



APA 118th Annual Convention

August 12-15

SAN DIEGO 2010

Various Faces of Health Psychology

Chairs:

Regan A. R. Gurung & Angie Roethel Wendorf

Panel:

Lisa Terre

Traci Mann

Linda Luecken

Marilyn Stern

August 2010

American Psychological Association





Regan A. R. Gurung

- Rosenberg Professor of Human Development & Psychology
- Univ. of Wisconsin-Green Bay
- B.A: Psych (Carleton College)
- Ph.D: Soc/Per Psych (U Wash.)
- Postdoc: Health Psych (UCLA)
- Chair Education & Training Council (Div 38: Health Psych)
- President-Elect (Div. 2: Society for Teaching)
- Fellow: APA (Div 2.) and APS

Angie Roethel Wendorf

- Department of Psychology
- University of Milwaukee
- B.A: Psychology (UW-Green Bay)
- Ph.D: Psychology (UW-Milwaukee)
- Postdoc: (anticipated)
- Career goals:
- Member Education & Training Council (Div 38)
- *Research:*





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Lisa Terre, PhD

- Degree: PhD Clinical Psychology
- Current Affiliation: University of Missouri-Kansas City
- Research Interests
 - Clinical Health Psychology, especially promotion of healthy eating and exercise habits





Considering Health Psychology

- 1) At the Undergraduate Level
 - Enroll in health- relevant courses offered by a variety of disciplines (e.g., biology, public health, economics)
 - Become active on a health-focused research team
 - Join (or develop) a health psych interest group
- 2) At the Graduate Level
 - Take advantage of diverse practicum opportunities in multidisciplinary settings
 - Acquire a broad repertoire of professional skills





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Traci Mann



Associate Professor

Department of Psychology

University of Minnesota

B.A: Math and Psychology (U.Va)

Ph.D: Psychology (Stanford)

Research: Self-Control, Behavior Change





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Academic Social/Health Psychologist

- Rebelled by studying health psychology
- Trained to be an experimental social psychologist
- Post-Doc: UCLA HIV Research Training Program

- **Daily Activities: Teaching/Research**
 - In class 2-4 hours per week
 - Most of the time: In lab working with RAs and grad students
 - Frequently: Alone in office writing, analyzing data

- **Problem: Who are my people?**
 - Social psychologists think I am too applied
 - Health psychologists think I am too basic
 - I am not Clinical



Linda J. Luecken, Ph.D



Associate Professor, Department of Psychology, Arizona State University

Education & Training

Undergraduate: B.S. in Business & Chemistry, Ohio State University

Graduate: M.A. in Experimental Psychology, UNC Chapel Hill; Ph.D. in Clinical Psychology, Duke University (primary training at Behavioral Medicine Research Center and Duke University Hospital)

Internship: Veterans Administration Hospital, Memphis, TN

Postdoctoral Training: Dept. of Psychology, The University of Vermont (2 years - worked on an intervention study for women with breast cancer)



Research interests:

Linda J. Luecken, Ph.D

Social, developmental, and cognitive influences on stress, coping, and physical health.

Primary areas of focus include women's and infants' health, and the influence of childhood adversity on physiological stress responses and health in adulthood.

Primary Activities

- Research \approx 60%
- Teaching and mentoring \approx 30% (e.g., undergraduate Health Psychology; graduate Clinical Practicum; mentor graduate students)
- Administrative duties \approx 10% (committees, etc)





A Sample of Current Research Projects:

- *Family Bereavement Program*: Long-term follow-up of health benefits of early intervention for parentally-bereaved children.
- *Parent and Youth Study*: Longitudinal study of father-child relationships and their impact on child health and well-being.
- *Proyecto de las Madres Nuevas*: Effects of postpartum depression on health of low income Mexican American women and infants.

Advice?

- Get broad training in physiology & neurosciences
- Take advanced statistical and methodological courses
- Seek placements in hospitals or clinics for applied training





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Marilyn Stern, PhD.

**Professor, Departments of
Psychology & Pediatrics
Co-Director, Counseling Psychology
Virginia Commonwealth University
Richmond, Virginia**



**Ph.D. from the University at Buffalo 1984; Counseling Psychology
Health psychology post-doctoral fellowship in at Roswell Park Cancer
Institute; Primarily in Adolescent Psycho-oncology
University at Albany until 2001; Promoted Assistant to Full Professor
2001 -- Virginia Commonwealth University
Joint Appointment in Psychology & Pediatrics
Director, Training**





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• **Research Interests:**

Child Health Psychology; Adolescents Coping with Cancer, Communication, and Transition to Survivorship; Developing Interventions to Reduce Childhood and Adolescent Obesity and the Vulnerable Child Syndrome.

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- **Most of my current research in Pediatric Psychology**
 - **TEENS**, multidisciplinary program targets adolescent obesity;
 - **Developing interventions for Adolescent Cancer**
- **Executive Board Member, Council of Clinical Health Psychology Training Programs**
- **Interim Chair, Education & Training Committee Div. 38**
- **APA Fellow (Divs 17 & 54)**
- **International Work: Fulbright Scholarships**

