2015 Annual Research and Achievement Report, due to be published in Fall 2015.

Ryerson Psychology @ Science Rendezvous 2015

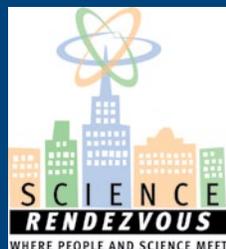
Join us at Yonge-Dundas Square for the 8th Annual Science Rendezvous – Canada’s national celebration of science.

This free public event includes exciting research, hands-on activities, displays, stage shows, and much more. It’s perfect for the whole family!

Visit the Psychology tent to meet professors, students and staff from Ryerson’s Psychology Department, and engage with the sights and sounds that Psychology has to offer.

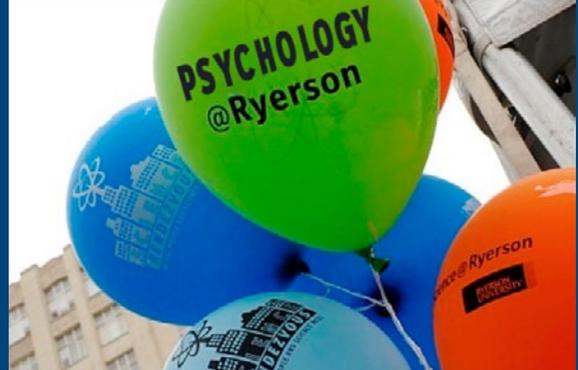
- Build your own neuron
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www.ryerson.ca/sciencere rendezvous



Honours Thesis Stream Update



Dr. Michelle Dionne
Honours Thesis
Coordinator

Our undergraduate thesis students are going “all out” collecting data for their projects. Some of the very interesting work that has been proposed this year includes **Nella’s Cautillo’s** thesis on how preschool-aged children use gossip to make decisions about whom to trust when learning new information. **Jessica Lima**

is comparing two different strategies (virtual reality exposure vs. progressive muscle relaxation) for the treatment of individuals with a fear of storms. **Loren Klein** is using what we know about risk factors for sexual reoffending to determine if this generalizes to undetected sexual offenders – those who have come to the attention of treatment services through admission or referral, but who have never been

charged with a sexual offense. **Melissa Edwards** is investigating the impact of *Integra’s Mindfulness Martial Arts*, an innovative treatment that applies mindfulness and cognitive therapy strategies in the context of mixed martial arts training (which includes Aikido and Judo), on attention and impulse control in adolescents with learning disabilities and attention deficit hyperactivity disorder (ADHD). There are many more interesting projects that are just too numerous to list! To see how these and other studies turn out, join us for our poster session in April.

Undergraduate Thesis Poster Day: In what is always a fun and informative event, thesis students will present the results of their research at our *6th Annual Undergraduate Thesis Poster Day, Friday, April 10, 2015*. The session will be held on the 2nd floor of the Psychology Research and Training Centre (105 Bond St.), 10:30am – noon. All are welcome.



Last year’s honours thesis class at the 2014 Undergraduate Thesis Poster day!

QUESTIONS & COMMENTS

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

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Undergraduate Thesis Poster Day

Please join us for the 2014-2015 Undergraduate **Thesis Poster Day** on Friday, April 10, 2015 from 10:30 a.m. - 12:00 p.m. in the Psychology Research & Training Centre (PRTC), 2nd Floor.

This annual event is the opportunity for our 4th year Thesis students to showcase their research findings from their thesis courses, PSY961 and PSY971. Light refreshments will be available while you mingle and chat about research. For more information about our undergraduate honours thesis stream, please visit our website.

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