The 12th Annual Research Conference, Awards Luncheon, and Lecture on the Integration of Faith & Professional Practice

CONFERENCE GUIDE 2014
Today's Schedule

Upper Gwinn Commons

10-11 a.m.       Research Poster Session I
11-11:30 a.m.    Paper Presentations I
11:45 a.m.-12:45 p.m. Awards Luncheon (by reservation only)
1-1:30 p.m.      Paper Presentations II
1:30-2:30 p.m.   Research Poster Session II

Demaray Hall 150

4:30-6:00 p.m.   Lecture on the Integration of Faith and Professional Practice

"Interweaving: Integrating Spiritual and Systems Perspectives in Therapy"

with invited lecturer
Douglas Anderson, PhD
Licensed Marriage and Family Therapist, AAMFT Approved Supervisor, and Pastoral Counselor (see back cover)

Light Refreshments will be served in the lobby prior to and at the conclusion of the lecture.
**Poster Session: 10:00-11:00**

**Wall 1**  
Clinical Psychology: Completed quantitative research study  
Gowen, M. J., Rodney, H. E., & Bikos, L. H.  
Relationship between search for calling, vocational identity and psychological well-being among study abroad students

Psychological well-being is influenced and can be predicted by vocational identity: one's understanding of his or her own work (Hirshi & Hermann, 2012). However, the understanding of one's work may be attributed to a search or presence of calling to that vocation (Dik & Duffy, 2008; Steger, Pickering, Shin & Dik, 2010). A serial multiple mediation model was used to examine the effect of search for a calling on psychological well-being through presence of calling and vocational identity. Participants included university students from throughout Washington State who had participated in a study abroad program in the past two years.

**Wall 2**  
Clinical Psychology: Completed quantitative research study  
International immersion learning: Cultural distance as a moderator of strength of religious faith

International immersion learning experiences provide opportunities for development in psychosocial domains, including strength of religious faith. However, not all students report positive change. Research suggests that country visited may have an effect on post-trip attitude change; specifically, cultural distance between host and home countries may impact the student’s strength of religious faith. We hypothesized that cultural distance (measured by Gross National Income) moderates the relationship such that travel to countries higher in GNI results in stronger faith outcomes. Using Hierarchical Linear Modeling, our results were non-significant. This may be due to sample size and bias of a highly religious population.

**Wall 3**  
Psychology: Completed quantitative research study  
Social attraction, gender, and food consumption in dyads

The purpose of this study was to examine whether social attraction and the gender of one’s partner would predict the amount of food consumed while working on a task together. Previous research has shown that attraction and the gender of peers influences eating (Mori, Chaiken, & Pilner, 1987). In a sample of 70 participants, we found that women ate more when paired with other women they found attractive, but less when paired with men they found attractive. Men ate less when paired with women they found physically attractive, but the partner’s overall likability did not influence men’s eating behavior.
The effect of plus-size model priming on perceptions of attractiveness

The media affects body image acceptance, perception, and well-being among both men and women. Heinberg and Thompson (1995) measured women's feelings of depression before and after viewing images of society's "ideal body types" and found that priming increased depression. In our online study with 499 participants, half were primed with images of plus-sized models to examine the effect on their preference for a variety of body types. We found that priming had an effect in increasing the size of preferred body types, and that the effect was strongest for male participants.

Risk sensitive foraging and behavioral contrast

Few studies have attempted to determine the effect of past experiences on choice where uncertainty is involved. In order to do this, the current study used a behavior contrast paradigm in combination with a risk-sensitive foraging procedure. In an experimental group, subjects were given a high incentive reward then downshifted to a low incentive reward, while a control group always received the low incentive reward. It was predicted that past experience with a high incentive would result in differences in the experimental and control group's delay to choice, responding prior to choice and finally, choice when experiencing the low incentive.

The impact of ethnic differences between therapist and client on the therapeutic process

A large pool of research reflects the importance of exploring clients' ethnic identity development, yet lacks information on ethnic differences between therapist and client. This phenomenological qualitative study elicits perspectives from 25 interethnic client-therapist dyads. Participants will be interviewed individually and inquired about their experiences within interracial therapeutic relationships, identifying contributing factors for a positive or negative experience of the therapeutic alliance. Implications of the study can be utilized to develop strategies for positive therapeutic alliance among clients and therapists of differing ethnicity.
Table 7
Marriage & Family Therapy: Research proposal
Garvin, B., & Wescott, L.

Narrative therapy and the treatment of family violence

This mixed methods study will explore the effectiveness and client experiences of narrative therapy when treating family violence (FV). Twenty-five families experiencing FV will undergo narrative therapy, following Vromans (2008) manualized narrative model. Self-reported FV will be measured pre- and post-treatment using the "Things I Have Seen and Heard" questionnaire and the Conflict Tactics Scale. We hypothesize narrative therapy will be effective in reducing FV and family conflict. Participants will complete a Satisfaction with Therapy survey and a 30 minute interview which will provide qualitative data in identifying most/least helpful elements of narrative therapy and to inform future research.

Table 8
Marriage & Family Therapy: Research proposal
Crowe, C. & Turney, T.

The influence of narrative therapy on relationship satisfaction within committed couples with one partner having a chronic pain diagnosis

The current literature demonstrates the impact of chronic illness on the whole family system but there is a lack of studies demonstrating the usefulness of post-modern therapeutic approaches in supporting the family system as they cope with the illness, as individuals and as a unit. This study consists of 30 committed couples with one partner undergoing medical treatment for a chronic pain condition who volunteer to attend 10 sessions of narrative therapy. We hypothesize that couples utilizing narrative therapy will experience an increase in relationship satisfaction as indicated by scores of the Dyadic Adjustment Scale and self-report through qualitative interviews.

Table 9
Marriage & Family Therapy: Research proposal
Chodek, C., & Thies, M.

Role clarity and sexual satisfaction: Is there a link?

This study examines the link between role clarity and sexual satisfaction of married couples. Using data derived from the Inventory of Sexual Satisfaction and the Marital Satisfaction Survey, 40 cohabiting/married couples will be surveyed to measure their perceived level of conflict, self-reported sexual satisfaction, role clarity regarding division of household labor, and partner satisfaction with roles. A 2-way ANOVA will be used to understand these 4 variables and potential interactions. Implications of this proposal could provide therapists with important information that could assist couples in increasing their sexual satisfaction.
Table 10
Marriage & Family Therapy: Research proposal
Renich, S., & Wold, L.
**Does it get better? Impact of psychoeducation on acculturation gap stress**

This study examines impact of psycho-educational programs on acculturation gap stress within immigrant families with children age 18 and younger. Data will be collected using the Immigrant Parental Stress Inventory (IPSI) assessment survey from a sample consisting of 30 immigrant parents. Information gathered will identify common stress factors unique to immigrant group and will be used to construct a psycho-educational program. Effectiveness of the program will be measured using one way ANOVA data analysis method, assessing difference in acculturative gap stress between the treatment group and a control group of immigrant parents that have not yet gone through the program.

Table 11
Marriage & Family Therapy: Research proposal
Bedson, B. T., & Eggers, B. A.
**Residential treatment: Effects on the quality of relationship between children and their parent(s) postgraduation**

We hypothesize that residential treatment affects the quality of relationships between children and parent(s). A Quality of Relationships Inventory (QRI) will be administered to children and their parent(s) prior to the child's entry into a residential treatment center. The QRI will be administered again within two weeks of the child's graduation from residential treatment. An ANOVA will be run on the pre-treatment and post-treatment groups to assess for significant variance. Implications of this study will relate to the effectiveness of residential treatment centers on promoting improvement in quality of relationship between children and parent(s).

Table 12
Marriage & Family Therapy: Research proposal
Bedson, K., & Hopkins, A.
**The impact of attachment and family structure on child diagnosed Attention Deficit Hyperactivity Disorder**

Interactions between parent and child have an impact on each other regarding indicators used in diagnosing children with Attention Deficit Hyperactivity Disorder (ADHD). The purpose of this study will be to examine parent/child attachment styles and family structure as it relates to the severity of an ADHD diagnosis in children ages 7-12. We hypothesize children with a secure attachment and a rigid family structure will demonstrate a lower severity diagnosis. The SNAP scale, The McMaster Family Assessment, and The Parental Bonding Instrument will be used along with regression in examining relational and family impacts on the severity of ADHD indicators.
Table 13
Marriage & Family Therapy: Research proposal
Henson, D., & Kintner, C.J.
Refugees, depression, and post-traumatic stress: How treatment focused on the role of social identity and community measures up

Post-migration stress has been found to be a predictor of the expression and severity of depressive and post-traumatic stress symptoms in refugees. Research has indicated a social identity grounded in community is a significant moderator of post-migration stress. This study would offer multi-family group therapy to recent migrant referrals, utilizing a prompt-based narrative curriculum aimed at supporting that identity. Referrals will be randomly assigned to the treatment group or the wait-listed control group. Pre and post-treatment results on measures for social identity, depressive symptoms, and post-traumatic stress symptoms will be compared.

Table 14
Marriage & Family Therapy: Research proposal
Doroodian, B. P., & Gonzalez, M.
It takes two to tango: Effectiveness of couples therapy in treating depression secondary to marital discord in one partner of a heterosexual marriage

The purpose of this study is to examine the effectiveness of couple's therapy in treating depression when depression is secondary to marital discord. We predict couples therapy will be effective in decreasing depressive symptoms and marital discord. Eighty couples with one partner diagnosed with depression will be randomized to a couples therapy treatment group consisting of ten sessions or a 2-month waitlist control group. Participants will take the Beck Depression Inventory and the Marital Taxon Measure prior to treatment and at 2-month post-treatment. Repeated measures ANOVA will be used to examine the effectiveness of marital therapy on depression and marital-discord.

Table 15
Marriage & Family Therapy: Research proposal
Lainez, M., & Qin, Y.
The effectiveness of Parent-Child Interaction Therapy on Latino families with children diagnosed with Reactive Attachment Disorder.

Studies have shown the effectiveness of Parent-Child Interaction Therapy (PCIT) as a treatment option for children diagnosed with Reactive Attachment Disorder (RAD). However, research on the applicability of PCIT on Latino children is limited. This study will examine the effectiveness of using PCIT with Latino children diagnosed with RAD. Participants will include 20 families with children between age 2 to 6. Families will complete Dyadic Parent-Child Interaction Coding System and Eyberg Child Behavior Inventory. Regression will be used to examine the child’s disruptive behaviors and parent-child interactions before, mid-way through, and the last session of treatment.
Table 16
Marriage & Family Therapy: Research proposal
Shomber, K. I., & Powley, E.

The effectiveness of emotion focused family therapy in forming secure attachments between young foster children and their mothers at reunification

Research shows children placed in foster care at a young age struggle to form secure attachments, leading to emotional and relational difficulties. This study examines attachments of foster children and mothers when returning to mothers care in a residential addiction treatment facility. Sample consists of 50 mothers and their children ages 1-5. Participants in randomized treatment and control groups receive residential addiction treatment; treatment group receives 10 sessions of Emotion Focused Family Therapy. Participants will complete Attachment Q-set at reunification and 16-weeks post-treatment. Age of child at removal, length of time away, and number of foster placements are also considered.

Wall 17
Marriage & Family Therapy: Research proposal
Di Lodovico, C.

Pilot trial of a group Positive Psychotherapy intervention for women in substance abuse treatment

The field of Positive Psychology has seen substantial growth in recent years, but there has been little application of this research to addictions treatment. The aim of the proposed study is to evaluate the efficacy of a Positive Psychotherapy intervention to increase wellbeing and happiness for women in substance abuse treatment. The experimental group (n = 25) will participate in weekly group sessions based on Positive Psychology. A control group (n = 25) will receive no treatment. It is predicted that women who receive the intervention will report increases in wellbeing and happiness, which may contribute to sustained sobriety post-treatment.

Wall 18
Psychology; Clinical Psychology: Completed quantitative research study
Aust, M. J., Joy, J., Redfield, C., McGuire, A., & Erickson, T.

Changes in interpersonal goals and well-being across social interactions between nursing students and older adults

Our study examined changes in interpersonal goals and psychological well-being in social interaction partnerships between nursing students and older adults. Undergraduate nursing students (N = 64) were assigned in pairs to an older adult (N = 32). At four visits over three quarters, participants rated interpersonal goals (Crocker & Canevello, 2008) and dimensions of well-being (Kern & Butler, 2013). We hypothesize increases in facets of well-being and prosocial goals toward interaction partners (for both students and older adults), as well as decreased (student) goals related to defending one's self-image. Results and implications for nursing education will be discussed.
Wall 19
Clinical Psychology: Theoretical paper
Carlile, J. A., Kurtz, F., Dal Maso, M., & Thoburn, J. W.
The impact of global climate change on disaster psychology

Global climate change has increased the intensity, frequency, length, and cascade effect of natural disasters. These changes in climate are resulting in human crises, such as decreased global food supply and increased prevalence of disease and societal conflict. Effective disaster management must consider prevention through grassroots resources for alerting communities about potential danger, educating communities about the effects of climate-related changes in resources, psychoeducation in the provision of local support, pre-disaster planning around protocols and allocation of resources for the provision of aid following a disaster, and the need for cultural adaptation in the face of global climate change.

Wall 20
Clinical Psychology: Completed qualitative research study
Carlile, J. A., Clark, N., Mauseth, K., McGuire, T., & Thoburn, J. W.
Health Support Team curriculum: Sustainable, indigenous disaster relief

The Health Support Team (HST) program is a mental health training curriculum developed in Haiti throughout 2010 and 2011. HST engages local volunteers in a train-the-trainer model to work with members of their community following disaster. The purpose of the present study was to determine the effects of learning the HST curriculum on Haitian volunteers and to begin establishing effectiveness of the HST curriculum. 10 male participants ages 23-37 years were interviewed regarding their work providing support to survivors. A narrative qualitative analysis was used to interpret the subjective experiences of the trained HST volunteers.

Wall 21
Psychology; Clinical Psychology: Completed quantitative research study
Davis, H., Dauterman, H., Wilson, B., Nordlund, S., Dorn, O., & Bolling, K.
Behavior-regulation strategies and externalizing problems in children with ASD and their TD peers

The study examined children’s externalizing problems and their engagement in behavior-regulation strategies (kinetic movement, verbal mediation, gaze-aversion) in response to a cheating-temptation task. In the study, children completed a 4-minute Puzzle Box task. They were instructed to assemble a puzzle without peeking. Additionally, teachers completed the Behavior Assessment System for Children—Second Edition to evaluate children’s externalizing problems. Findings support and extend previous research demonstrating that children with Autism Spectrum Disorder exhibit compromised behavior regulation strategies in comparison to children with Typical Development as indicated by their performance on the Puzzle Box task.
Adaptive functioning skills as a risk factor for anxiety in children with ASD

Children with autism spectrum disorder (ASD) exhibit greater anxiety compared to typically developing (TD) peers. Adaptive functioning (AF) deficits in children with ASD have also been identified as a possible risk factor for anxiety. Our study explored the relationship between AF skills and anxiety in children with ASD and TD. Participants included 75 children: ASD and TD, ages (3:0-6:11 years), their parents, and teachers. Children with ASD who have high AF skills exhibit higher anxiety than TD children with equivalent AF skills. Children with ASD with normative AF skills are at greater risk for the development of anxiety.

Joint attention, parent mental state language, and overall language in children with ASD and TD children

Children with autism spectrum disorders (ASD) exhibit language impairments compared to their typically developing (TD) peers. Preliminary research suggests joint attention and parent mental state language may serve as protective factors for language development. Our study examines these behaviors during a parent-child reading task. We hypothesize children with ASD will have lower language scores than their TD peers and joint attention abilities and parent use of mental state language will positively relate to language development. These relations will be tested with a moderated-mediation model. Our sample consists of more than 60 children (aged 3:0-6:11) and their parents.

The effect of developmental status and parental acceptance of emotion on parenting stress

Research suggests parents of children with autism spectrum disorder (ASD) exhibit more stress than parents of typically developing (TD) children, and that parental acceptance of emotion and wellbeing are associated. Acceptance of factors relating to caregiving may be an important variable in reducing risk for elevated stress and mental health concerns in parents of children with ASD. We examined the influence of parental acceptance of emotion on parenting stress in parents of children with ASD and TD children. Findings support our hypothesis that parental acceptance of emotion buffers against elevated levels of stress in parents of children with ASD.
In today's dynamic work environment, the ability to engage in continuous career development is increasingly important. Past research has often focused on the roles that personality and the environment have played. This study examined the extent to which personal agency in four areas (setting goals, building people networks, taking on stretch assignments, and engaging in ongoing reflection) were also important. Results indicated that the intention to engage in proactive development behaviors was as important, and often are more important, than personality, in predicting the employee work engagement, development activity involvement, career satisfaction, and psychological well-being 6-24 months later.

**Paper Presentations: 11:00 - 11:30**

**Paper Presentation I**  
Marriage & Family Therapy: Research proposal  
*Plunkett, N. J., & Castelo, K.*  
**Attachment security and marital sexual satisfaction**  
Originally studied in parent-child relationships, the relevance of attachment styles in adults' psychosocial wellbeing has been accepted. The security within the attachment forms the emotional capital necessary to attend sensitively to one's partner. Increasing evidence suggests that attachment insecurity inversely correlates with sexual satisfaction in individuals and couples. Emotion Focused Therapy has been shown to improve marital attachment security. This repeated-measures, quantitative experiment examines the impact of 10 EFT sessions on couple's attachment security and sexual satisfaction. It is hypothesized that EFT will increase attachment security and sexual satisfaction within the couple. Results will be analyzed with multiple regression.

**Paper Presentation II**  
Industrial/Organizational Psychology: Completed quantitative research study  
*Blackshire, A. D., Hickory, M. J. & McKenna, R. B.*  
**Leading under pressure: A validation study of leadership self-differentiation strategies**  
When presented with high-pressure situations, leaders may react in ways that are either self or others focused. Remaining self-differentiated however, may allow leaders to engage in both of these processes at the same time, enabling them to make decisions that are associated with the betterment of the organization. The current study evaluated the psychometric properties of 11 measures that were created to assess leadership self-differentiation strategies. Results from a confirmatory factor analysis indicated that the preliminary fit for the hypothesized model was inadequate ($CFI = .884$), however, adequate fit was found between the model and the population covariance matrix ($RMSEA = .043$).
Paper Presentations: 1:00 - 1:30

Paper Presentation III
Clinical Psychology: Completed quantitative research study
Murphy, K. M., McGuire, A. P., Erickson, T. M., & Mezulis, A.

Testing gratitude as a moderator of health anxiety outcomes in a longitudinal design

In this study, we examined the influence of gratitude on the relationship between health anxiety and related outcomes (somatic symptoms and health-related quality of life [HRQOL]). Over the course of eight weeks, a total of 126 undergraduate students completed online questionnaires on a weekly basis. We used multilevel models to test the moderating effect of gratitude on the relationship between health anxiety and somatic symptoms, as well as HRQOL. Analyses and results will be discussed.

Paper Presentation IV
Psychology: Completed quantitative research study
McBride, C., Aisin, A., & Krentz, U.

Infant preferences for natural and urban scenes and the effect of image quality: A Pilot study

Previous research has shown adults prefer natural settings. This study explores infant preferences for Natural versus Urban settings, as well as image quality. Five infants (6-10 months) were presented with dual screens with nature and urban scenes matched in image quality (original or altered by reduced color, contrast, or complexity). We found no significant difference in time spent looking at nature compared to urban scenes, but a significant preference for original over altered images. These results indicate that infants have not yet developed a preference for nature, but instead prefer visually salient images, regardless of content.

Poster Session: 1:30 - 2:30

Table 1
Psychology: Research in progress
Olson, C. J., & Ferguson, D. A.

The relationship between self-control and self-regulation

The choice for a larger, delayed reward over a smaller, sooner reward has been labeled self-control. The ability to persist at a task in order to obtain a larger reward has been labeled self-regulation. While these two areas of research use different procedures, many researchers consider self-control and self-regulation to be synonymous. However, others argue that these concepts are different in that self-regulation involves conscious, goal-oriented cognitions whereas self-control involves unconscious, behavioral responses. To date, no study has compared self-control with self-regulation directly. Therefore, the aim of the current study was to determine the relationship between self-control and self-regulation.
Psychology: Research in progress
Lozano, K. D., Natzke, C. R., Shepherd, E. M., & Bulgur, R. E.

The relationship between religiosity, self-control, and self-regulation

While many world religions hold the ability to regulate oneself as a virtue, it is unknown whether one's religiosity has any impact on or is related to self-regulation. In the ego-depletion model by Baumeister and colleagues (2007), the ability to self-regulate functions as the result of an energy budget. As one engages in acts of self-regulation or experience stressful situations, one depletes this limited energy reservoir and, in turn, the ability to self-regulate in future tasks decreases. Using this model, the purpose of the current experiment was to determine the relationship between changes in self-regulation and religiosity.

Marriage & Family Therapy: Research proposal
Aaron, J., & Peterson, A.

The impact of counseling by therapy students on the mental health of National Guard Soldiers

The proposed research examines the mental health of National Guard Soldiers as impacted by monthly access to therapy. Studies show soldiers' trauma symptoms can negatively impact individual and family mental health, but also that resilience and social support interventions may offset the onset of symptoms. Soldiers from four units will complete surveys assessing traumatic stress, depressive symptoms, resilience, and social support at the beginning and end of a nine month period. During this period two of the units will receive access to therapy, and two will not. Results may foster effective, low-cost collaborations between counseling programs and the military.

Table 4
Marriage & Family Therapy: Research proposal
Whalen, C.S.

The impact of evangelical beliefs on Christian couples coping with infidelity: Therapists' perspectives

The purpose of this qualitative study is to explore how therapists of evangelical Christian couples perceive their clients' spiritual beliefs impacting marital therapy for infidelity. The research sample will consist of 20 licensed marriage and family therapists with 10 identifying as Christian and 10 as non-Christian. In this phenomenological study, each subject will be interviewed for 45 minutes to explore their perceptions of how their clients' spiritual beliefs about gender roles, emotional expression, and forgiveness relate to their ability to process the infidelity. Results may uncover ways in which evangelical beliefs can help and/or hinder progress towards reconciliation after infidelity.
Table 5
Marriage & Family Therapy: Research proposal
Laporte, E. L., & Tran, F. M.

She said yes!: Examining the pertinent factors women consider when making the decision to get married

Research demonstrates both internal and external factors drive the decision making process in saying, “I do.”
The purpose of this study is to investigate what influences women’s decision to get married. Marital Attitude Assessments will be given to a sample size of 100 unmarried women between 18-35. We hypothesize women will consider external factors over an internal decision making process when saying, “I do.” By further understanding this process, we hope that premarital courses consider these important factors when educating women about marital readiness.

Wall 6
Marriage & Family Therapy: Research proposal
Harpster, C., & Lust, S.

Examining the relationship between United States veterans with post-traumatic stress disorder and their adverse childhood experiences

The purpose of this proposed study is to examine the possible relationship between adverse childhood experiences followed by re-exposed trauma and the development of PTSD in adulthood. Five hundred US veterans diagnosed with PTSD will complete a PTSD questionnaire and the Adverse Childhood Experiences (ACE) survey. We hypothesize veterans with higher ACE scores will report a greater severity of PTSD symptoms. Implications may assist US Armed Forces in active duty military personnel placement as well as better assist clinicians in their treatment of PTSD in veterans with the awareness of the possible link to trauma from past childhood experiences.

Wall 7
Clinical Psychology: Research in progress
Hu, E. M., Ahles, J. J., & Stewart, D. G.

The role of impulsivity on substance abuse intervention outcome in adolescents

Impulsivity is a significant risk factor in the etiology and progression of problematic substance abuse in adolescents. Few studies have addressed the influence of impulsivity traits on substance use outcomes in an intervention setting. This study examined the moderating effects of trait impulsivity and response inhibition – a neurobehavioral measure of impulsivity – on substance use treatment outcomes among adolescents in a school-based Motivational Interviewing (MI) intervention. We hypothesized that individuals with higher impulsivity would evidence greater relative reductions in substance use over time.
Wall 8
Psychology; Clinical Psychology: Research in progress


The relation between teacher functional communication and anxiety in children with ASD

Children with autism spectrum disorders (ASD) exhibit elevated rates of anxiety disorders. Our study aimed to assess the relation between functional communication skills and anxiety symptomology in children with ASD and children with typical development (TD). The sample included 86 children ages 3:1 to 6:11 and their teachers. Children with ASD who were rated by teachers as having higher functional communication skills were reported to have greater anxiety symptoms than children with lower functional communication skills. Children with greater functional communication skills may be better able to communicate their distress leading caregivers and teachers to perceive higher anxiety.

Wall 9
Industrial/Organizational Psychology: Research in progress

Drummey, K. C., Iverson, N. D., & Collins, J.A.

The role of Theory of Mind in developmental relationships

Developmental relationships (coaching/mentoring) are a key element in professional growth. In the present study, we propose that a provider’s ability to recognize emotions in another and to differentiate these from their own thoughts and emotions (Theory of Mind) will be positively related to client reports of self-efficacy on tasks related to professional development immediately following a coaching or mentoring session. We propose that this relationship will be mediated by client reports of working alliance, a measure of the working relationship between provider and client. Participant recruitment and data collection via online surveys is ongoing.

Wall 10
Industrial/Organizational Psychology: Completed quantitative research study

Bullock, R., Weaver, J., & Kendall, D.

The interactive effects on moral identity and empathy on organizational citizenship behaviors

We used a controlled experimental design to compare contrasting theories on morality and prosocial behavior - moral licensing/cleansing and moral identity - and evaluated the interaction of moral priming and empathy in predicting organizational citizenship behaviors (OCBs). Results supported the moral identity theory. Moreover, trait empathy led to more OCBs in those primed to feel immoral.
Wall 11
Psychology: Research in progress
Stutts, K. L., & Kim, P. Y.
Predictors of body image among Asian American college females

The present study investigates salient cultural factors behind body image dissatisfaction among Asian American women. One major shortcoming of the current literature is the inconsistent conceptualization and assessment of acculturation as a predictor of body image dissatisfaction, and therefore we applied the bilinear and bidimensional model of acculturation to address this deficit. We predicted that value acculturation, value enculturation, behavioral acculturation and behavioral enculturation will differentially influence body image dissatisfaction. We are currently collecting data from a private liberal arts university in the Pacific Northwest. We fully expect that we will have presentable data by the SPFC research conference.

Wall 12
Psychology: Completed quantitative research study
Gundersen, A., Huang, E., Otte, M., Smith, M., Carroll, H., & Lustyk, K.
Investigation of mindfulness-based relapse prevention on thought suppression

Thought-suppression (i.e., avoiding target-thought), utilized in effective therapies for substance use like Relapse Prevention (RP), is paradoxically associated with rebound target-thoughts. Yet, no study has investigated the relation between thought-suppression and alcohol outcomes in Mindfulness-Based RP (MBRP) and RP. Participants (n = 32) of 8-week MBRP, RP, or Standard Aftercare (SA) completed measures of thought suppression (White Bear Suppression Inventory, WBSI) and alcohol-related negative consequences (Short Inventory of Problems, SIP). There were no significant group differences in thought-suppression. Regression analyses revealed significant positive main effect of WBSI onto SIP (p < .05), but no main effect of treatment-group, or overall interaction treatment-group X WBSI onto SIP.

Wall 13
Psychology: Completed quantitative research study
Spalding, K., Coleman, T., McKeon, L., Becker, K., Lustyk, K., & Carroll, H.
Trait mindfulness following mindfulness-based relapse prevention for substance use

Substance use is of great public health concern. Mindfulness-Based Relapse Prevention (MBRP) has been shown to effectively reduce substance use (Bowen et al., 2014). However, the relation between trait-mindfulness and MBRP has not yet been assessed. Participants (n = 34) were randomly assigned to 8-weeks of Treatment as usual, Relapse Prevention (RP), or MBRP. Participants completed the Five Factor Mindfulness Questionnaire (FFMQ) to assess group differences in mindfulness traits. MANOVA analyses revealed group differences on the FFMQ subscales, with MBRP participants displaying significantly higher levels of non-judging, and actin- with-awareness. This suggests that MBRP may effectively cultivate mindfulness in a short-term program.
Client evaluation as an effective measure of fidelity to Motivational Interviewing

Motivational Interviewing (MI) is a reputable treatment technique. An established method of measuring fidelity to MI is the Motivational Interviewing Treatment Integrity (MI TI), which requires coding recorded sessions. A client-report measure, the Client Evaluation of Motivational Interviewing (CEMI), was correlated with the MI TI. Results indicated a significantly positive relationship between the MI TI and the CEMI, where the MI TI was most positively correlated with the Technical subscale ($r = 0.69, p < 0.01$), and marginally correlated with the Relational subscale ($r = 0.18, p = 0.28$). These findings suggest that the MI TI and the CEMI are comparable measures of MI.

The impact of clergy sexual misconduct on the spouse

This poster delineates research on the effects of clergy sexual misconduct on the clergy spouse. Previous research has identified risk factors and interventions for clergy and local congregations regarding clergy sexual misconduct, but implications for the clergy spouse have been neglected. This study will expand the field with a systemic model conceptualizing (a) the emotional and cognitive effects on the spouse, (b) the impact on the clergy marriage, (c) the impact on the spouse's faith and relationship to the church, (d) the impact on the family dynamic, and (e) the coping mechanisms utilized by the spouse in the recovery process.

Attachment, differentiation of self, and female sexual desire: A systemic model

A strong correlation has been established between attachment and sexual desire, yet we are interested in systemic factors that contribute to that relationship. During development, humans form their self identity which influences sexual development. Differentiation of self explains identity formation in the context of family relationships and is highly correlated with attachment. Therefore, we hypothesize that differentiation of self will mediate the relationship between attachment and sexual desire. A sample of 159 adult females was recruited to complete an anonymous online survey regarding our constructs. Mediation analyses will be conducted using PROCESS (Hayes, 2013) to test our model.
Psychopathy negatively predicts empathy and positively predicts stigma

Research has demonstrated that empathy and psychopathy are associated with stigma (e.g., empathy in Eisenberg & Fabes, 1990; psychopathy in Brinkley, Schmitt, Smith, & Newman, 2001). However, while research has shown that psychopathy is associated with lower empathy and lower levels of fear, the relationship between psychopathy and stigma is unknown. We hypothesized that individuals who score higher on the psychopathy measure will score lower on measures of empathy, which will lead to higher stigma towards those with severe mental illness (SMI) overall. Results supported the original hypotheses and demonstrate that empathy for others drives high levels of stigma.

Stigma of severe mental illness exceeds that of incarceration, homelessness, or addiction

The present study assessed whether individuals diagnosed with a severe mental illness (SMI) are more highly stigmatized if they experience SMI in conjunction with other factors: (1) homelessness, (2) recent incarceration, or (3) drug addiction. Recent research has shown that homeless individuals and people with SMI are the most highly stigmatized groups (Cohen, 1990; Link, Moore, & Stueve, 1997). Therefore, we hypothesized that individuals with SMI experiencing homelessness would be the most stigmatized group. Findings indicated non-significant differences between each of the four groups, demonstrating the prevalence of stigma toward severe mental illness over and above other commonly stigmatizing factors.

Successful human resource initiatives: Exploring an interaction of critical success factors

Extending Yost et al.'s (2011) previous research, we attempt to identify some of the critical factors that lead to the adoption, implementation, sustainability, and growth of a change initiative. Specifically, we tested the possibility that stakeholder engagement (SE) and leadership support (LS) interact to predict initiative success (IS); such that at low levels of LS, we believe the simple slopes of SE and IS will be somewhat positive. However, at high levels of LS, the simple slope will be significantly more steeply positive. We look to inform the way leaders approach change initiatives within their organization.
“Interweaving: Integrating Spiritual and Systems Perspectives in Therapy”

with invited lecturer

Douglas Anderson, PhD
Licensed Marriage and Family Therapist, AAMFT Approved Supervisor, and Pastoral Counselor

Spiritual approaches to therapy and family systems therapies can be woven together into a continually evolving tapestry. This process is embodied concretely in the person of the therapist and in the collaborative interaction of clients and therapists. Such an interaction aims not at “treatment,” but at a healing dynamic that stimulates the “who-ness” of both clients and therapists. In the process, therapists may best envision themselves not as spiritual experts but as companions on a journey with their clients. The transformation they both experience enables movement across the chasms of life-cycle challenges. Such movement is dependent not upon human efforts, but upon the intimate presence of a Transforming Spirit.

About our speaker

Douglas Anderson, PhD, LMFT, is an American Association of Pastoral Counseling diplomate, an American Association for Marriage and Family Therapy Approved Supervisor, and a therapist and supervisor for Lutheran Counseling Network in Federal Way. Previously he taught and supervised in the Marriage and Family Therapy training program co-sponsored by Seattle Pacific University and Presbyterian Counseling Service (1974–91). He also served as executive director of Presbyterian Counseling Service (1983–91), and as interim director of the Marriage and Family Therapy Department at SPU (1998–99). More recently he taught family systems in the Pastoral Counseling program at Seattle University (2006–14). His career-long passion has been to integrate pastoral counseling and family systems therapy.