



- UNIVERSITY OF KANSAS -

September 2009

Newsletter

Vol. 3, Issue 1

**UPCOMING
EVENTS**

- 9/17**
CPSO Movie Night, 7:30;
see email for directions
- 9/19**
CPSO Party at Captain's
Creek, 6:30
- 9/24**
CPSO Meeting, 7:00,
JRP 622
- 9/30**
CPSY Doc. Student
Soiree at Dr.
Lichtenberg's , 7:00
- 10/8**
CPSO Meeting, 7:00,
JRP 622
- 10/22**
CPSO Meeting, 7:00,
JRP 622
- 10/23**
CPSO Halloween
Social, Time & Place
TBA

**DSM MOVIE
REVIEW**

This Weeks Case:
Lars and the Real Girl
(2007)

DSM-IV-TR Code:
298.8 Brief Psychotic
Disorder, Without
Marked Stressor

This Movie's GAF:
92, symptom free of plot
holes, poor acting, and
dragging storylines – A
highly functional
specimen.

Prognosis: Must see, the
best love story involving
a plastic woman since
Mannequin 2!

GO AHEAD...BE A LITTLE SELFISH

by Ben T. Rutt

It's the beginning of a new semester and a new school year. The dog days of summer have passed by far too quickly and now it is time for new classes, new schedules, and new responsibilities. As we put on new hats or dust off old ones, it is only a matter of time before stress begins to build up. With deadlines approaching and exams beckoning, it is important to remember to take some time for yourself. Unfortunately, as the work piles up, one of the first things we give up is physical activity.

Inactive, sedentary people have twice the risk of becoming depressed. Studies have indicated that regular aerobic exercise and physical fitness are associated with a lower risk of clinical depression and anxiety. In at least one study, strength training was shown to be an effective treatment for clinical depression. In another study, physical activity was correlated with increased levels of concentration. It is encouraging to think that exercising may increase one's ability to study. However, what kinds of activities are beneficial and how much time should we set aside? A recent study suggests that it's not as difficult as one might think.

Hammer, Stamatakis, and Steptoe (2008) investigated the relationship between mental health and physical activity. A representative sample of 20,000 men and women from the United Kingdom reported their levels of physical activity and general mental health. The results indicated that any form of physical activity was associated with a decreased risk of psychological distress.

Types of physical activities included anything from gardening or housework to participation in sports. Mental health benefits were observed at as little as 20 minutes of physical activity per day. While regular participation in sports showed the greatest benefits, it's encouraging to think that mowing the lawn or mopping the floor can also be beneficial.

The beginning of the semester is a great time to take up a physical activity and turn it into a habit. That way, later in the semester when you're scaling mountains of work and are tempted to withdraw from society, it'll be that much easier to take a break. Go ahead, be a little selfish. Twenty minutes can go a long way.

**NEW FRIENDS MEET AT OLD
CHICAGO**

By Tiffany Marie Miller

CPSO held their second annual social at Old Chicago on Monday, August 17th. All current students in the Counseling Psychology program were invited to welcome the newcomers. A good turnout of doctoral and master's students came to enjoy pizza, salads, and beverages. Not only did the social provide an opportunity for the first year students to meet other people in the program, but many introductions were made between current students from different years and degrees.

I enjoyed meeting people from all different stages in our counseling training. Just as I had done with hesitant confidence the previous year, the new first year students sat quieter than the rest of us, but they remained eager to answer questions and get to know their new peers. For the second year, CPSO again matched up first year students with current graduate students to act as mentors; people they can contact about any questions or anxieties they may be having.

Judging from the level of laughter and length we lingered after the food was long gone; the Old Chicago CPSO Social was again a great success.

CPSO STUDENT-LEAD ORIENTATION HELPS NEW STUDENTS ACCLIMATE

by Rhea L. Owens

CPSO held its first student-led section of the New Student Orientation on August 17 from 1:30-5:00. The purpose of this portion of the orientation was to provide incoming students with the opportunity to obtain information about the expectations and timeline of the program, both at the master's and doctoral levels. In addition, a sample outline of courses for master's and doctoral students were presented, including the different tracks master's students can take. Time was also spent answering questions. Lastly, a tour was provided of JRP, campus, and the Union. During the tour, students

Interested in doing RESEARCH?
Would you like a chance to PUBLISH?

If so, then you might want to join the **CPSO Student Research Group**. The next meeting will be held on September 23 at noon in Room 620. Please contact Diane Genther (dgenther@ku.edu) with any questions.

CPSY WELCOMES TWO NEW DOCTORAL CANDIDATES!!!!

Congratulations to Abby Bjornsen and new mother Victoria Frehe for passing written comps! Although their candidacy will not be official until they pass their oral exams (scheduled sometime soon), inside sources have indicated that their prospects for passing are very good.

JOKE OF THE MONTH

In keeping with this month's illness theme, here's a doozy!

Q: How do you get a tissue to dance??

A: Put a little boogie in it!

Have a great month and remember to get your flu shots!

SEPTEMBER SICKNESS POLL

Conducted & Compiled by Abbey Campbell

With Swine Flu and other sicknesses brewing around campus and practicum sites, CPSO wanted to find out everyone's attitudes toward and experiences with these illnesses.

Out of the 35 Counseling Psych students & faculty who responded to the online poll, we found that:

- * NOBODY HAS SWINE FLU!!!! YAY!!!! ☺
- * 91% have had chicken pox (so there's definitely an unlucky 9% if anyone gets sick!)
- * 25% have had mononucleosis, and 22% had tonsillitis!
- * 69% of CPSY does not regularly get the Flu Shot and

had an opportunity to change any of their habits to get their student cold season. I.D. and buy books an increase in hand washing. from the bookstore. sit a doctor when symptoms of an CPSO plans to debilitating they can hardly function! continue this service: go, and 3% always go! in the future as it currently do not know anyone received much the Swine Flu/H1N1 virus.

positive feedback. Keep up whatever you're doing so from the students, this year doctors are recommending who attended. flu shot, and one for the swine flu when available. Chances are that with our busy schedules and tight budgets, the majority of us still won't, which will probably be fine. But then we can't whine if we catch the swine!!

CPS SPACE AVAILABLE FOR CPSY USE!

CPSYers often forget that we have the Center for Psychoeducational Services (CPS, down on the first floor) at our disposal. We have 9 rooms available for use, all of which have cameras, and 3 of which have computers. The space is free for students for skills practice, research, assessments, or qualitative interviews. The Director of CPS, our very own Dr. Hensley, would like to welcome any students who would like to use the space. At most

times, no room reservations are required, but always check with Dr. Hensley or Thomas Motl (the GTA) to make sure a room is available if you are showing up unexpectedly. Feel free to contact Thomas (tmotl@ku.edu) to reserve a room. Come down and make this space feel like home for CPSY students!! CPS has set aside a block of time for CPSY students to **practice microskills on Mondays from 5:00 - 7:30**. So come by and get some practice!

CONGRATULATIONS and WELCOME TO ALL NEW CPSY GRADUATE STUDENTS!

MASTER'S

KAITLIN BUTLER	AARON GATES
RACHEL CRABTREE	XOCHITL CARRASQUEDO
EMILY SLOAN	KELLY ENGLISH
CAROLYN BRUNER	KATHLEEN MAPES
BRYON McDONALD	EMILY OVERLAND
KEVIN VERNON	TARA SINGHAL
CANDACE DARDEN	GEORGIANA SPEAR

DOCTORAL

ABBEY CAMPBELL
BENJAMIN RUTT
KRISTEN HINES
SHANTOYIA JONES
NATASHA KRAVCHENKO