



# *enPSYCHlopedia*

*A Standard Deviation Above the Mean*

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Editor: Mary W. Godwin, M.A.

## **An Unforgettable Summer**

**Radha Dunham, Honors Program, Psychology Major**

When asked "What did you do during your summer vacation?" most students don't say "I lived in a mental hospital for two months." Even if they can say that, they probably wouldn't say that it was the most interesting and fun summer of their life. I, however, can absolutely say this.

Thanks to Dr. Giordano, I discovered the Davidson-Broughton Summer Program in Morganton, North Carolina. As it turns out, every summer Davidson University sponsors a program at Broughton Hospital, a state psychiatric hospital that was built in the late 1800's. Eight students from around the country are accepted and are housed in a "dorm" (read: creepy unairconditioned sweatbox) on the hospital's campus. The program itself consists of a weekly Clinical Psychology class, a practicum or internship, and a weekly class that coincides with the practicum.



Radha in front of Broughton Hospital

The two classes were useful, but the more fun part was the 20+ hours of direct experience in the wards of the hospital.

Each of the eight students was assigned to a different psychologist who worked on a particular ward. I worked on Ward S, a women's ward which was in Division P, a division for the long-term chronic patients. Other students worked in admissions, geriatric, and adolescent divisions.

I have to admit that at first I was a bit apprehensive, scared, and on guard. The staff member that taught the practicum class had scared us the day before, telling us to never be in a room with patients without another staff member and how everyone who was there was committed because they were either a danger to themselves or to others. I had come to the program with an open and accepting mind, and suddenly I was doubting whether I was just being naive.

By the end of the first week I realized that I had no need to be wary of the patients. After all, they were just people. I very quickly began to bond with the patients more than the staff members. I knew all of the patients' names but none of the staff. The staff was stressed out and didn't pay much attention to me. The patients were stressed out because the staff didn't have time to answer all their questions and satisfy all their needs. As a result, half of the patients liked talking to me because I was much more accessible than the staff. I couldn't help them, but at least I could listen to them.

My schedule everyday started at 8 o'clock in the morning when I would walk over to Ward S for the morning community meeting. At first, this was my least favorite

time because I was aggravated that the meeting always started half an hour late. By the end of the program, my morning chats were my favorite times. One woman in particular liked talking to me and would sometimes be waiting for me when I got to the ward. She once told me that she wished that I was her therapist, because I was the best person she had ever talked to. I don't think she realizes how much that comment touched me.



After community meeting, most of the patients are sent to four group therapy meetings. I sat in on several groups every week, and even got to lead a self-esteem group. None of the seven other students in the program was allowed to do this, so I was very lucky to have this opportunity. The first week I watched my supervisor lead the group. For the next seven weeks, I was responsible for designing the activities or discussions and then leading the one hour meeting. My supervisor and a social worker sat in on the group and offered help when I needed it and gave me feedback on how I might improve my style, but for the most part, I did all the work. This experience gave me an amazing opportunity that hardly any undergraduate psychology majors get.

Another of my favorite parts of the week was crafts class. One of the patients from my ward was in the crafts class and decided that I was her "assistant." She liked to paint but would have a hard time opening the tubes, so I would open them for her while she rambled on non-stop for the next hour while she painted. It was fascinating to see how her thought processes influenced how she painted. For example, if she started to

obsess about a certain idea in her speech, her hand would retrace the same line repeatedly. The staff members didn't seem to like talking to this woman, because she would just keep talking and talking and it was hard to get away. Also, she almost dominated over whomever she was talking to. I remember one morning I asked her what groups she had that day and she responded angrily with "You always ask the wrong questions!" She took it upon herself to teach me how to listen to the patients, and clued me in on the "secret language" of the patients that most of the staff ignored.



I think the most obvious lesson that I learned is that you can never assume that you know someone or that you can predict his or her behavior. There were so many times when I would be so surprised by a patient's behavior or their past. It was always the sweetest woman who had killed her mother, or the meanest woman who hadn't done anything to anyone. One woman would call me the most vulgar names one day and then the next day would introduce me as her daughter.

Overall, my summer at Broughton was amazing. I've only been able to describe the tip of the iceberg on the hospital experience, never mind the amazing friends that I made at the same time. In fact, we're even planning a reunion around New Year's Eve that I can't wait for. All I can say is, if you're interested in clinical psychology, severe mental illnesses, or simply changing your perspective on your own life, I would highly recommend applying to the Davidson-Broughton program this summer. The experience is something I'll never forget.

## First Annual Science Undergraduate Research Symposium (SURS)

The Science Undergraduate Research Symposium (SURS) will be held on Thursday, December 2 in the Beaman Student Life Center. This symposium replaces the Psychology Undergraduate Research Symposium (PURS), allowing students in all of the School of Sciences to have an opportunity to present research in the fall semester. The keynote address will be at 3:30 PM in Beaman

Student Life Center A & B. The speaker for the first SURS will be Dr. Stephen Bruehl (Belmont: B.S. in Psychology, '85; Univ. of Kentucky: Ph.D. in Clinical Psychology, '94),

Belmont University), Assistant Professor of Anesthesiology, Vanderbilt University School of Medicine. The title of his presentation is "Links Between Anger and Pain: The Role of Endogenous Opioids."

Students will have the opportunity to present either papers or posters at this event. Posters will be available for viewing in the Atrium of the Beaman Student Life Center (entrance on Belmont Blvd.) immediately following the keynote address. Papers will be presented in both in Beaman A and Beaman B beginning at 5:00 PM

## Means Award Winner –



The winner of the Means Award at the College of Arts and Sciences Awards Day in May, 2004 was April Ring. April is shown here receiving her award from Dr. Linda Jones.

## Dean's List --

The following psychology majors and minors were on the Dean's List for spring 2004.

Jessie Angel  
Melinda Baker  
Jennifer Bzdek  
Rebecca Cook  
Sarah DeNeal  
Radha Dunham  
\*4.0 President's List

Anna Garr  
Rebekah Harrison  
Jessica Hughes\*  
Sarah Miles  
Elizabeth Miller  
Elizabeth Murphy\*  
Sarah Osborne  
Mary Margaret Phillips\*  
Alexander Renes  
April Ring

Ashley Robinson  
Jessica Serkin  
Emily SHeffer  
Molly Smith  
Celia Stacey  
Nicole Todd  
Elise Tyler  
Brad Walker  
Kelly Witherbee  
Joshua Wolak

## May 2004 Graduates:

Rob Bearden  
Isaac Harper  
Becca Harrison  
Marilyn McAllister

Sarah Osborne  
April Ring  
Ashley Robinson  
Kristine Vaughan

## Means Scholarship Recipients –



John DePriest is a freshman at Belmont. He is from Columbus, Mississippi. John came to Belmont because he wanted to study psychology and learn about the music industry. He is pursuing a double major in Psychology and Music Business. He decided on Belmont because of the scholarship that they offered me as well as its location here in Nashville. John learned about Belmont from a cousin who is now a junior here. He came and visited and I liked the musical aspect of the place as well as it being close to home. John says, “I also play the banjo so being in Nashville is right up my alley. It is nice to play a type of country music here because there is such a prevalence of it.”



Irena Tepovcevic – Irena is a freshman this year at Belmont. She is a graduate of John Overton High School in Nashville, TN. She lives at home with her parents and brother. She says that “this is my first semester at Belmont and so far it has been great.” Irena was born in Bosnia and moved to Nashville when she was in grade school.

## Psychology Club Officers for Fall, 2004:

President: Radha Dunham  
Vice-President: Elise Tyler  
Secretary: Jennifer Bzdek

Co-Treasurers: James “Gunner” Goodlad  
Natalie Simpson  
Historian: Jessie Angel

Reporter: Emily Sheffer  
SGA Rep: Nathan Kosiba

## Psychology Club Events in Fall 2004 -

- **08/24/04 – Activities fair planning meeting.** Several officers met to plan the Psi Chi/Psychology Club table for the campus activities fair
- **08/25/04 – Activities fair.** The club had a table at the Activities fair that advertised the club. Several new members signed up during the fair.
- **08/27/04 – First officer’s meeting.** The officers, advisors, and club members discussed possible ideas for speakers and events for the semester and planned the first club meeting.
- **09/03/04 – First club meeting.** With the help of a powerpoint presentation, the officers presented to prospective and current club members ideas about what the club could do this semester and why they might want to join.
- **09/10/04 – Officer’s meeting.** The officers, advisors, and club members
- **09/13/04 – “God according to Sigmund Freud and C.S. Lewis.”** The club took a field trip to see a film with a panel discussion at Vanderbilt University
- **09/15/04 – Psychology Department Cookout.** The psychology club helped run the first annual psychology department cookout aimed towards welcoming new students.
- **09/17/04 – Rose Brummett.** A Belmont alum came to speak to the club about her experience doing research at Vanderbilt University.
- **09/24/04 – Officer’s meeting.** Officers, advisors, and club members discussed upcoming fundraising events and service projects
- **10/01/04 – Vicki Harris, PhD.** Dr. Harris talked to the club about the new Applied Child Studies master’s program at Vanderbilt.
- **10/08/04 – Officer’s meeting.** Officers, advisors, and club members discuss and plan upcoming events.
- **10/22/04 – Officer’s meeting.** Officers, advisors, and club members discuss and plan upcoming events.
- **10/23/04 – Garage Sale.** The club has a garage sale as a fundraiser.
- **10/29/04 – Hypnosis as therapy.** Judy Draper, a clinical psychologist who specializes in hypnotism, gives a presentation about her work to the club.
- **11/12/04 – Officer’s meeting.** Officers, advisors, and club members discuss and plan upcoming events.
- **11/12/04 - Service Project** – The club will volunteer at Next Door, a facility that helps women who have been in prison get back on their feet.
- **11/17/04, 11/22/04 – SURP.** The psychology club helps with the Science Undergraduate Research Preparation nights where students practice their presentations.
- **11/19/04 – Graduate School in the Sciences.** Dr. Giordano heads a panel discussion on what it takes to get into grad school and what to expect once you’re there.
- **12/02/04 – SURS.** The club helps with the Science Undergraduate Research Symposium, which is an event where students present their research conducted at Belmont.
- **12/07/04 – Cotton Candy Day.** To give back to the Belmont community, the club sponsors an event where the club rents a cotton candy machine and gives free cotton candy to students in honor of National Cotton Candy Day

## Our Alumni –

**Becca Harrison (\*04)** is a kindergarten teacher for Williamson County schools.

**Jami Hester (\*03)** is living in Charleston, S.C. where she is working for a life insurance company. She plans to begin graduate school in Special Education.

**Kate Kelsey (\*03)** is teaching kindergarten at Lost Lake Elementary School in Clermont, Florida.

**Michael Loftin ('96)** and wife Robin (Jones) (BSN, '96 ) are the proud parents of Libby Catherine Loftin, born September 1, 2004. Libby was 8 pounds, 6 ounces and 21 ¼ inches at birth.



Libby Catherine Loftin

**Melissa Giorgi Matsumoto ('02)** and husband David (BBA, '03) welcomed their first son, Noah Michael, on November 17, 2003.



Melissa and Noah Matsumoto

**Sarah Osborne ('04)** is in graduate school at the Nashville branch of the University of Tennessee Social Work program and is employed by Richland Psychiatric Associates.

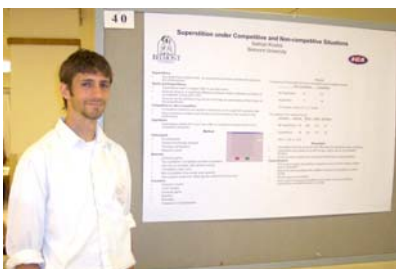
**April Ring ('04)** is attending Marymount University pursuing a graduate degree in School Psychology.

**Leann Rhodes Phillips ('99)** is working as a service delivery administrator for Agilysys, Inc. She has two children: Dylan is 3 and Hallie is 1.

**Louise Vaughn Stolp ('86)** died on September 17, 2004. A member of the board of the Belmont Alumni Association,

### **Nathan Kosiba –**

Nathan Kosiba is a senior at Belmont University. He will graduate in December, 2004. Nathan will receive two degrees at graduation. He will receive a B.S. with a major in Psychology. He will also receive a B.F.A. with an emphasis in Sculpture. While at Belmont Nathan has also participated in the athletic program as a member of both the Cross Country and Track teams. This past summer, Nathan was also chosen to present his research at the American Psychological Association in Hawaii. Nathan has also served as an officer in both the Psychology Club and The M.O.B. (Motivational Organization of Belmont). Congratulations Nathan for all your accomplishments while at Belmont.



Nathan presenting poster at APA



Nathan Running at A-Sun Tournament



Piece from Nathan's Senior Exhibit

Louise was a non-traditional student who earned her degree from Belmont returning to school in her 50's after she was widowed.

**Katie Mathews Treadway ('94 )** is an ordained minister in the Cumberland Presbyterian Church. She has been called to be a senior pastor in Florida with the Presbyterian Church USA and will move her ordination to that denomination. She writes that she received her Masters of Divinity from Vanderbilt in 2002. She has two daughters, Hannah, who started kindergarten this fall, and Kaia, who is two years old.

**Laurie Winton ('93)** works for Ann Downing Ministries where she is responsible for booking, publicity, marketing and in her words "everything except singing and speaking."

*Please return the form in this newsletter if you have any alumni news to share, or you can e-mail [godwinm@mail.belmont.edu](mailto:godwinm@mail.belmont.edu).*

### **A View from the Chair,**

*Pete Giordano, Ph.D., Professor and Chair of Psychology*

In the Fall 1999 issue of *enPSYCHlopedia*, Dr. Norma Baker Gabhart, now Professor Emerita of Psychology, wrote a brief history of the Psychology Department at Belmont. In this article, she chronicled important developments in the department going back to the early 1950's.

Here we are five years later, and we have passed another important milestone in the history of the department: We have moved the department from the third floor of Wheeler to our own building – what was the Communication Arts Center at the end of the soccer field is now the Psychology Department Building (pretty radical name, huh!). We are excited about this move because it gives us somewhat expanded research lab space in addition to two classrooms, a conference room, a computer lab, and a nice lobby area where students can hang out. If you are an alum reader, please come check it out when you are next on campus, which we hope is soon!

In addition to the change in our physical location, there are other important developments going on. A very significant one is that, in conjunction with some revisions in Belmont's general education program, the psychology faculty are in the midst of changing the General Psychology course from a 3.0 hour lecture course to a 4.0 lab course. This is an exciting and time consuming task! Although it is taking a good deal of time to think through this change, it will give us expanded opportunities to emphasize the scientific aspects of psychology and give students a wide range of active learning experiences.

So there you have it. Lot's going on and more to come. We'll keep you posted as things continue to evolve around here!

## Let Us Hear From You!

If you are an alum reader, please take a moment to fill out the form below and drop us a line. Just mail to the address on the back of the newsletter, or contact us by e-mail at [godwinm@mail.belmont.edu](mailto:godwinm@mail.belmont.edu). We would love to hear from you and to include your update in the next edition of *enPSYCHlopedia*. If you are ever in the Nashville area, please stop by our office to meet the new faculty and see the exciting things going on here in the Psychology Department. Check out our web pages at <http://www.belmont.edu/psychology>.

<b><i>Alumni Update</i></b>	Date _____
Name _____	Graduation Year _____
Address _____	
City _____	State _____ ZIP _____ Phone _____
Spouse's name _____	Belmont grad? _____ Year _____
Employment _____	Title _____
Recent promotion, honor, award, etc.? _____	
What else is going on with you (that you'd like to share): _____	
_____	
_____	

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