A Letter from the DCT

By Dr. Sara Jordan

Greetings, Alumni!

Welcome to the inaugural issue of Progress Notes, a newsletter designed specifically for USM Clinical Psychology Doctoral Program graduates. We hope to use this newsletter as a means of helping you remain connected to your alma mater. In July 2015, I stepped into the role of DCT. As you may already know, over the past several years, we have seen a number of changes in the face of our program faculty, with Dr. David Marcus (david.marcus@wsu.edu) moving on to serve as DCT, and now Chair, of the Department of Psychology at Washington State University. Dr. Tammy Barry (tammy.barry@wsu.edu) and Dr. Chris Barry (chris.barry@wsu.edu) also moved on to Washington State University for the 2015-16 academic year, where Tammy is now serving as the DCT. Long-time faculty member, Dr. Mitchell Berman (mberman@psychology.msstate.edu), is now serving as Department Head at Mississippi State University. We certainly wish our colleagues and your mentors well in their new positions, and they are dearly missed. I encourage you to read on to learn more about recent happenings in our program and to meet our new faculty.

I am happy to report that in Summer 2015, our American Psychological Association accreditation was renewed for the maximum period of 7 years. Our program remains strong with a firm commitment to teaching and promoting scientifically grounded, evidence-based approaches to mental health concerns. I invite you to keep in touch with us by providing your current email address so that we can add you to our Alumni Listserv.
Taking Action in Our Community

By Lovina Bater

In fall of 2013, a set of students created a philanthropic group, entitled the Clinical Psychology Graduate Student Organization (CPGSO), as part of their ethics course. Originally, the purpose of CPGSO was to provide assistance to individuals in the community with mental health needs by raising funds to enable them to receive the services they need through the USM Psychology Clinic.

To accomplish this, members of CPGSO have worked on numerous fundraisers that have given us the financial capability to provide many underprivileged clients with the mental health help they need.

In February of 2016, CPGSO hosted the second annual Puppy Love fundraiser in which members of the campus community gave donations to play with puppies (provided by Southern Pines Animal Shelter). Not only did we raise enough money to provide therapeutic support to several clients, we also donated a portion of the proceeds to Southern Pines Animal Shelter and increased on-campus awareness of our organization and the USM Psychology Clinic.

Last fall, CPGSO hosted the inaugural Spooky Scavenger Hunt in the USM Psychology Clinic. This year, the clinic will again be transformed into a haunted treasure hunt in which children (for a small donation) hunted down clues and won prizes. We are excited to continue this event this coming fall.

Another objective of CPGSO is to provide information and spread awareness about mental health and our organization within the community. To accomplish this goal, CPGSO has volunteered to manage booths at different USM festivals, as well as events through the local chapter of the National Alliance on Mental Illness (NAMI). At these events, CPGSO provides attendees with helpful facts about mental health, the USM Psychology Clinic, and our organization.

Finally, CPGSO aims to provide personal and professional development and support amongst its members. Through panels with upper-year students, less experienced students can ask questions and receive advice on topics such as externship placements and internship application preparation. These opportunities allow students to be prepared for milestones within the program and foster a sense of unity amongst all of the clinical psychology students. Additionally, in spring 2016, CPGSO provided $500 to support student travel to scientific conferences. This fall, CPGSO funded several students’ registration for the Association for Behavioral and Cognitive Therapies (ABCT) conference in New York City.

Since its inception, CPGSO has worked diligently to do wonderful things for clients in need within our community and to provide CPGSO members with additional support to succeed in this program. With the assistance of our current and former faculty, staff, and students, we can continue to develop this organization into a tool for change on campus and beyond.

For more information, please visit [facebook.com/cpgso](http://facebook.com/cpgso) or email CPGSO president Laura Hansen at [laura.hansen@usm.edu](mailto:laura.hansen@usm.edu).
In 2002, Dr. Mitchell Berman had a vision to establish a fund with the USM Foundation, the 501(c)3 nonprofit arm of the university. This fund was designed to benefit the Clinical Psychology Doctoral Program. In 2004, I joined him in this effort and the Clinical Psychology Development Fund was born.

Since 2004, your Clinical Program faculty and staff have collectively contributed to this fund, with many years seeing 100% participation. The purpose of the fund is to provide a mechanism to fund clinical psychology development activities for which funds are not otherwise available through the university. These funds may be used to offset expenses related to faculty or student recruitment, research, travel, scholarship, training, supplies, equipment, student tuition, fundraising, and upgrading of physical facilities. For example, over the past 11 years, we have spent $14,544.52 and approved 111 requests for student travel to present research at conferences.

As you can see from the pie chart, students also benefit from occasional pizza parties and annual receipt of a Clinical Psychology program t-shirt. Many of our alumni over the past 10 years have benefited in some way from faculty contributions to this fund. We would like to grow this fund to permit better support of student research and travel. While expenses continue to rise, graduate assistantships remain stagnant and levels of university support have declined in recent years. We would ask that you consider making a one-time or annual donation to our USM Foundation fund. Further details on how to do this can be found on p. 8, or by clicking here and designating that your gift go to “#1536 Clinical Psychology Development Fund”.

Use of Foundation Funds since 2004

- Student Travel 8%
- Student Food/parties 6%
- Student T-shirts 11%
- Student Research 12%
- Other (Lab Renovations) 63%

Each year, every student in the program is permitted to apply for and receive up to $150 in reimbursed travel expenses. We feel this is an important professional development activity that is worth investing in. Every student in the program is also able to apply for up to $250 toward thesis or dissertation research expenses.
Spotlight on Outstanding Alumni

Dr. Katie Payne ’11

Dr. Katie Payne obtained her Ph.D. in Clinical Psychology from the University of Southern Mississippi (USM) in 2011 under the mentorship of Dr. David Marcus. She completed her pre-doctoral internship training at Gulf Coast Veterans Health Care System, an APA accredited internship program in Biloxi, MS, where she subsequently accepted a staff position. Dr. Payne initially obtained the Clinical Psychologist position at the Blind Rehabilitation Center before acquiring her a position as the Clinical Psychologist, Team Lead for the Post-traumatic stress disorder (PTSD) Intensive Outpatient Program (IOP), which is part of the Psychosocial Rehabilitation Residential Treatment Program (PRRTP) in the spring of 2012.

Dr. Payne’s clinical work has focused on providing psychological services to veterans with combat, military related, and military sexual trauma. Using evidence-based treatments such as cognitive-behavioral therapy (CBT), Prolonged Exposure, and Dialectical Behavior therapy, Dr. Payne has facilitated group therapy sessions and provides individual psychotherapy.

Dr. Payne has also served as the Practicum Coordinator for the Gulf Coast VA Psychology Training Program, supervising both pre-doctoral interns and externs from area universities. In addition to her day-to-day responsibilities, Dr. Payne has developed a new approach to the admission process to increase the number of veterans seen within the program, while maintaining the use of efficacious treatments.

When asked about the USM Clinical Psychology program, Dr. Payne praised the accessibility of the professors, as well as the interview process for incoming students. Since her time at USM, Dr. Payne has achieved a number of notable accomplishments. She became licensed to practice independently three months following internship, was elected as Practicum Coordinator, thereby being appointed to the training program’s Steering Committee, and was detailed to the Acting Assistant Program Manager of the PRRTP.

Dr. C. Brendan Clark ’11

Dr. C Brendan Clark obtained his Ph.D. in Clinical Psychology from the University of Southern Mississippi (USM) in 2011 under the mentorship of Dr. Brad Green. Originally from Michigan, he obtained his Bachelor’s degree from Aquinas College in Grand Rapids, MI before beginning at USM. Dr. Clark went on to complete an APA-accredited pre-doctoral internship at the Gulf Coast Veterans Health Care System in nearby Biloxi, MS. Subsequent to completing his pre-doctoral internship, he secured a research fellowship focusing on addiction at the University of Alabama at Birmingham (UAB). From August 2013 until summer 2015, Dr. Clark worked as an Assistant Professor in the UAB Department of Psychiatry. In fall of 2015, Dr. Clark began a position as an assistant professor of psychology at Wichita State University. His current research interests include the impact of family dysfunction on criminal justice involvement and the impact of mental illness on perceptions of fairness and trust. Dr. Clark has published a number of studies in peer-reviewed journals such as The Journal of Substance Abuse Treatment, Journal of Addiction Medicine, and Crisis: The Journal of Crisis Intervention and Suicide Prevention.

When asked about his favorite thing during his time at USM, Dr. Clark said sending his classmates off to internship his fourth year was his favorite thing, stating that “it was one of the few times that goodbye felt alright because people were moving on to do what they had been working so hard for” and that “it was exciting to see all that work and personal growth culminate in such a positive ending.” In his spare time, Dr. Clark enjoys reading (currently, his favorite subject is science fiction), fishing, and yearly visits to his brother who lives in Europe.
Meet the Anestis

By Laura K. Hansen and Keyne Law

Dr. Michael D. Anestis joined the USM clinical psychology faculty as an assistant professor in fall of 2012. He received his doctoral training at Florida State University under the supervision of Dr. Thomas Joiner, creator of the Interpersonal-Psychological Theory of Suicidal Behavior. Dr. Anestis then completed his internship at the University of Mississippi Medical Center under the supervision of Dr. Matthew Tull, as well as a post-doctoral fellowship at the Military Suicide Research Consortium.

Since arriving at USM, Dr. Anestis has distinguished himself in a variety of ways. In recognition of his outstanding accomplishments as a junior faculty member, Dr. Anestis received the Nina Bell Suggs endowed professorship in 2014. In addition, Dr. Anestis has received a number of awards through the College of Education and Psychology, received the Association of Behavioral and Cognitive Therapies' President's New Researcher Award, and was designated a 2015 Rising Star by the Association for Psychological Science. Through the Suicide and Emotion Dysregulation Lab, Dr. Anestis and his graduate students examine the nature and risk factors for suicidal behavior and the effects of emotional and behavioral dysregulation. In addition to his extensive publication history, Dr. Anestis recently served as co-editor for an edition of International Journal of Cognitive Therapy, and was the program chair for the 2015 American Association of Suicidology Annual Conference. In his short time at USM, Dr. Anestis has made significant contributions to every aspect of our program, from research achievement to student success, in addition to serving as Chair of Clinical Admissions.

Dr. Joyce C. Anestis joined the USM faculty as an assistant professor in fall of 2014 after serving as a visiting professor. She completed her doctorate at Florida State University under the supervision of Dr. Joyce Carbonell and completed her pre-doctoral internship at the Minneapolis Veterans Affairs Healthcare System. After joining the USM faculty as a visiting assistant professor in 2012, Dr. Anestis became an assistant professor in 2014. Her research focuses on externalizing behaviors and disorders in adults and the use of personality assessment to improve mental health treatment access and outcomes. Along with Dr. Nora Charles, she recently received awards from both USM and the Society for the Science of Clinical Psychology to fund a project evaluating the effectiveness of Dialectical Behavior Therapy with a sample of at-risk youth. In addition to her research accomplishments, she serves in leadership roles in both the Society for the Science of Clinical Psychology and the Association for Behavioral and Cognitive Therapies and is the Externship Coordinator for the clinical psychology program. Dr. Anestis' knowledge and expertise of innovative treatments and assessment techniques has been invaluable to the USM clinical psychology program.

Dr. Michael Anestis and Dr. Joyce Anestis have collaborated on a variety of projects, including co-founding the Psychotherapy Brown Bag (http://www.psychotherapybrownbag.com/), which aims to communicate new information and foster intellectual conversations about research topics in clinical psychology in an informal setting.

The Anestis have been married since 2007. They have two children, Jonah (age 6) and Mary (age 2).
Welcome New Faculty

By Laura K. Hansen

In Fall 2015, the USM Clinical Psychology program welcomed three new tenure-track faculty members: Nora Charles (pictured at left), Dan Capron (pictured in middle), and Stephanie Smith (pictured at right).

Dr. Nora Charles completed her doctoral training at Texas A&M University and her internship in adult psychology and substance abuse at the Ulster County Department of Mental Health in Kingston, NY. She came to USM after completing a postdoctoral fellowship in child and adolescent psychology and substance abuse in the Department of Psychiatry at the School of Medicine in the University of Texas Health Science Center in San Antonio, TX. Since her arrival, Dr. Charles’ Youth Substance Use and Risky Behavior Lab has initiated a variety of projects, both on- and off-campus. She has pursued a number of partnerships within the Hattiesburg community, including collaborating with Forrest County Youth Drug Court to conduct an evaluation of individual, family, and program factors that relate to compliance with probation among juvenile drug offenders. She also works with Mississippi Youth Challenge Academy, a local boot camp for at-risk adolescents who have not been successful in traditional school/community settings. Additionally, she recently submitted a grant to fund an external clinical placement to treat juvenile sex offenders through the Twelfth Judicial Circuit Court District of Forrest and Perry counties. Dr. Charles affirmed her commitment to develop new programs and resources in the Hattiesburg community, saying, “Ultimately, I’d like to feel that my research has an impact both in the scholarly arena and on the services available in the community in which I live.” Dr. Charles received the Early Career Research Award from the Southeastern Psychological Association in March 2016 for her work identifying risk factors that can predict substance use patterns during adolescence longitudinally. She has also been awarded two grants since joining the faculty at USM: Dr. Charles collaborated with Dr. Joye Anestis to receive the Society for a Science of Clinical Psychology Varda Shoham Clinical Science Training Initiative Grant and a Proposal Development Grant from USM’s Vice President for Research. These awards will be used to fund a training workshop on Dialectical Behavior Therapy for the clinical psychology doctoral program in fall 2016 and a study of the effectiveness and acceptability of integrating Dialectical Behavioral Therapy for Adolescents into the Mississippi Youth Challenge Program.

In her short tenure at USM, Dr. Charles has mentored six undergraduate students. She is currently chairing an undergraduate honors thesis and mentoring a McNair scholar who is completing a research project in her lab. “It has been really rewarding to work with talented, motivated undergraduates,” Dr. Charles commented. “I have enjoyed being able to teach students not just about research and my specific topics of interest, but about the field in general.” She welcomed her first graduate student in fall 2016.

“I’d like to feel that my research has an impact both in the scholarly arena and on the services available in the community in which I live.”

~Dr. Charles

Dr. Dan Capron earned his doctorate from Florida State University in 2015 following a pre-doctoral internship at the University of Mississippi Medical Center Consortium. In his young career, Dr. Capron has published over 30 peer-reviewed articles, presented over 20 talks at national and international conferences, and received research funding from the National Institute of Mental Health. His Anxiety and Trauma Research Lab is currently pioneering several projects, including investigating the use of a computerized program to treat anxiety symptoms and post-traumatic stress disorder (PTSD), as well as reduce suicide risk factors. He is also collaborating with other professors in the psychology department to use a novel virtual reality paradigm to test anxiety reactions.

When asked about his goals for the next five years, Dr. Capron indicated that he would like to obtain external funding for research on risk factors for PTSD and suicide in the military. “Mike Anestis has really put USM on the map for suicide research,” he said, “and I would like to help him continue to grow that research area.” Dr. Capron was drawn to the “untapped potential” he perceived in the psychology department, the university, and the state. “Resources are scarce,” he stated, “but... if we do high impact work, more resources will start to flow in and the program will get the national recognition that I think it deserves.” Continued on next page
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**Dr. Stephanie Smith** arrived to the USM Clinical Psychology Program following a prestigious post-doctoral T32 research fellowship at the Yale School of Medicine, Child Study Center. She completed her doctoral training at the Florida State University before finishing her pre-doctoral internship at the Children’s Hospitals and Clinics of Minnesota. Like Dr. Capron, Dr. Smith’s focus for the next few years is to obtain large-scale funding for research projects through her [Childhood Neuropsychiatric Disorders and Electrophysiology lab](#). In particular, she wants to secure grants to build technology to support teacher implementation of evidence-based practices in schools and to support the dissemination of an intervention designed to target planning and organizational skills (executive function deficits) of college-aged students.

Dr. Smith is also collaborating extensively with prominent researchers on a variety of projects, including an investigation of the neural correlates of rumination to anger and sadness and a meta-analysis examining the overall impact of the Good Behavior Game on disruptive behaviors, prosocial behaviors, and academic outcomes among boys and girls in elementary school. She is also preparing for publication data collected through her [NARSAD Young Investigators Grant](#) examining the effects of an [Integrated Brain, Body, and Social (IBBS)](#) intervention on neural markers of inhibitory and attentional control in children with ADHD. “I love the collaborative nature of this department as well as teaching and working with the clinical psychology graduate students,” Dr. Smith said when asked what she has liked most about her first year at USM. “I felt immediately welcomed to the clinical psychology program and I have enjoyed every minute.”

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**Retirement**

**Dr. Bob Lyman** recently retired at the end of June 2016. Dr. Lyman joined the USM faculty in 2008 and served as Provost from 2008 to 2011. He has also served as the psychology professor for the USM British Studies Program, teaching *The Science and Practice of Clinical Psychology in the UK and USA* during the summer semester in London.

Prior to coming to USM, Dr. Lyman served as the Dean of the College of Arts and Sciences at Appalachian State University and as Dean of the School of Arts and Letters at North Georgia College and State University. However, Dr. Lyman spent the majority of his career as a clinical psychology faculty member at the University of Alabama, where he served for over 25 years, including a term as Chair of the Psychology Department. You may not know this, but Dr. Lyman actually chaired Dr. Tammy Barry’s dissertation.

We are grateful for Dr. Lyman’s service to our program. His wisdom and wit will be greatly missed. Dr. Lyman will retire to his primary residence in Tuscaloosa, AL, where he lives with his wife.
Saying Goodbye to the Barrys
By Laura K. Hansen

In July 2015, Drs. Chris and Tammy Barry left the USM clinical psychology program to pursue new opportunities at Washington State University. Both have had a significant impact on the program, and their legacy will live on at USM for years to come.

Tammy and Chris began as assistant professors at USM in August 2004, and by 2010 both had been promoted to associate professors. Combined, they mentored over 30 doctoral students while at USM.

Tammy’s Child Externalizing Behaviors lab was prolific during her entire tenure at USM. During her 11 years as a professor at USM, Tammy published in 13 peer reviewed journals, authored or edited 3 books, authored or co-authored 20 book chapters, and presented countless posters at conferences around the world. In addition to being a professor and mentor, in 2011, Tammy became the Director of Clinical Training for the USM clinical psychology program. Under her leadership, the program flourished and continued to grow and improve.

Additionally, Tammy served on 19 different university committees, helping the entire USM community improve and progress.

Chris Barry’s Youth and Personality Behavior Lab also produced an astounding amount of research. Chris developed a connect to the Mississippi Youth Challenge program at nearby Camp Shelby, allowing him and his students access to a heterogeneous sample of adolescents, many with behavioral and emotional issues. During his tenure at USM, Chris authored or co-authored two books, 10 book chapters, more than 20 peer-reviewed journal articles, and nearly 100 posters and conference presentations. In addition to being an associate professor, he has served the university in a variety of capacities, such as chairing the clinical psychology admissions committee and serving as the undergraduate coordinator for the department of psychology.

The influence that both Tammy and Chris have had on the clinical psychology program at USM cannot be overstated. Tammy, Chris, and their 13-year-old son Andersen are enjoying their new life in eastern Washington State.
Individuals who give gifts that fall within a gift club will be recognized in the next edition of *Progress Notes*. If you would prefer to give anonymously, please denote that when you give your gift. The USM Foundation is a 501(c)(3) nonprofit organization. Gifts are tax-deductible to the extent of current IRS regulations.

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