



PSYCHOLOGICAL & BRAIN SCIENCES AT THE INTERSECTION OF UCSB INTELLECTUAL LIFE

UCSB has long been known for its interdisciplinary culture. The Department of Psychological & Brain Sciences (P&BS) embodies this approach as new and longstanding programs demonstrate.

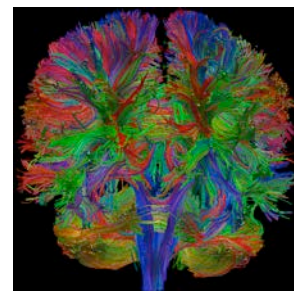
The UCSB Graduate Division has recently sponsored a Crossroads program to specifically enhance connections across departments, and P&BS was a recipient in 2013-2014 for its proposal on *Psychology, Environment, and Public Policy* along with the Bren School of Environmental Science & Management and the Department of Political Science. Faculty and Ph.D. students joined to study political and psychological barriers to sustainability through a year-long graduate course. More information about the program and interviews can be found here: graddiv.ucsb.edu/financial/crossroads



Ph.D. students who are part of *Psychology, Environment, and Public Policy* program.

Heejung Kim, a professor in the social psychology area, in an interview with Graduate Division on the Crossroads program noted that “it has been really intellectually stimulating to talk to colleagues and students from a different field as it makes me more aware of challenges and strengths of each discipline, and reminds me that any meaningful understanding of social issues requires bringing a wide range of perspectives together. It is particularly good that our students are exposed to this type of thinking at an earlier stage of their career.”

P&BS has also recently teamed with Religious Studies for the 2014-2015 Crossroads proposal *Religious Experiences and the Mind*. Tamsin German, a professor in the DEVO area, described the program: “The goal is to combine the results of detailed ethnographic investigations of complex cultural phenomena with psychological scientific investigation of underlying cognitive processes. A current project looks at people within local groups that explore 'near death experiences' as evidence for an afterlife and how their interpretations of common and unusual experiences might differ from people outside this group.”

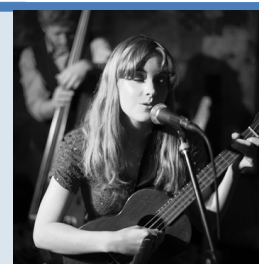


Dynamical Neuroscience is another recent example of a UCSB program where P&BS plays a hub role at bringing together multiple disciplines. Directed by Program Chair Greg Ashby, professor in the CPCN area, Dynamical Neuroscience uses a computational approach to study the nervous system and how it generates perception, cognition, and behavior. It brings together the disciplines of genetics, molecular and cellular biology, physics, psychology, neuroscience, computer sciences, and artificial intelligence.

These new programs join longstanding initiatives such as the Center for Evolutionary Psychology (P&BS and Anthropology) and the Cognitive Science Program (Anthropology, Communication, Computer Science, Education, Geography, Linguistics, P&BS, Religious Studies) in demonstrating the hub role of Psychological & Brain Sciences in the intellectual life at UCSB.

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DAPHNE BUGENTAL: CONTRIBUTIONS TO SCIENCE, SOCIETY, AND UCSB



With funding from the National Science Foundation through 2016, Professor Daphne Bugental is continuing a career that has made landmark scientific contributions to the understanding of family thriving and at risk children, has led to significant societal benefit in terms of reductions in child abuse, and has led to institutional changes benefitting all associated with UCSB.

Daphne Bugental earned her Ph.D. in social psychology at UCLA, and came to UCSB in 1974. Her research encompasses human relationships of all kinds, focusing particularly on parent and child. She found that children born at medical risk experience either an increased probability of parental neglect/abuse or exceptionally high levels of parental investment. By blending naturalistic studies of parents and children in the community with controlled laboratory research, she discovered how the mechanisms that regulate parenting processes are organized at a cognitive, hormonal, socio-emotional, and behavioral level. She described her work on child maltreatment prevention, "I originally became interested in this line of research as a result of the observed differences in adult responses to children who posed a challenge to their control in the relationship. Adults who saw children as unresponsive to their efforts were more likely to make use of harsh or avoidant tactics. NIMH support allowed us to demonstrate how early intervention could prevent this outcome."

Tim Wilson, author of the book *Redirect: Changing the Stories We Live By*, described this work recently to the APA Monitor: "One of the most common approaches to preventing child abuse, the Healthy Families America program, involves screening parents with newborns before they leave the hospital. Those deemed at risk for child abuse are given counseling and home visits. Bugental and her colleagues added a seemingly small story-editing intervention to the home visits. The prompt involved getting parents to reinterpret why their babies were cranky or difficult. Often, parents blame their babies (for instance, "He's trying to provoke me."). The home visitor would ask parents if they could think of any other reasons, prompting them to attribute their babies' behavior to situational factors that were easy to solve (such as, "Maybe I didn't burp him enough."). These story prompts had a dramatic effect. Among both a control group and those who participated in the traditional Healthy Families America program, about 24 percent of the parents physically abused their children. In the group that got the story prompt, this percentage dropped to 4 percent."

Dr. Bugental's current NSF-funded project also examines parent-child relationships: "My current research concerns the longitudinal changes that occur in the parent-offspring relationship in the first year of life. It was predicted that parental investment in the welfare of their children is jointly dependent on parental access to resources and the medical risk factors shown by their child, e.g., preterm status. We are also concerned with the role of hormonal changes early in life on the later health outcomes of children."

In addition to her scientific and social contributions, Dr. Bugental has served in many UCSB roles, including Department Chair and Chair of numerous Academic Senate Committees. She authored and obtained passage for the faculty parental leave policy for the entire University of California System, "As Chair of the System-wide Committee on Affirmative Action, I was pleased that we succeeded in implementing a policy that reduced the academic duties of faculty who recently had a child. Prior to this policy, faculty parents who assumed primary responsibility for the care of an infant were often held back in their academic advancement."

Dr. Bugental has been honored with the APA Kurt Lewin Award, the Santa Barbara County Health "Researcher of the Decade" in 1997, and the 1996 UC Presidential Award for fostering Excellence in Undergraduate Research. For these accomplishments and contributions, she has earned the vast appreciation of her colleagues, students, and the UC community.



BEHIND THE PSYCHOLOGY OF TRAUMA, GRIEF, & HEALING

Many in our Isla Vista and UCSB community experienced fear and grief in the days since the May 23rd 2014 tragedy. When fear sets in, it stimulates the hippocampus to activate the amygdala in a cascade that includes the hypothalamus, pituitary gland and ultimately, adrenal glands. From the adrenal glands, adrenaline and chemicals such as cortisol rush into the blood stream and increase heart rate and blood pressure, improving circulation of oxygen to muscles.



Although cortisol levels may remain high, the initial stress of fearing for the safety of yourself, your friends and the UCSB community now turns toward mourning, and with this grief we look toward healing.

UCSB social psychology professor Shelly Gable, whose research focuses on social relationships and their effect on emotional health, said that there is no normal or 'right' way to grieve.

"Some people show a pattern of initial distress that then subsides, others seem to process the events or loss without ever showing heightened distress, some initially have no reaction and then experience distress later and others show distress that does not subside or does not fully subside," Gable said. "There is no playbook for responding to traumatic events or loss."

According to the National Institute for Trauma and Loss in Children, there are distinctions between trauma and grief. Trauma feels unreal and most often results in terror and feelings of pain, helplessness and fear. Grief, on the other hand, feels real and is characterized by sadness and often pain. The past few days welcomed signs, flowers, chalk notes, candles and memorial events. Yet among our personal moments and emblems of healing, national news crews welcomed professional lighting, cameras stationed throughout Isla Vista and reporters in hair rollers in anticipation of questioning traumatized bystanders.

According to Gable, research by UC Irvine professor of psychology and social behavior Roxane Cohen Silver showed that watching coverage of traumatic events exacerbates traumatic feelings. "Increased exposure to television, internet and blog coverage of the traumatic events was associated with more distress later and more physical health issues later," Gable said.

Some psychologists promote more controversial methods for healing from trauma. George Bonanno, a professor of clinical psychology at Teachers College, Columbia University, touted the benefits of resilience in the face of grief in his 2004 paper "Loss, Trauma, and Human Resilience" published in *American Psychologist*. The study claims that traits such as hardiness, self-enhancement, laughter and even repressive coping can deter grief and promote healing. "Bereaved individuals who exhibited genuine laughs and smiles when speaking about a recent loss had better adjustment over several years of bereavement," the paper said.

Gable confirmed that feeling positive emotions during a period of remembrance provides comfort and healing and does not warrant shame. "People should also know that feeling positive emotions during mourning or post-trauma is normal and is very likely beneficial. It is quite common to feel emotions such as gratitude for what we have, love for friends and awe at other's acts of kindness," Gable said. "Positive emotions seem to undo the effects that fear, sadness and anger have on our bodies."

According to Dairine Pearson, a Visiting Nurse and Hospice Care Counselor, it is important to know that regardless of how and for how long we mourn, we are well-equipped to recover from traumatic events. "Expect to recover from grief. Grief does bring up a feeling of helplessness in people because we do not know what to do, but [it helps to reassure] people that they will get better and that they will recover."

Article adapted from *Daily Nexus*; see original article by Brigitte Naughton, Science Editor of *Daily Nexus*, posted on May 28, 2014
<http://dailynexus.com/2014-05-28/behind-the-psychology-of-trauma-grief-and-healing/>

COCAINE AND THE PLEASURE PRINCIPLE

On the other side of the cocaine high is the cocaine crash, and understanding how one follows the other can provide insight into the physiological effects of drug abuse. For decades, brain research has focused on the pleasurable effects of cocaine largely by studying the dopamine pathway. But this approach left many unanswered questions.

So the Behavioral Pharmacology Laboratory (BPL) at UCSB decided to take a different approach by examining the motivational systems that induce an animal to seek cocaine in the first place. Their findings appeared in the March 2014 issue of *The Journal of Neuroscience*. “We weren’t looking at pleasure; we were looking at the animal’s desire to seek that pleasure, which we believe is the key to understanding drug abuse,” said Aaron Ettenberg, a professor in UCSB’s Department of Psychological & Brain Sciences who established the BPL in 1982. The lab has been particularly active in the development and use of novel behavioral assays that provide a unique approach to the study of drug-behavior interactions. The findings suggest that the same neural mechanism responsible for the negative effects of cocaine likely contribute to the animal’s decision to ingest cocaine. “Just looking at the positive is looking at only half the picture; you have to understand the negative side as well,” said Ettenberg.

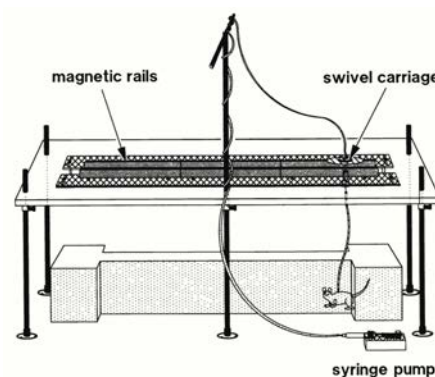
“It’s not just the positive, rewarding effects of cocaine that drive this desire to seek the drug” he said. “It’s the net reward, which takes into account the negative consequences in addition to the positive. Together the two determine the net positive output that will lead to the motivated behavior.”

Ettenberg’s team chose to study norepinephrine (also called noradrenaline), because cocaine is known to act upon this primary neurotransmitter. The researchers chose two places in the brain — the bed nucleus of the stria terminalis (BNST) and the central nucleus of the amygdala (CeA) — because both have been implicated in the aversive effects of such emotional processes as fear conditioning and general anxiety. Norepinephrine is a major transmitter in these two brain systems and plays a part in regulating anxiety.

In the newly published paper, the researchers used drugs that selectively block the action of the neurotransmitter, noradrenaline, in the BNST and CeA rather than its entire function. “If you put norepinephrine antagonists directly into the BNST or the CeA, you can prevent or dramatically attenuate the negative effects of cocaine, leaving the positive effects intact,” Ettenberg explained. “So the animals show fewer retreats in the runway.”

The research looked at acute cocaine use with only one injection a day, which is not considered a model of addiction. So a natural extension of this paper’s line of inquiry is how the positive and negative systems associated with cocaine use change when animals are exposed to multiple doses in any given day (i.e. addiction). Subsequent studies have demonstrated that as the animals become addicted to the drug, the positive consequences get reduced and negative effects get exaggerated so the net experience is less positive. To overcome the decreased positive effects, users increase the dose, which creates a behavioral spiral.

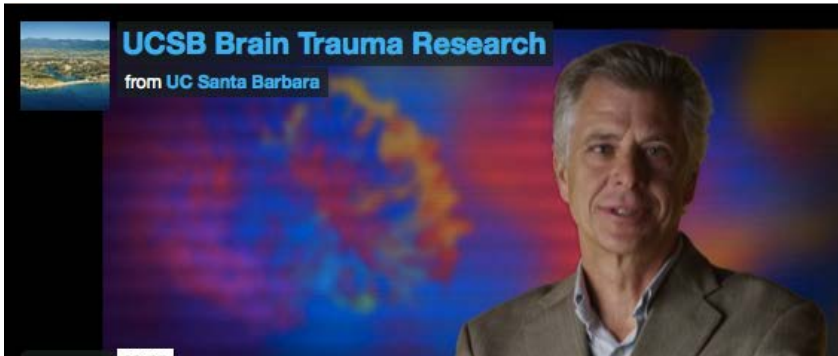
“We need to more fully understand the underlying neuronal mechanisms altered by cocaine before we can treat people,” Ettenberg said. “Once we understand how the brain systems producing the positive/euphoric and negative/anxiety effects of the drug interact, we might be able to produce treatments that address the balance between these two opposing actions, both of which serve as strong driving forces. We therefore need to understand both of these systems in order to come up with a rational treatment down the line.”



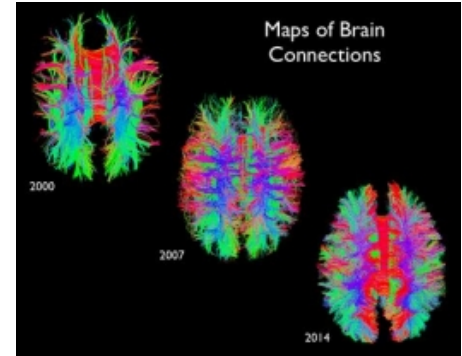
This illustration (above) shows how the custom-built runway works that was designed in the laboratory of Professor Aaron Ettenberg (below).



UCSB'S BRAIN IMAGING CENTER TO PARTICIPATE IN RESEARCH INITIATIVE WITH NFL & GE



*Professor Scott Grafton, director of the Brain Imaging Center at UCSB.
For video describing Dr. Grafton's work, see article link below.*



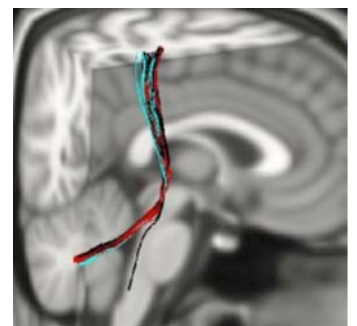
Improvements in MRI and software tools have led to unprecedented opportunities to map the connections between different brain regions.

To address health issues related to head injuries—which may not appear until long after a player has retired—the NFL has teamed with GE to create the Head Health Challenge, a \$20-million research initiative. Among the 16 round-one winners is Scott Grafton, a professor in UC Santa Barbara's Department of Psychological & Brain Sciences and director of the campus's Brain Imaging Center.

The goal of the Head Health Challenge is to improve the safety of athletes as well as that of members of the military and anyone else who has experienced mild traumatic brain injury. The winners, each of whom will receive a \$300,000 award to advance his or her research, were selected from more than 400 entries from 27 countries. "Our effort is in developing imaging methods that serve as biomarkers for mild brain injury," said Grafton. "Once you have a biomarker, you have a whole new toolbox for identifying appropriate therapies."

Over the past few years, researchers and medical professionals have recognized that repeated concussions can lead to a neurological condition called chronic progressive traumatic encephalopathy. "It's a progressive degeneration of the brain," Grafton explained. "A lot of football players have been developing memory loss and other problems over the last decade. We don't know how many have this condition."

The Head Health Challenge launched in March 2013 as part of the Head Health Initiative. This four-year, \$60-million collaboration between GE and the NFL seeks ways to speed diagnosis and improve treatment for mild traumatic brain injury. The initiative includes a research and development program to evaluate and develop next-generation imaging technologies to improve diagnosis that would allow for targeted treatment therapies. Detecting mild brain injury—the kind that shows up on standard MRIs or CAT scans—is very difficult, according to Grafton. And that becomes an issue for coaches and team doctors who have to decide if and when a player who has sustained a head injury can go back on the field.



Example of one cable of connections, as they pass through a single spot in the brain. This person was scanned on three occasions, and each scan is a different color.

"We've developed methods for looking at deep white-matter tracks," Grafton said. "The brain is like a computer, with processors connected by bunches of cables. Head injury can cause shearing of the wires and disconnection. In its simplest form, the biomarker we're working on is an image of sections through the brain that can show the particular cables or sets of cables that are injured, and which part of the brain is being disconnected. Our algorithms are really tuned into looking at changes in individual people rather than saying, well, on average, a person with a concussion is going to have an injury in the front half of the brain—or in the back half," he continued. "That's not specific enough. We want to know exactly which cables are getting damaged."

JONI SASAKI WINS SESP DISSERTATION AWARD



2012 UCSB Ph. D. Joni Sasaki, and her advisor, Professor Heejung Kim. Photograph by Taraneh Mojaverian.

Joni Sasaki, who earned her PhD in 2012 in Social Psychology from UCSB's Department of Psychological & Brain Sciences was the 2013 recipient of the Society of Experimental Social Psychology (SESP) Dissertation Award. Joni is an assistant professor at the Department of Psychology at York University in Toronto, Canada.

Joni's dissertation was titled, "Religion is what individuals and societies make of it: Moderators of religion's effects at the level of person, situation, and culture" and she received her award at the SESP annual meeting on September 28th 2013 in Berkeley, California.

Joni described her dissertation: "Religion may be one of the oldest forms of large-scale social interaction, and it can be found in some form across every human culture. Nevertheless, many basic questions about religion have yet to be fully answered from a psychological perspective, and furthermore, religion has commonly been understood as having monolithic effects on psychology. In my dissertation, I demonstrate that the way religion impacts people's thoughts and behaviors are not always uniform, but rather, may be qualified by aspects of the individual or circumstance. In particular, I investigate classic topics in social psychology—coping responses and values, politics, and prosocial behavior—to show how religion can have varying impacts on these outcomes depending on key moderators at the levels of culture, situation, and the individual."

Joni is the first winner in the history of the UCSB Social Psychology Program, and she noted her appreciation for the training she received: "I am very fortunate for my training at UCSB, and I can't think of a better place to have done my graduate work. The atmosphere there was great for productivity because there is a tradition of honest criticism, and the standards are very high. This makes for really high-quality work, and I very much appreciated all the feedback I got from faculty and fellow students over the years. At the same time, so many people there were very supportive."

ALUM HYNE '06 WINS NEWCOMBE FELLOWSHIP

University of California, Santa Barbara alumna Amy Hyne (B.A. '06, Psychology with minor in French) has been selected by the Woodrow Wilson National Fellowship Foundation as one of 22 Charlotte W. Newcombe Doctoral Dissertation Fellows for 2014. Ms. Hyne is now a doctoral candidate in Asian Cultures and Languages at the University of Texas at Austin. Her dissertation, *Pathologizing Deviance in India: Constructions of "Madness" in Classical Sanskrit Texts and Contemporary Debates*, explores the social, religious, and political motivations behind ascriptions of "madness" in classical Sanskrit texts and contemporary discussions in India.

Ms. Hyne spoke of her experience at UCSB: "The foundation in Psychology that I received at UCSB has been an invaluable asset throughout my graduate career. Though it may appear to be a big jump—from Psychology to Asian Studies—it was actually a very smooth transition. While a student of Psychology at UCSB, through coursework and also as a research assistant in Dr. Jim Roney's Evolutionary Psych lab, I learned how to approach these kinds of research questions in very structured, yet creative ways."



DEPARTMENT CELEBRATES 2014 AWARD WINNERS

2014 UNDERGRADUATE STUDENT AWARDS

Distinguished Graduating Senior

Atina Manvelian & Hadley McGregor

The Morgan Award for Research Promise in Psychology

Rianne Campbell & Irina Petkova

The Morgan Award for Academic Excellence in Psychology

Caroline Ackley & Rachel Frank

Philip S. Rethis Memorial Award

Nicole Kashani

The Marjorie Rose and Abdullah (Al) Nasser Scholarship:

Angela Dominguez & Benjamin Sturgess

Psi Chi Undergraduate Research Grant

Atina Manvelian

Exceptional Academic Performance

Caroline Ackley, Anne Arcuri, Natalya Asadullina, Brooke Bianchi, Christopher Bindloss, Robert Bradfield, Melissa Buckley, Esmerelda Calva, Rianne Campbell, Neil Fasching, Rachel Frank, Courtney Herb, Heather Hilmoe, Klara Hoonanian, Anne Johnson, Benjamin Margolin, Camille Marti, Scott McKernan, Spencer Mermelstein, Samuel Micon, Narek Muradyan, Casey Revenko, Theodore Rodriguez, Samantha Sallie, Joshua Schiff, Anthony Scopelli, Alexandre Sicaud, Gabrielle Slomoff, Benjamin Sturgess, Alexander Terenin, Erin Winsor, Andrew Yukawa

Chairperson's Award

Natalya Asadullina, Tessa Gagliardi, Nicoletter Harter, Molly Rose Morrissey, Emily Richberg, Emily Turner

Distinction in the Major

Caroline Ackley, Kinsey Brose, Melissa Buckley, Sarah Devoto, Lisa Duong, Christopher Do, Rachel Frank, Courtney Herb, Nahal Heydari, Anne Johnson, Nicole Kashani, Adeel Lakhani, Chelsea Loneragan, Atina Manvelian, Hadley McGregor, Irene Sarmiento, Joel Tennyson

ALEXIS LIM AND LEIGH EVANS WIN EAP SCHOLARSHIPS



UCSB undergraduate students Alexis Lim (left) and Leigh Evans (right) in the Department of Psychological & Brain Sciences were awarded \$1000 Scholarships as part of the Education Abroad Program. Alexis Lim will be studying abroad in the Netherlands at Utrecht University for Fall 2014. She writes: "I am currently in a photography class at UCSB and one of my main goals while I'm abroad is to be able to practice what I've been learning in class to capture beautiful images from my experience in the Netherlands." Leigh Evans will participate in the EAP program in Scotland next Fall. She writes: "I hope to gain a new sense of cultural sensitivity and to diversify my understanding of the field of Psychology. I will now have the opportunity to enhance my studies in a prestigious department across the globe."



2013-2014 GRADUATE STUDENT AWARDS

Charles G. McClintock Graduate Fellowship in Social Psychology
Kimberly Hartson

Dean's Fellowship
Taraneh Mojaverian

Graduate Division Dissertation Fellowship
Heather Burte

Graduate Opportunity Fellowship
Randy Corpuz & Thery Prok

Humanities & Social Sciences Research Grant
Randy Corpuz, Kimberly Hartson, & Thery Prok

Harry J. Carlisle Memorial Award
Sierra Webb

National Science Foundation Graduate Research Fellows
Jeffrey Bowen, Phillip Ehret, & Celeste Pilegard

2013-14 UCSB Graduate Division Crossroads Fellowship
Cameron Brick, Phillip Ehret, & Jessica LeClair

Psi Chi Graduate Research Grant
Molly Metz

Students Receiving PhDs
Benjamin Baird, James Elliott, Christopher Knight, Stephen Mack, Taraneh Mojaverian, & Thery Prok

RACHEL GRILLOT WINS MAYER AWARD

Professor Richard Mayer has endowed an award for Outstanding Research Contribution in Psychology that recognizes the second-year psychology graduate student who presents the best research paper at the Psychological & Brain Sciences Mini-Convention. The award consists of a plaque and a cash award to be used to support the graduate student's research. The recipient this year is Rachel Grillot (pictured with Dr. Mayer, left), for her research project, "Hormonal and Morphological Predictors of Women's Body Attractiveness."



KIM HARTSON WINS FULBRIGHT AWARD

Graduate student Kimberly Hartson has been awarded a Fulbright Fellowship to study in Lesotho, Africa. She will spend 9 months conducting research in collaboration with global health organizations in Maseru, Lesotho. Her research examines resistance to AIDS risk reduction behaviors, including HIV testing and voluntary medical male circumcision, and factors that promote positive living with HIV.



ALUMNI PROFILE: SARAH LAFORGE '11

From undergraduate psychology research assistant to singer-songwriter, Class of 2011 Gauch Sarah LaForge has had an eventful few years. Sarah worked in the laboratories of Professor David Sherman and Professor Jim Blascovich during her days at UCSB and is now the lead singer of the popular alt-folk band *Lucy and La Mer*. What connects the two? Sarah's lifelong dedication to psychology and music. *Inside Psychology* caught up with Ms. LaForge for the following interview.

IP: Why did you choose to become a Psych major at UCSB?

SL: Growing up, it wasn't uncommon for *Psychology Today* to be the only magazine on our coffee table. My father had his own private practice as a Cognitive-Behavioral Therapist, and I always enjoyed learning about the bizarre ways our mind works. So when I went to Spring Insight at UCSB, I went straight to the Psych Info table. They explained how research is a huge part of their program and told me about the different types of labs available. It was different than the other UC campuses—they really took the time to show me around and ask about what I wanted to study specifically. Also, the department building was right by the beach. So not having windows in the psych department lab was not so bad.

IP: What were the most important and valuable skills you learned during your psychology experience at UCSB?

SL: I can't tell you how many times a minor detail in research felt like the end of the world to me. Something as simple as missing one of my data samples was such a gigantic setback when I was a first or second year. But you learn the ropes, and the grad students are an incredible resource.



The most important thing I learned was how to ask questions. You can't do it all on your own and there are so many great people on the psych staff to help you along!

IP: As a singer, songwriter, and leader of Lucy and La Mer, how has your psych degree helped, and in what ways?

SL: There's a surprising amount of research within the music business. Finding your audience is just like finding your sample group—age, location, interests, disinterests, are all important when creating marketing strategies. You're always hypothesizing about how your group will react and asking questions as you plan.

IP: What are your future plans, career wise?

SL: I would love to work as a music therapist in the future. I've been looking at different graduate programs lately and it's really exciting to see how the field is growing. I'd love to study how the mind and music interact.

IP: What are your hobbies, avocations, things you do for fun?

SL: Aside from my own band, I also love collaborating with other musicians.

I just performed as a back-up singer for Moby, which was an incredible experience. I've also worked on film projects and been cast in various music videos. I've been invited to speak at UCLA for the Music Business Program. It's a unique community with countless opportunities to create. I never thought I'd be living in Los Angeles, but I've tried to continue doing the things that I loved in Santa Barbara here as well, such as hiking, picnics on the beach, busking downtown. It's definitely not as beautiful as Santa Barbara, but it has its own charm.

IP: How can people learn more about your music?

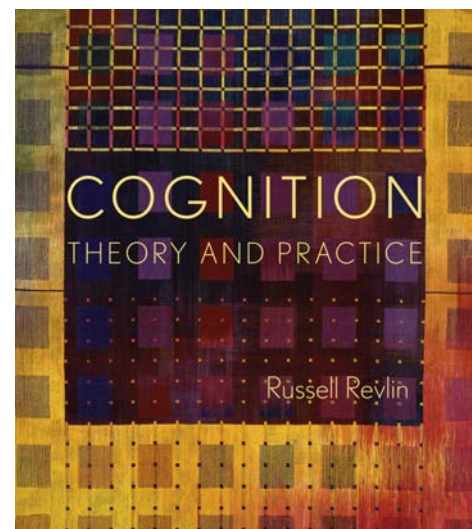
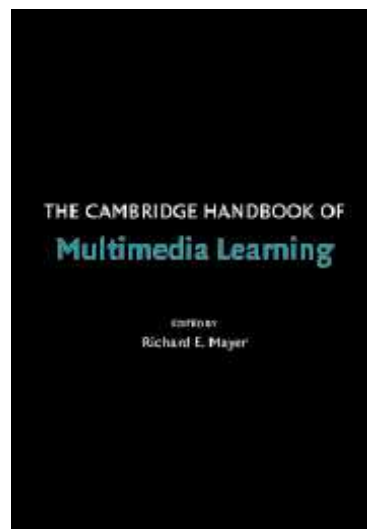
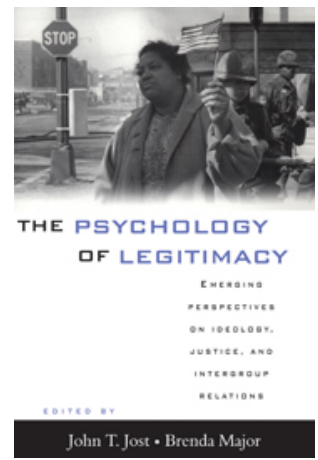
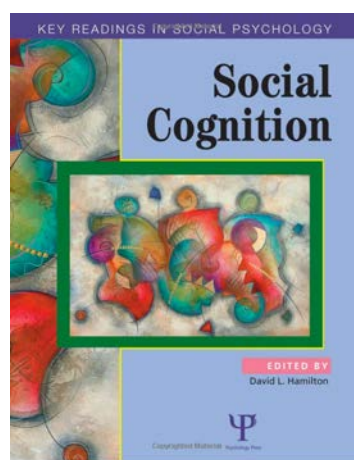
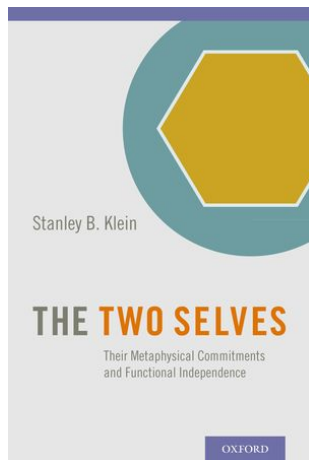
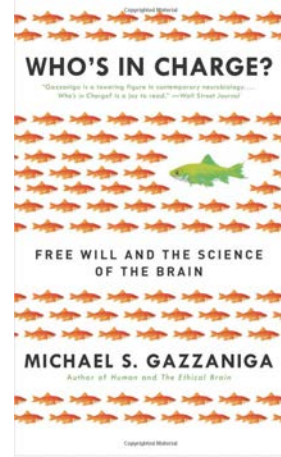
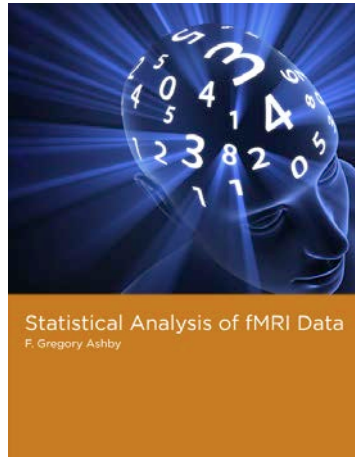
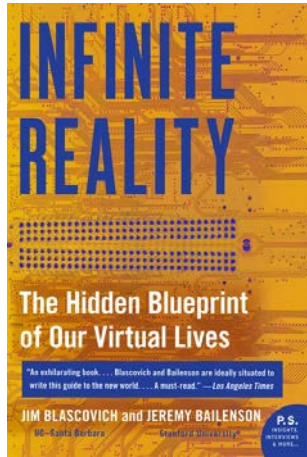
SL: We just released our first single "Just Friends" on iTunes with an incredible music video (full of familiar UCSB faces). We love seeing new faces at shows and hearing from folks on our social media pages. You can find out what we're up to on www.ListenToLucy.com, or just type our name into google and see what we've been up to.



Sarah LaForge, playing at the House of Blues on Sunset Strip (top center) and at her 2011 UCSB graduation (above).

BOOKS BY UCSB PSYCHOLOGY FACULTY

Below are books that have been authored by faculty of the Department of Psychological & Brain Sciences.



STAFF PROFILE: JOE JABLONSKI, THE BEST JOE EVER

One of the longest tenured and most loved (he even has his own Facebook Appreciation Page!) members of the Department staff is Joe Jablonski, the Developmental Engineer and Manager of the Department Machine Shop. As those who work with Joe know, he is a remarkable person and ingenious problem-solver. *Inside Psychology* wanted to learn more about Joe, and so what follows is Joe's story, in his own words.

Joe's Background

I came out to California in 1983. My plan was to train for the Olympics. My event was the decathlon. UCSB was the hotspot for aspiring decathletes who still wanted to train, after they got out of college. (Needless to say, I never made it to the 1988 Olympics.) When I first got here in Santa Barbara, having a Masters Degree in Industrial Education & Technology, most employers were fearful of offering me employment, thinking that I wasn't long term material. I saw the ad for a UCSB job. This job had listed quite a few skillsets in the fabrication of apparatus, building repairs, inventory control, security and access control, etc. I was a bit leery of this job because the department listing it was called the "Psychology Department". I was completely baffled as to why the Psych Department would require someone to run a milling machine and also do welding on exotic metals. What kind of Psych was this? I thought, let me put my resume into this "Psych Dept" knowing full well it was going to be for the short term(maybe 3 or 6 months), at which time I would move over to one of the Engineering Departments. Well, that was in April of 1990. My plan of 3 to 6 months in the Psych Dept has stretched out to 24-years and counting.

Joe's Job

One role is something I like to call a "Back-Channels Logistics Specialist". Let's say that somebody needs this "positive action" to occur in the next 30-minutes but the normal time frame would take 3 weeks to get done. Kind of think of the role that Radar played on the TV show "MASH". Another role is that of, for lack of a better word, "creative-wonder-kid" that can, and does think way outside of the box.

I was tasked to help with the fabrication of Barry's (Prof. Barry Giesbrecht; left with Joe) EEG chamber. The chamber company sent the parts to the chamber, and 3 of its field techs to assemble the chamber on-site. Each panel was made of copper, and put the weight of each panel in the 500-to-600 pound category and wouldn't fit in the elevator. What to do, what to do? Because building 551 was undergoing its renewal construction, along with the construction of building 251, the openings in the building stairwell for the catwalks were done that week. I was able to talk to the building 251 construction supervisor about borrowing one of their skylifts, to grab the EEG copper panels, and carefully get them through the opening into the stairwell, up where the new catwalk would eventually go. I really push the performance envelope of our small shop. I often wonder how much better and easier colleagues in other departments have it in their shops with all the cool tools: laser cutters, computerized milling machine, etc.



Joe's Views on UCSB and the Department

So far, I have seen 3 chancellors here at UCSB. The campus under Chancellor Uehling saw an explosion of increased infrastructure and buildings. That was her legacy. It reminded me of that line in the movie "If you build it, they will come." These are buildings for the undergrads, grads, staff, and faculty. This was a complete team-uplifting program. What I see currently, is Chancellor Yang is all about adding high-end faculty. And we see that in the sheer number of Nobel Prize winners we have on campus. This has such high impact for UCSB.

The biggest change in the Department I've seen is that of people. Back in the day, we might have had 1 or 2 post-docs. Today we may have approximately 20 to 25 (post-docs, scholars, visitors). The biggest increase in people we have is undergraduate research personnel. Back in the day, the number was zero. Undergraduate researchers, because we have so many, so it is only a guess, would number 300 to 400?

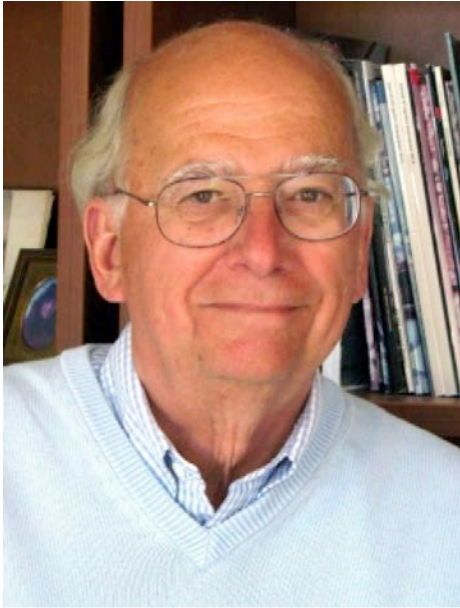
Joe's Philosophy of Life

I'm always pushing, pushing, pushing not to be a Better Joe, but to be the Best-Joe! The Best-Joe on the planet, or maybe, Top Ten on the planet. I no doubt get this from my athletic background where gold, silver, and bronze were it. Or maybe I'm not humble, and am a bit egomaniac to even think of shooting for the top ten. Maybe I can sell myself, and not be humble, and maybe I can ask the Chair to get my salary in the Top Ten of Joes on the planet. Watch, what I'll get out of that meeting might be a T-Shirt that says "Best Joe Ever" but no raise :-)

I just love new challenges: if a project requires TIG-welding, then I'll learn to TIG-weld, if I need to learn small routines in assembly language, then I start learning it. This has also spilled into my personal life. I'm also learning to play the piano, and drums. I have also dabbled in making a few specialty cakes, as well as a few stuffed animals, and a 40-page comic book. I wish I could get 100-hours out of the day!

Another factor, no make that "life-factor" that affects me is that I take nothing for granted! NOTHING! Some of the things that make me really, really happy is how grateful I am to have use of my legs. Two to three times a week, it'll hit me that I can walk down the hallway, and climb stairs! I've got legs, and they work! The biggest reason for my attitude is that without question, for the past 4 decades or so, I treat every day as a gift. I wake-up each morning, take a quick inventory of my faculties (brain, legs, arms, eyes, etc.) and then smile a teeny smile and think to myself "Looks like you got another one!" And as I head out the door I sometimes think to myself "Coming Through!" And then pretend that Life asks "Coming Through, Who?" And I reply "Damn Life! Read the shirt 'Best Joe Ever' that's who!" :-)

MIKE GAZZANIGA NAMED 2015 WILLIAM JAMES FELLOW



Michael Gazzaniga, director of UC Santa Barbara's SAGE Center for the Study of the Mind and a professor in the Department of Psychological & Brain Sciences, has been named a 2015 William James Fellow by the Association of Psychological Science (APS).

"We're delighted to see Mike honored with an award that recognizes his membership in an elite group—those whose research has been truly science-changing," said Diane Mackie, chair of UCSB's Department of Psychological & Brain Sciences. "We're privileged to have him as a colleague."

The APS William James Fellow Award honors Gazzaniga's groundbreaking work in cognitive neuroscience. It specifically honors his discovery of the distinct contributions of the two cerebral hemispheres of the human brain to thought and consciousness and how this has revolutionized the understanding of brain function.

"Michael Gazzaniga has done nothing less than unlock the secrets of the mind," said APS Executive Director Alan Kraut. "And he has taken us along

with him on this journey, beyond the psychological and brain sciences, and shown us all a glimpse of what it means to be human."

Gazzaniga is the first UCSB recipient of the award, the highest honor APS confers on its members. More than 150 people have received the William James Fellow Award since it began in 1989. Other psychological scientists receiving the award for 2015 include Susan Goldin-Meadow of the University of Chicago, Joseph LeDoux of New York University and Timothy Wilson of the University of Virginia. Gazzaniga and his fellow recipients will receive the official award at the 2015 APS convention in New York City, where each will deliver a keynote address.

"It is always humbling to be honored by colleagues," Gazzaniga said. "I am deeply appreciative."

Gazzaniga received his Ph.D in psychobiology from the California Institute of Technology, where he worked under the guidance of neuropsychologist Roger W. Sperry who won the 1981 Nobel Prize in Physiology and Medicine for his work with split-brain research. Gazzaniga has published many books accessible to a lay audience, including "Human: The Science Behind What Makes Us Unique," "Nature's Mind" and "Mind Matters." These, in conjunction with his participation in the public television specials "The Brain" and "The Mind," have been instrumental in making information about brain function generally accessible. He founded the Neuroscience Institute and the *Journal of Cognitive Neuroscience*, of which he is the editor-in-chief. He is much sought-after as an adviser to various institutes involved in brain research and is a member of the President's Council on Bioethics.

Referred to as the father of modern psychology, William James (1842-1910) was one of the most influential pioneer theorists in psychology. He considered psychology as a division of biology and argued that it should study adaptation. James emphasized the relevance of investigating the role of consciousness, the nature and effect of emotions and the usefulness of habits and instincts.

The APS is a nonprofit organization dedicated to the advancement of scientific psychology and its representation at the national and international level. Its mission is to promote, protect and advance the interests of scientifically oriented psychology in research, application, teaching and the improvement of human welfare.

Article from UCSB Press Release by Julie Cohen; For more information and photo credits:
<http://www.news.ucsb.edu/2014/014018/michael-gazzaniga-named-2015-william-james-fellow>

WHERE ARE THEY NOW? PSYCHOLOGY CLASSNOTES

Contribute Classnotes for 2014-2015 by emailing: InsidePsychology@psych.ucsb.edu

1950s & 1960s

- **Elmer C. Cameron** 1956, BA Psychology. Married Ruth E. Nicolson, BA Education UCSB 1956. Fellowship University of Redlands, Speech Pathology, MA, 1957. Teaching experience: Special Education Los Angeles, Santa Barbara and San Francisco State. School Psychologist Monterey county schools. CA. Administration: Director Special Services, Deputy Superintendent for Escondido Union S.D. Public Service: Councilman and Mayor pro tem, Escondido. Currently on Board of Directors of Escondido Public Library and President of Friends of the Escondido Public Library.
- **Stewart Proctor**, 1963, BS, Psychology. PhD, Indiana University, MBA, Saint Mary's College of California. On psychology faculty at University of Utah (1968 - 77); US Virgin Islands Dept of Health (1977 - 80); Permanente Medical Group of Northern Calif (1980 - 2009). Three adult children, one who graduated from West Point, one from UCSB, and one from Cal. Retired, volunteering for an animal rescue foundation and serving as a parks commissioner in Danville, CA.
- **David R. Reese**, B.A., 1967, Psychology. My experience as a laboratory assistant with Walter Gogel, Ph.D. during my Psychology studies at UCSB provided me with lessons for a lifetime. Dr. Gogel was not only a great professor and researcher but a mentor, advisor, counselor and a great role model. As Psychology Instructor at Holy Names University in Oakland, California. I was responsible for launching the Experimental Psychology Laboratory with "Skinner Boxes". The experience in the UCSB Perception Lab with Dr. Gogel and in the classroom at UCSB was invaluable to me as I began teaching and establishing a psychology laboratory. Most recently I have been the Research Director for the Appalachian Osteopathic Postgraduate Training Institute Consortium, Inc. in Pikeville, Kentucky. Our family has recently grown with the birth of our granddaughter this month who joins her two older brothers in Pittsburgh.

1970s

- **Michael A. Leonard**, Esq., 1971, BA, Psychology. Following graduation, I taught mathematics and English at a Philadelphia Junior High school, then attended law school at Temple University. I have practiced veterans' law for almost 40 years, and am in the process of gradually reducing my workload toward full retirement, and relocating from Wilmington, NC to North Myrtle Beach, SC. For the last seven years, I also served as a member of the Board of Directors of the National Organization of Veterans' Advocates, and as its Vice President for the last four years. I am married and have four children, the oldest of whom was born shortly before I graduated from UCSB. I still miss the beauty of Santa Barbara, the challenge of UCSB and the excitement of Isla Vista in the late '60s and early '70s!
- **Terry Tibbetts**, 1973, MA, Psychology - after several years as a clinical psychologist and social activist, was voted a California School Psychologist of the Year in 1991, and recently became a clinical supervisor for educationally related mental health services in a large school district. His book "Identifying and Assessing Students with Emotional Disturbance," was published by Brooke Educational Publishers last year.
- **Janet Benner**, 1973. (I graduated so long ago that brain science was not part of the curriculum). I have three books in print, one about parenting, one about stopping smoking and one about football. I am a smoking cessation specialist but now mostly operate Joelle Olive Oil....growing and retailing a splendid extra virgin olive oil at the farmers' markets.
- **Keith Witt**, Ph.D. (BA, 1973; www.drkeithwitt.com) I am a clinical psychologist in Santa Barbara who has conducted over 53 thousand therapy sessions in the last 40 years. My books include, *Waking Up*, *Sessions*, *The Attuned Family*, *The Gift of Shame*, and the upcoming *Integral Mindfulness--clueless to dialed-in*. I am active in Ken Wilber's Integral community and give local lectures at the Unity Chapel on Arrellaga Street.
- **Darlene Fogal (Peterschick then)**, BA, Psychology, 1975. After UCSB, I completed a Masters degree in Art Therapy. and I am now a semi-retired Art Therapist/Hypnotherapist. I have two grown sons and a grandson. Recently built my Art Studio and will be touring London and Paris, hoping to do some sketches.
- **Peter Benjamin**, 1976: After working in the department for several years with Dr. Jacobs, in 1972 I started a chain of outdoor stores called Granite Stairway Mountaineering. In 1985 I moved to Japan where I founded a company which manufactured products for the Japanese outdoor markets. Then in 1991 I sold my Japanese company and moved back to the US to become Chief Operating Officer for The North Face in Berkeley. In 1999 I went to work for Deckers Outdoor Corporation as their Chief Operating Officer and President. Since 1993 I've also owned a brand and sales development agency for Asian markets called Pacific Resources. In 1988 I married Miyuki Nakamura in SB. Miyuki and I currently split our time between Sausalito and Tokyo; fortunately still getting to SB a few times a year.
- **Terri Needels**, 1978, B.A. Experimental Psychology; MS. University of Pennsylvania, Ph.D. Counseling Psychology Duke University. Following graduation from UCSB I went to the east coast where I obtained my doctorate degree. I then moved to Hawaii where I completed a post-doc and began my professional career. I currently have a private practice in Honolulu, HI and consult with the family court and private schools. I continue to enjoy surfing, playing tennis, kayaking, snowboarding, and sand volleyball.

WHERE ARE THEY NOW? PSYCHOLOGY CLASSNOTES (CONTINUED)

1980s

- **Katherine Meek**, 1980, BA, Psychology. I moved to San Diego, California and had various jobs working with 9th-12th grade SED students, worked as a University of Arizona NADSAP facilitator teaching naval personnel on ships, squadrons and bases. Since 1999, I work at Cuyamaca College in the Learning and Technology Resources department servicing students, staff, instructors and online students with their computer/class needs. I am involved in the Staff Development committee, the Scholarship committee and am currently our CSEA union CPRO. I attend New Life PCA La Mesa church. I have had the good fortune of traveling twice to Europe, British Isles, Middle East, South Pacific, and Greece.
- **August Hoffman**, 1981. Greetings to Santa Barbara! Currently I am a full professor of psychology at Metropolitan State University in St. Paul, MN. Love it in the upper midwest but I do miss the beautiful campus of Santa Barbara. My research interests address the psychological benefits of community service work, community gardening activities and sustainability. I hope to participate in future UCSB Alumni activities.
- **Michael Schwartz**, BA Psychology, 1987. MA Physiological Psychology at SFSU 1992. Have been working in the field of sleep disorders since 1987 as a tech, manager, educator, app creator ("SleepQ" for iOS), all helping people get better sleep. Living the dream up in Oregon. Married, two kids.
- **Scott Norris**, 1988, BA, Psychology. Education highlights: UNM CIMTE (1991), SJSU MBA (1997). Career highlights: strategic planning for Northern California hospital. Personal highlights: married, brain cancer survivor, artist, author of various works on brain tumor survivorship and quality of life, guest speaker for UCSB health psychology class about coping with illness (UCTV Voices).

1990s

- **Michelle Johnston**, 1990, BA, Psychology. After UCSB, I earned my Master of Public Health degree in Health Promotion. Since 2011, I have served as the Regional Director for the Alzheimer's Association. I live in Sacramento, with my husband, Scott. We enjoy spending time in our garden, along with rafting, hiking and scuba diving.
- **Michael Wolfe**, 1990, BA, Psychology. After getting a PhD in Cognitive Psychology at the University of Colorado, Boulder, and a postdoc at Vanderbilt, I have been a Psychology professor at Grand Valley State University in Allendale, MI. I conduct research on text comprehension and teach undergraduate Psychology courses. In 2014 I was promoted to Professor. I have three boys (14, 12, and 8 years old) and am getting married in the summer of 2014.
- **Lisa Thomas Vance**, 1991, BA, Psychology. After graduating, I went on to grad school at UCLA where I received my Multiple Subject Teaching Credential. I taught elementary school at a fabulous school in Los Angeles where hearing-impaired children are mainstreamed into the regular classroom. I'm married to fellow Gaucho Ronan Vance and we have three children. My family moved to Santa Barbara in 2002, where we currently reside. I am now a science teacher and resource specialist at my youngest children's school. I enjoy hiking, swimming and traveling. Recently, I took up surfing and I am hooked!
- **Peter Rosen**, 1993, BA, Psychology. On June 1, 2014 I will begin my new position as Head of the Accounting and Computer Information Systems Department in the Kelce College of Business at Pittsburg State University.
- **Reagan Curtis**, 1994, BA, Psychology, 1997, MA, Education, 1999, PhD, Educational Psychology. After UCSB, I held tenure track positions at Northwestern State University of Louisiana and CSU Northridge. I am now professor of educational psychology at West Virginia University and founding director of the Program Evaluation and Research Center (<http://perc.cehs.wvu.edu/>). I am married with 5 children.
- **Jeremy Handy**, M.D., UCSB, B.A. Psychology, Class of 1996. I am a Child and Adolescent Psychiatrist in private practice in Boise, Idaho. I live with my wife and 4 yr old son. I enjoy hiking and playing guitar.

2000s

- **Adam Leventhal**, 2002, BA, Psychology. I am an associate professor at USC and continue to do research on addiction, which I started as a undergrad at UCSB working with Dr. Aaron Ettenberg. I'm married to Jenna Leventhal (BA, History, 2003, UCSB) and we have one daughter.
- **Celeste Campos-Castillo**, 2004, BA, Psychology. I am currently completing a two-year post-doctoral fellowship at Dartmouth College's Institute for Security, Technology, and Society. This Fall, I will join the sociology faculty at the University of Wisconsin at Milwaukee and start a laboratory to conduct sociology experiments.
- **Maribel Acevedo**, 2004, BA, Spanish and Psychology. After UCSB, I worked as an Eligibility Worker at the Department of Social Services for several years. Now, I'm back at UCSB as a Financial Aid Advisor in the Office of Financial Aid. I love to travel as often as I can, I'm married and have an adorable lab retriever mix named Simba.
- **Alanna Peebles**, 2013, BA, Psychology. After a short summer, I jumped right into a M.A./Ph.D. program in Communications at the University of Madison, Wisconsin. My current focus is on the effects of prosocial and educational media on adults and children.



GIVING OPPORTUNITIES IN THE DEPARTMENT OF PSYCHOLOGICAL & BRAIN SCIENCES

Would you like to be part of the future of teaching and scholarship in the Department of Psychological & Brain Sciences at UCSB? Your gift, no matter how large or small, can help us:

- create top-notch learning programs for undergraduates
- support and reward the research endeavors of our very best undergraduates
- facilitate cutting edge research efforts that move both science and society forward
- attract and hire the most competitively recruited scientists at every stage of their careers
- support the best and brightest graduate students in their pursuit of the Ph.D. degree
- bring distinguished lecturers to the department to the benefit of both faculty and students
- outfit and equip research and scholarship spaces in the new building where faculty and students of all levels can interact

The Department greatly appreciates any support you can offer. We can provide information on dollar amounts associated with specific gift needs in the department. The Department gratefully accepts gifts of any variety or type of assets, including appreciated securities, cash, real property, and personal property.

Gifts to the department can be made outright, pledged over a period of years, or made through planned giving instruments such as charitable remainder trusts, charitable lead trusts, gift annuities, bequests, or other means. Many employers also match contributions to UCSB. Please check with your employer if you are unsure.

GRADUATE STUDENT SUPPORT FUND

Who inspired you to get a psychology degree? Who made the difference between finishing and not finishing that honors thesis? When you had a problem in class, whom did you seek out? For many undergraduates, the answers to all these questions is “My T.A.” or “The graduate student I worked with.” Graduate students make crucial and compelling contributions to the teaching and research missions of the Psychological & Brain Sciences Department at UCSB. In large lecture courses, they are the students’ lifeline to the instructor. In lab classes, they are the ones who can crack the statistics codes, and show you the technique over and over again. And most students working in individual labs work closely with and learn much about graduate school from the lab’s Graduate Student Researchers. As UC funding falls, the need for graduate student support grows ever more pressing. If you’d like to make a donation earmarked for graduate student support in thanks for all that help you might have received back then, please contact chair Diane Mackie at mackie@psych.ucsb.edu.

FROM THE DEPARTMENT WISH LIST

Non-restricted Fund: non-restricted funds for the department to use to meet its highest priority needs

Departmental Distinguished Colloquium Speaker Fund: funds for costs associated with bringing nationally and internationally known speakers to the department to share their research with faculty, graduate students, and undergraduates

Charles G. McClintock Fund: funds established to support senior graduate students in the Social Psychology program who combine high standards of scholarship with service to the program

Harry J. Carlisle Award: funds established for the support of outstanding graduate students in the Neuroscience and Behavior program

Undergraduate Awards Fund: funds to support awards given to seniors in Psychology and Bio-psychology who graduate with distinction in the major, and to enhance and enrich the undergraduate program

Psi Chi Fund: funds for the support of professional activities and scholarship enrichment for psychology majors elected to the national psychology honors society

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Department of Psychological & Brain Sciences
University of California, Santa Barbara
Santa Barbara, CA 93106-9660
Phone: 805 893 2857
Fax: 805 893 4303

E-mail: InsidePsychology@psych.ucsb.edu
Editor: David Sherman
Layout Editor: Kimberly Hartson