

# S10 & D12

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***Don't forget to renew your Section 10 membership for 2017!***

[Click here to renew now.](#)

As a reminder, in order to continue to be a member, you need to formally register via Section 10's website and pay a small annual fee of \$10. For those who register for both Division 12 and Section 10 at the same time (<http://www.div12.org/membership/>), the Section fee will be reduced to \$5.

Perks of being a member:

- **Convention programming:** attend symposia we have designed specifically for graduate students and early career psychologists
- **Mentorship:** participate as a mentee or mentor in our members-only program
- **Internship resources:** tap into our network of early career psychologists who have recently completed internships across the country
- **Podcast:** listen to hot topic interviews or spotlight your work with a guest appearance on our monthly podcast
- **Scholarship:** contribute a brief article to our blog and enjoy reading what others have published on issues relevant to you
- **Listserv:** obtain access to announcements advertising professional opportunities
- **Leadership:** run for a position on the Board, become a Campus Representative, or pilot a new project

## Meet Section 10's 2017 Officers

**President:** Kennetha Frye, Ph.D.

**President- Elect:** Misha Bogomaz, Psy.D., C.G.P.

**Past President:** Alexandra Greenfield, M.S.

**Section Representative and Liaison:** Natalia Potapova, M.S.

**Secretary:** Derek Giannone, B.A.

**Communications:** Michelle Blose, M.S.

**Treasurer:** Victoria Cosgrove, Ph.D.

***From your Section 10 Officers, Happy New Year!***

## Division 12: Mentorship Program

### ***Message from Division 12 regarding their Mentorship Program:***

We have had a robust response in the first month of our initiative – with 41 people requesting mentors and 31 people volunteering to serve as mentors. We will be making preliminary matches very soon. We will not yet be able to match everyone who is interested until our pool of participants grows further.

We invite more of you to consider serving as a mentor!

<http://www.div12.org/mentor-match/>

Of interest, many of our mentor volunteers are graduate students or early career professionals who are motivated to offer support to those earlier in their professional development (undergraduates, earlier career graduate students). It is exciting to see this interest of early career folks to both provide and receive mentorship.

To all of you mid- and late-career folks, including our retired SCP members – please consider volunteering to serve as a mentor. The commitment for this type of virtual mentoring typically entails a monthly phone/skype meeting and email contact, although mentor pairs may certainly connect more or less frequently.

To indicate your interest to have and/or serve as a mentor, please sign up here:

<http://www.div12.org/mentor-match/>

If you have questions about this program or filling out this on-line form, please contact Tara Craighead, SCP Administrative Officer, at [division12apa@gmail.com](mailto:division12apa@gmail.com).

## Research Opportunity with Charity Incentive

### **A message from the interdisciplinary research team comprised of Early Career Psychologists at Marist College, New York City Institute of Technology, and University of Minnesota-Duluth.**

We are currently recruiting women who are students & ECPs in psychology for a research study on microaggressions, health, and wellness at school and in the work place.

Participant answers will help to increase knowledge about protective factors associated with microaggressions for women in psychology. After responding to all questions, participants will be invited to select one of five charities to which we will donate \$2.00. Participation will be voluntary and confidential, and participants are free to skip questions or end participation at any time.

The survey takes approximately 20 minutes to complete. Additional information, including IRB approval (Protocol # 2016-0905) and the survey itself, can be found at the following link: <https://goo.gl/Npp7ad> (or [https://qaz1.az1.qualtrics.com/jfe/form/SV\\_cBdulFUREXgNpP](https://qaz1.az1.qualtrics.com/jfe/form/SV_cBdulFUREXgNpP))

## **Division 12: Webinar Series**

Register now for the next SCP CE webinar! Dr. Robyn Walser: Mindfulness and Mental Health: Creating Awareness, Flexibility and Freedom\*

**Thursday, January 12 6 – 7 PM ET**

**Overview:** The painful experiences encountered in life may not only lead to problems in functioning, including a variety of behavioral problems ranging from substance abuse to relationship problems, they may also impact our mental health and sense of well-being for long periods of time. Many of the attempts to recover from these experiences involve regaining control over thoughts, sensations, and emotions as the path to living well. While some attempt to control these experiences can be expected and useful, many attempts to control thoughts, sensations, and emotions result in a furthering of the suffering. Mindfulness can be used to reduce these often rigid and inflexible attempts to control negative internal experience by fostering a sense of conscious awareness to the same. Mindfulness work includes assisting clients to develop an awareness to the process and ongoing flow of experience and may be used to facilitate a broader perspective of life and a sense of connectedness with others. Clients engaging in mindfulness may come to see that suffering is a universal experience and this can facilitate greater acceptance of the challenges of life. Mindfulness practice may also help to improve concentration, allowing greater focus in the activities undertaken life as well as promote affect tolerance. It may help clients to cope with stress, anger, and other forms of emotional difficulty. Clients may come to see thoughts and feelings as transient experiences, helping to decrease identification with momentary affective states. Mindfulness can assist clients in experiencing internal events fully and as they are without self-judgment and the added struggle against reality. In a similar way, mindfulness can facilitate finding peace with painful memories. Finally, by fully engaging in the present, life may be experienced in a richer, fuller way. The current presentation will explore the use of mindfulness in the treatment of mental health issues.

**Objectives:** Participants will be able to (1) state a rationale for why mindfulness can be helpful to in the treatment of mental health issues; (2) summarize the benefits of mindfulness in mental health populations; and (3) describe the utility of mindfulness in creating psychological flexibility, a key contributor to well-being.

**Presenter:** Robyn D. Walser, Ph.D. is Director of TL Consultation Services, staff at the National Center for PTSD and is Associate Clinical Professor at University of California, Berkeley.

CE Credits Available: 1

Cost: \$15 for members and \$50 for Non-Members

To register, go to: <http://www.div12.org/dashboard/webinar-series/>

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## **Podcast Update**

In January, our podcast Emerging Psychologist will feature two episodes. The first will be regular announcements and updates from around APA and other professional organizations that are relevant to graduate students and early career psychologists. The second episode will feature an interview with the Society of Clinical Psychology President, Dr. Michael Otto, about his career, his involvement in professional organizations, and his hopes for Division 12 in the upcoming year.