

# THE PSYCHE

## GREETINGS FROM THE CHAIR

Hello again, alumni and friends! Since our last newsletter, quite a bit has happened at Kent State. If you haven't already heard, we just hired a new president, Dr. Lester A. Lefton, who was senior vice president for academic affairs and provost at Tulane University. We're not only excited by his enthusiasm to promote Kent State throughout the country, but we're particularly thrilled by the fact that Dr. Lefton's background is academic and research-oriented. In fact, he began his career as a cognitive psychologist and even has threatened to teach a large section of introductory psychology!

On a more local front, we also hired a new clinical faculty member, Dr. Dan Neal, who will be joining us in the fall. We will introduce you to Dan more intimately in an upcoming issue of PSYCHE.

I hope you enjoy this edition of PSYCHE. Highlights include the celebration of Hal Page's memory, who many of you knew when you were students here, as well as our coverage of the first Jeanette Reuter Awards Banquet — the Reuters attended and graduate students from the psychology department were honored as well.

On behalf of the department, I hope you all had a safe and happy summer! And as always, please keep in touch.

*Jan Crowther*



*Jan Crowther*

## APPLIED PSYCHOLOGY CENTER CELEBRATES 20 YEARS

The Applied Psychology Center (APC) is celebrating its 20th year at Kent State, and with the dedicated guidance of its director, Dr. Stevan Hobfoll (see inset), it has met the challenge of promoting applied research that has social relevance and a positive impact on our community. To do so, the Applied Psychology Center has fostered applied research through the development of multiple programs aimed at connecting faculty and students with the larger community of scholars and leaders interested in applied issues.

One marquee activity supported by the Applied Psychology Center is the Kent Psychology Forum, which involves holding "think tanks" on topics with social relevance. International experts convene at Kent State for in-depth interactions with professionals from our community. Topics previously covered include "Forensic Psychological Assessment," "Latino Children and Families" and "Family and Cultural Factors in Eating Disorders." Most recently, Dr. Angela Neal-Barnett organized a forum on "Identity, Discrimination and Well-Being." Importantly, the knowledge and advances that arise from these events are not just sequestered at Kent Hall, but they are also shared with the larger community through the publication of edited volumes that showcase the advances made during each forum.

More locally, Dr. Hobfoll's ongoing efforts to establish working relationships with research-oriented hospitals, such as the nationally respected SUMMA Health System, have paved the way for our faculty and students to conduct applied research that can have an immediate impact on our community. By fostering interactions with the community, the Applied Psychology



*Friendly welcome from the Applied Psychology Center: Kathleen Floody, Stevan Hobfoll (Director), and J.T. Gaumer*

Center has been well ahead of its time and has positioned the psychology department to be highly competitive for research funds. Doing so is essential given the current climate where federal funding agencies are seeking to minimize support for basic research in favor of applied research. In the past 20 years, the Applied Psychology Center has fostered funded research that attempts to resolve some of the most important social problems that face our world today. A smattering of topics covered include research to understand key issues surrounding AIDs and HIV, coping with chronic illness, psychosocial factors in heart disease, primary and secondary education, eating disorders, biological aspects of post-traumatic stress disorder, eyewitness testimony in children and terrorism.

All of these activities have culminated in a major benefit to the Kent State psychology community. In the past year alone, the Applied Psychology Center has been vital in helping our psychology faculty garner over \$3 million in funding! With this success, the Applied Psychology Center will surely continue to play an essential role for Kent State psychology well into the future.

To find out more about the Applied Psychology Center and its upcoming events, visit <http://dept.kent.edu/psychology/APC/apc.htm>.



*Left to right, standing: Dr. T.N. Bhargava, Sarah Ostrowski, Amanda Lipko and President Emeritus Dr. Carol A. Cartwright; Sitting: Louis and Jeanette Reuter.  
Photograph by Gary Harwood*

## JEANETTE AND LOUIS REUTER GRADUATE FELLOWSHIP IN DEVELOPMENTAL SCIENCE

In 1965, Dr. Jeanette Reuter joined the psychology faculty at Kent State University. Jeanette was intrigued by early child development, and in particular, she sought to develop devices to measure norms of development across childhood. She developed the popular Kent Infant Development Scale, and along with her husband Louis Reuter — who was a close partner in her research activities — they continued to refine the instrument and enhance its applicability to different cultures. Through their partnership, they have seen the scale become widely used internationally.

Beyond research, Jeanette received a KSU Alumni Award as a Distinguished Teacher, a Kent State President's Medal, and in 1990, she received a Lifetime Achievement Award from Ohio Women in Psychology. Although she retired from the faculty in 1988, her dedication to research and developmental science will continue to have a positive impact on the intellectual culture at Kent State. In particular, Jeanette and Louis have endowed a graduate fellowship program through the KSU Foundation to fund students who are conducting cutting-edge research in human developmental sciences. This fellowship will support doctoral students who are conducting research on human development, and it will cover key aspects of individual development, including its relation to biological, sociological and cultural contexts. Students who are awarded this fellowship receive full support for two semesters of their doctoral research, which frees them from other activities so they can focus on their research.

We are happy to announce that Amanda Lipko and Sarah Ostrowski, both graduate students in the psychology

department, were the first recipients of the Reuter Fellowship. Besides drawing the attention of President Emeritus Dr. Carol A. Cartwright, the inaugural banquet for presenting this prestigious award also was attended by Jeanette and Louis (see inset). Certainly, Kent State University and the psychology department are indebted to their generosity and commitment to supporting excellence in graduate education.

## WHAT'S UP DOC?

If you've been in Kent Hall anytime over the past 37 years, then chances are good you've run into Dr. Ben Newberry. Ben graduated from University of Wisconsin-Madison in 1969, and he has been actively involved in the development of the department ever since.

Famous for his energy and gift for volume, Ben has consistently made an A+ impact with his teaching and student advising. Although he admits that teaching comes naturally and that he especially enjoys jumping around and screaming at students about things they need to know, the key to his success involves careful preparation. His motto: "First prepare, then jump around." All of his preparation has not only endeared him to countless students, but in 1992, his efforts in the classroom were recognized by the KSU Alumni Association and KSU Foundation with the Distinguished Teaching Award.

Ben's passion for advising arose from his observations that advice students receive can be way off the mark. "Sometimes the advice was almost criminally rotten," remarks Ben. "So I decided that students who came to me would get what they needed no matter how much time that took." Not only does he diligently help students work through the typical bureaucracy of navigating the complex

Kent State system, but he has developed several advising documents to guide students on how to capitalize on their psychology major. This dedication to our students landed him the Outstanding Advising Award in 2005 from the National Academic Advising Association.

Throughout his career, Ben's interest in research has focused on a quite surprising result. Namely, stress in life does not always promote illness and does not always depress the immune system. In fact, stress could actually have a positive influence on some disorders (such as Type 1 diabetes, asthma and septic shock), and stress hormones often are used as treatments for them. Thus, even though stress often has detrimental effects, Ben continues to be intrigued by the potential positive effects and the causal relations between stress and health outcomes.



*Ben Newberry mentoring senior undergraduate, Ericka Schmitt, on her honor's thesis.*

To end on a personal note, we asked Ben what his preferences are on a couple of life's key dimensions. Here's what he had to say: Advising or Teaching? Ben (after a long grumble): "Honestly, it's a draw." Classical or Rock? Ben: "Classical." Dogs or Cats? Ben: "Dogs. Indifferent to



*Hal Page's watercolor of the Old Kent Train Terminal*

cats but don't mind having them around." Single malt or Blend? Ben: "Single. And I'm partial to Glenlivet in particular." Ben definitely has good taste.

**RESEARCH ROUNDS**  
*DR. DELAHANTY'S ATTACK ON POST-TRAUMATIC STRESS DISORDER*

Almost everyone encounters stressful situations from time to time, such as getting pulled over by a police officer or forgetting to bring your lunch to work. In fact, many of us are "stressed out" on a weekly — sometimes daily — basis. Beyond these minor annoyances, however, many people are less fortunate and fall prey to much larger stressors — getting caught in an auto accident, witnessing a fatal crime or going to war, among many others. Not only can the immediate impact of these stressors be devastating, they also can have long-lasting effects by causing post-traumatic stress disorder (PTSD). PTSD has dire consequences, which can include sleepless nights, severe depression and difficulties in effectively handling day-to-day activities.



*Dr. Doug Delahanty*

Given the prevalence and negative impact of PTSD on our society, Dr. Doug Delahanty has developed an ambitious program of research aimed at attacking some of the key problems in the area. One problem involves predicting who will develop PTSD after a traumatic event,

because doing so will provide insights into how to treat PTSD. In a study recently published in the Journal of Anxiety Disorders, Doug and his colleagues followed people who had been in a car accident to determine who would later develop PTSD. Surprisingly, the severity of the car accident was not the most critical factor. Instead, they found that people who had elevated levels of cortisol — a hormone that is produced when people are stressed — was an important risk factor for developing PTSD a month after the accident. This basic research has subsequently led Doug and his research team to investigate the possibility of preventing PTSD through cortisol treatments.

Since Doug joined the Kent State faculty in 1997, his research on PTSD has consistently received large grants at both the state and federal level. The federal grants, which have been awarded by the National Institute of Mental Health, will help ensure that Doug and his collaborators, which include numerous experimental and clinical graduate students, are capable of completing this demanding, yet critical research well into the future. Although Doug does not foresee a magic pill for preventing this debilitating mental disorder in the near future, it's evident that his research is providing important advances toward such prevention.

**HAL PAGE: AN EDUCATOR, PIONEER AND ARTIST**

Recently, we paid tribute to Hal Page, who was one of the early leaders of our department. After receiving his doctorate from Penn State in 1951, Hal made some pit stops on his way to Kent State, including serving as a staff psychologist

at a VA Hospital in Maryland and taking positions at University of Wisconsin-Madison and Temple University. In 1962, Hal was attracted to our department and given the challenge to develop a doctoral program. For 18 years, he worked diligently as the director of clinical training, and his hard work produced several successful training grants, increased student enrollment and, perhaps most important, helped to secure accreditation for the clinical training program. By laying the foundations for a strong clinical program, Hal's pioneering work for the department was essential in our continued growth towards both national and international visibility.

Beyond his success with clinical training, Hal also was consistently involved in important services for the department. He served on many (and we should repeat, many) thesis and dissertation committees. He was active outside of our department as well — he helped establish the KSU student counseling center and was a charter member of the Portage County Board of Mental Health.

Many of you will remember Hal fondly for his dedication to our department, but you may not know that he also enjoyed painting. During our building celebration (see the last PSYCHE for details), Jane Page was kind enough to loan the department one of his watercolors. It was so stunning (see above) that we did not want to give it back. So, after our building celebration, his artwork was copied and now has a permanent residence in the Psychology Clinic. If you are ever in the neighborhood to say hello, make sure you stop by to admire Hal's work. For all of these reasons, Hal Page — an educator, pioneer and artist — will always be remembered at Kent State and his contribution to our department will continue to be felt for years to come.

# THE PSYCHIE

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## IN THE LOOP

*In each newsletter, we are going to dedicate a section to alumni so that you can renew contacts and keep in touch with fellow graduates of Kent State psychology. In The Loop will include snippets about the whereabouts and dealings of alumni and will occasionally showcase an individual who has contributed significantly to the community or field of psychology. To make In the*

*Loop work, we'll need your help. Don't be bashful! Please share your current information with us, such as where you've been working or where you've retired and any other tidbit that you would like to share with fellow alumni. Send your information to the newsletter editor, Dr. John Dunlosky, at [jdunlosk@kent.edu](mailto:jdunlosk@kent.edu) or Department of Psychology, Kent State University, PO Box 5190, Kent, OH, 44242-0001, and we'll make sure to get you back In The Loop.*