

THE SELF MONITOR

The Official Alumni Newsletter of the Psychology Department
of the State University of New York at New Paltz

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Message from the Department Chair, Dr. Jonathan Raskin

Greetings from New Paltz! It's been a wild year. The university is now fully back to in-person classes and life is settling in to a "new normal." Not surprisingly, our faculty and students have handled the ongoing pandemic with grace and poise. Let's keep our fingers crossed that the coming year goes equally well (even if it is an empirically suspect method for ensuring good luck!).

It's been a year of change—with faculty member Michael Gayle and department administrative assistant Jane Lehman both retiring. If you had the pleasure of taking a class with Mike or interacting with Jane while you were a student, you remember how terrific they are and understand how much we will miss them both. We wish them well in their new adventures. FYI, our new administrative assistant is Ann Marie DeBonis, a current student in the MS psych science program. Please welcome her to the Department.

I look forward to the 2022-23 academic year. I'll be on sabbatical in the fall, but Dr. Doug Maynard will be sitting in for me until I return in the spring. In the meantime, to all those alums out there: Please let us know what you're up to. We are always excited to hear from you!

Warmly,
Jonathan D. Raskin, Ph.D.
Chair, Department of Psychology

P.S.: Want to support faculty and student teaching and research initiatives during these economically challenging times? If so, consider donating to the Department fund:

<http://www.newpaltz.edu/psychology>

Farewell to Jane Lehman, Psychology Department Administrative Assistant

Professor Glenn Geher interviewed Jane, a cornerstone of the department for years, as she began her retirement:

GG: Jane, your presence in the department for the last 15-or-so years has been such a positive force for our entire departmental community. I've always maintained that your approach to your work is nothing short of exemplary. What are some of the work-related values that you hold that have helped you be so successful in your career?

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Happy Retirement to Dr. Michael Gayle

Professor Geher also interviewed colleague Mike Gayle, who retired from the Psychology Department faculty this year:

GG: Thanks so much for your willingness to participate in this interview, Dr. Gayle! As a member of the New Paltz Psychology Department between 1993 and 2021, you've seen a lot over the years! Can you please tell us a bit about your take on the history of the Department during that stretch?

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Interview with Jane Lehman, cont'd:

JL: I would say that the values I tried to bring to my interactions at work and that have carried me through life have been shaped by the wisdom of the Beatitudes. It's also about actively listening to what a student or faculty member might be saying. When I remember this practice, I realize that I have experienced a similar situation, and so I am more inclined to embrace it fully.



Jane's website, artbyjanelehman.com, features her mixed media and collage work

GG: Working in an academic setting, lots of interesting things tend to happen with regularity. Can you please share an anecdote of a situation from your career that makes you smile when you think about it?

JL: I smile whenever I think of many incredibly real conversations I've had, especially with faculty and our graduate and work study students who I have shared office space with. There is a slapstick quality to working in an office....with all of the peculiar politics, rules and formality, there are moments when someone, including me, gets hit in the face with a cream pie in Marx Brothers fashion, and the only response is to laugh and relax about things.

GG: What are some of the greatest successes you've seen in the department over the years?

JL: I think the department is most successful in its all-in commitment to students and in providing a quality experience for them. There may be differences of opinions on how to achieve this quality, but there is a definite united front when it comes to total commitment to each and every student. It's not surprising that the number of Psychology majors and minors is so formidable.

GG: In the Valley, you've developed a reputation as an elite artist. How can people find out more about your art?

JL: My artwork can be found at my website: artbyjanelehman.com

GG: Through your care, compassion, and hard work over the years, you managed to get our entire community to care genuinely about your welfare and future enormously. What's next for Jane?

JL: Still lots of questions. One of my goals is to remember what day of the week it is when I wake up, because every day feels like Saturday, which is not always a good thing. I've definitely abandoned desk life and wear more play clothes. I'm working in a large vegetable garden with fellow artist and friend, Michele. I've begun a massive landscaping project with river and beach rocks and blue flagstone (pictured below).



But the most amazing thing on the horizon is that my son, Daniel and his wife, Michaela will be having a baby some time this coming winter, and will be settling into a new home in Port Ewen. They will have to say goodbye to the Kerhonkson Gnome, who has stood watch over them all these months!

Interview with Mike Gayle, cont'd:**Dr. Gayle in all-out SCUBA mode!**

MG: You're welcome, Dr. Geher. Thanks for inviting me! Yes, I certainly saw a lot over that 28-year run. I was hired at the very front-end of a faculty turnover period. With the exception of Dr. Vazquez, the entire faculty and staff of the Psychology Department changed during my time there. Each new arrival brought in fresh perspectives and energy; The Department even grew in size. With a tremendous amount of underlying work by our dedicated faculty, I saw both the undergraduate and graduate programs, in various iterations, developed and structured to provide much better educational experiences for our students. For example, the undergraduate program went through a significant and meaningful revision in the early 2000's which remained in place for ~20 years.

During my final semester (Fall 2021), a more tiered and comprehensive undergraduate major went into effect which requires completion of a common series of nine courses rather than the four that had been needed previously. The additional five required courses provide broad exposure to the content areas of abnormal, cognitive, developmental, and social psychology as well as history and systems of psychology. This new version of the major which retains the 3-course methodological sequence from its previous iteration should result in students who are better versed in the broad field of psychology and also allows students to tailor their educational experience through their selection of advanced courses. Overall, this was a great development in the history of the Department.

At the graduate level, when I arrived at New Paltz, the MA Psychology degree program consisted of a hodgepodge of courses and included a graduate-level concentration in counseling. Again with the dedicated and hard work of the faculty, in several distinct phases, the MA program was split into an MA Psychology program and a separate MS Counseling program. After a period in which the programs had quite a few shared courses, the programs more fully separated and were developed independently. Eventually, the MA Psychology program transformed into the current MS in Psychological Science and the MS Counseling program transformed into the Counselor Education program offering MS degrees in both Mental Health and School Counseling; all were housed in the Psychology Department. Within my last year at New Paltz, Counselor Education was accredited by CACREP and became its own fully separate department. Growing pains often accompany change. Best of luck to all!

GG: In addition to serving as a full-time faculty member in Psychology, you held various critical administrative positions during your tenure at New Paltz. Can you please tell us about these different positions, including some of the highlights from your own experiences?

MG: True, I've held several administrative positions at New Paltz. Over the years, I've served as Assistant Chair and subsequently Chair of the Psychology Department, Associate Dean and [briefly] Acting Dean for the College of Liberal Arts & Sciences (LA&S) and, for a few years just prior to my retirement, Interim Chair for the Department of Black Studies. Compared to being a full-time faculty member, being an administrator provides the opportunity for having a greater impact on the lives of more people, not only students but faculty as well. And this influence increases with higher administrative roles. As Chair of Psychology, recruiting a leadership team

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Interview with Mike Gayle, cont'd:

and leading the Department through program development and revision were certainly highlights. As I recall, Dr. Maynard easily and willingly joined me as Assistant Chair but it took a bit of arm twisting to get Dr. Raskin to even consider becoming the Graduate Coordinator. Working closely with both of them as an administrative unit was like a dream. Thoughtful, creative, communicative, and extremely hard-working. I truly value the relationships that were developed with them. While Dr. Maynard focused on the undergraduate program and Dr. Raskin focused on the graduate program, I believe that we made great strides in developing a vision for the Department and by the time I left that role, the Department had adopted a significant and meaningful revision of the major. With the exception of some tedious tasks, my entire experience as Associate Dean of LA&S was a highlight of my tenure at New Paltz. I was afforded the opportunity to work very closely with many upper-administration members and to learn many of the inner workings of the institution. Employing that knowledge for the benefit of the students and faculty across the College as well as being able to assist departments bring their efforts to fruition—including hiring new faculty—was greatly satisfying.

GG: You taught various classes at the graduate and undergraduate levels over the years. Please tell us a bit about some of the different classes you taught. Also, what were some of your primary goals in terms of what you wanted students to get out of your classes?

MG: Sure. In the Department, I taught required courses including *Experimental Psychology*, *Research Methods*, and *Internship in Mental Health Counseling* in at least one of the various programs every semester and, for nearly a decade during our summer session, I taught the *Australian Ecotour* through collaboration with the Center for International Programs. Regardless of the specific classes I taught, my main goals were to support students to exceed their self-imposed expectations, to achieve developmentally appropriate academic and interpersonal competency, and to develop a desire and the skills for lifelong learning. I think I had some success in achieving these goals. Although some students thought (and complained) that my expectations were way too high and not in line with others who taught the same courses, many of those same students returned to me within a year or two and thanked me for challenging them and expressed how the experience with me helped them to succeed in challenges that they subsequently encountered.

GG: What are some of the highlights of your career—some of the things that you look back on and are most proud of?

MG: Although I'm proud of having been selected as an LA&S Teacher of the Year and being twice nominated for U.S. Professor of the Year, I'm most proud of the strong relationships that were developed with those I engaged and the various personal and professional accomplishments of which they claim I had a part. I hope that some of these relationships will last a lifetime.

GG: What does the next chapter hold for Dr. Gayle?

MG: Well, we never really know what doors will open or the opportunities that the future holds for us. In some fashion or another, I'll continue to teach and mentor. I'll continue my pursuits as a life-long learner and, as always, will keep my eyes open to the possibilities that exist out there. As some people know, I've always had an entrepreneurial spirit and, throughout my time at New Paltz,

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Interview with Mike Gayle, cont'd:

taking some time off immediately after retiring, I resumed working on improving and expanding the services that my businesses provide. Some of these endeavors—like being a NYS Licensed Mental Health Counselor—allow me to use professional skills in ways that I didn't in my primary work at New Paltz, while others—like being a SCUBA instructor and Merchant Mariner—allow me opportunities to travel, working in destinations near and far. So, although I've retired from New Paltz, I'm still working and plan to continue that for a while. Beyond work, my wanderlust will continue to take me to parts of the world I've yet to see, my love of biodiversity will keep me involved in conservation education/advocacy and my love of helping others will continue to be expressed. Seeing how these all develop and integrate without the overlay of a full-time job at New Paltz and remaining open to new opportunities and adventures describes the current phase of my life journey. Time will tell exactly what's written in this chapter.

GG: Thanks so much for taking your time to answer these questions. I think I speak for our entire academic community in wishing you the best in all of your upcoming adventures. And thank you for your service over all these years!

MG: Well, thank you. I enjoyed my time at New Paltz and am thankful that I had the opportunity to make a difference in the lives of people in that community. Have a great semester! Take care and be well.

Faculty and Alumni News and Publications

New Research on Lyme Disease Treatment Co-authored by Emeritus Faculty Member Phyllis Freeman

Emeritus faculty member Phyllis Freeman co-authored a Lyme disease treatment paper published in the journal *Antibiotics*. It might be a game changer for those with long-term tick borne disease since it tests a new protocol of much shorter antibiotic treatment.

“Efficacy of Short-Term High Dose Pulsed Dapsone Combination Therapy in the Treatment of Chronic Lyme Disease/Post-Treatment Lyme Disease Syndrome (PTLDS) and Associated Co-Infections: A Report of Three Cases and Literature Review” was published in *Antibiotics* as part of the Special Issue “Antimicrobial Combination Therapy to Treat Difficult-to-Treat Infections: From Bench to the Bedside”

Read more:

Abstract: <https://www.mdpi.com/2079-6382/11/7/912>

PDF Version: <https://www.mdpi.com/2079-6382/11/7/912/pdf>

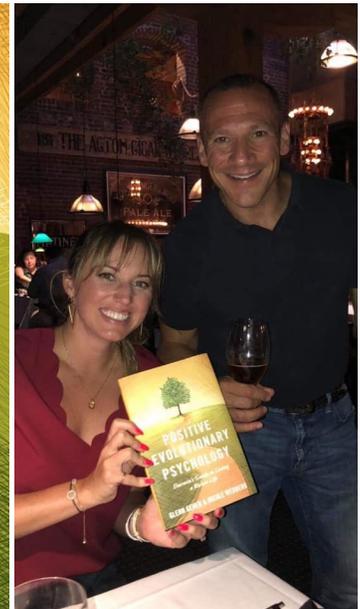
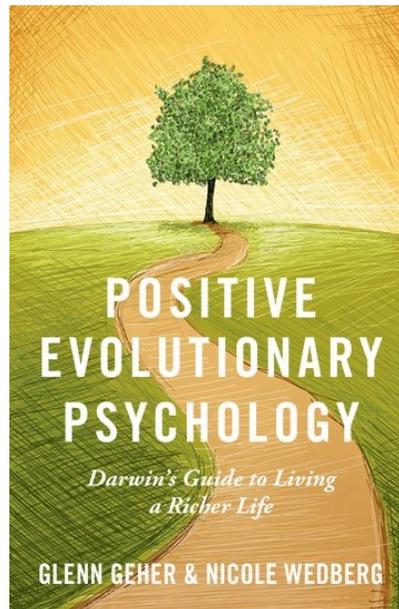


Phyllis Freeman

Faculty and Alumni News and Publications



Congratulations to Dr. Corwin Senko on his recent promotion to Full Professor!



Positive Evolutionary Psychology: Darwin's Guide to Living a Richer Life (Oxford University Press), written by Dr. Glenn Geher, Professor of Psychology (above right) along with departmental alumna, Nicole Wedberg (MA in Psychology, 2016, above left), has just been released in paperback format this summer (July, 2022).

Professor Jon Raskin presented at the American Psychological Association annual convention in August on a symposium panel looking at DSM-5-TR and its alternatives. Chaired by clinical psychologist Todd DuBose, the panel included seminal representatives of various diagnostic approaches: Sarah Morris (Associate Head of Research Domain Criteria at the National Institute of Mental Health), Robert Krueger (member of the Hierarchical Taxonomy of Psychopathology consortium), Nancy McWilliams (co-author of the Psychodynamic Diagnostic Manual), and Ray Middleton (representative for the Power Threat Meaning Framework). Dr. Raskin's presentation was on a survey of psychologist attitudes toward DSM and its alternatives, co-authored with fellow New Paltz Psychology Professors Doug Maynard and Mike Gayle. The paper on which the presentation was based was also recently accepted for publication in *Professional Psychology: Research and Practice*.



Psychology Alumni Profiles

We always love to hear what our former students accomplish after they leave SUNY New Paltz! Here are updates from several – and next we want to hear from you. Please send your news to gehera@newpaltz.edu, vermeulk@newpaltz.edu, or raskinj@newpaltz.edu to be included in next year's newsletter and in our online news blog: <https://hawksites.newpaltz.edu/psychology/>, which is updated frequently.

Name: Jenny Patel

New Paltz degree: MS in Psychological Science, 2022

Email: jenny.patel@mville.edu

Current position: Institutional Research and Reporting Specialist at Manhattanville College

In my current position as an Institutional Research and Reporting Specialist, I help in the planning and decision-making of the institution's research requirements by contributing to the process of institutional research projects that involves identifying research questions, designing surveys, analyzing data, interpreting, and reporting findings through narrative reports, tables, and data visualizations.



New Paltz has one of the most skilled psychology professors that do not fail to inculcate practical knowledge of the material. They assign tasks that enhance one's level of expertise on research designs and qualitative and quantitative data analysis using statistical software skills such as SPSS/ R as a part of the curriculum. New Paltz also offers research lab opportunities that develops the ability to maintain collaborative team relationships, effective verbal, written, and interpersonal skills, and experience with various research projects. I was fortunate to serve as a co-supervisor of the New Paltz Evolutionary Psychology Lab that allowed me to boost my confidence by facilitating the planning and executing of the lab agenda. These skills have been extremely helpful to me in finding and managing the job position that I currently have. I would specially like to thank Dr. Glenn Geher, my mentor, for always having my back. This achievement was made possible by his constant support and belief in me.



Name: Brianna McQuade

New Paltz degree: BA in Psychology with Minors in Evolutionary Studies and Art Studio , 2022

Current Position: Incoming Student in MFA program in ceramics, SUNY New Paltz

I have just moved back from London after being at Central St. Martins for six months studying ceramics. The approach that I took within my work in London was based in both my understanding of psychological processes and Evolutionary Studies on the whole. My undergraduate experience at SUNY New Paltz within the art department, and being involved in the Evolutionary Psychology Lab with Glenn Geher has helped me tremendously in understanding the approach I want to push forward within my studies of Fine Art.

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Psychology Alumni Profiles

(Briana McQuade profile cont'd.)

In addition to this, I was involved in the Honors Program at New Paltz which aided me in applying to Central St. Martins and New Paltz's Ceramics MFA program. In my last semester at New Paltz I extended my methodology of studying these disciplines by conducting an interdisciplinary thesis project that supported my work in psychology and evolutionary studies with expressions in painting and sculpture, as well as producing a literature review on the concept of 'evolutionary mismatch', and how these physical and visual representations of my findings explicate ways in which our brains struggle to handle modern life comparatively to our ancestral roots.

The experience and support I have received from the faculty within New Paltz's community have drastically impacted the way I approach my education, and other outlets of my life and work. Looking forward to continuing my education and beyond while having support from New Paltz on the whole!

Name: Brianna Fitapelli, BA
New Paltz degree: BA in Psychology, 2021
Email: briannafitapelli@gmail.com
Current Position: Doctoral Student, Adelphi University, Fall 2022 Cohort

After graduating from SUNY New Paltz, Ms. Brianna Fitapelli completed a MA degree from Teachers College, Columbia University in Counseling and Clinical Psychology and was recently accepted to join Adelphi University's Clinical Psychology Ph.D. program. Over the past several years, Ms. Fitapelli has secured and sustained employment in psychiatric hospitals and research organizations, working to improve mental health care for under-resourced populations.



She plans to continue this work throughout her doctoral studies and hopes to open a private practice and continue supporting innovative research in NYS mental health facilities.

Ms. Fitapelli returned to academia in 2019 to complete her bachelor's degree in psychology at SUNY New Paltz. Throughout her time there, she built lasting relationships with peers and faculty that have served as her mentors to this day. The experiences she had including working in research labs, writing her first experimental thesis project, and building a network of trusted, like-minded individuals was invaluable. Furthermore, the skills she acquired helped Ms. Fitapelli secure an internship position at Manhattan Psychiatric Center where she was promoted to a full-time employee in the inpatient psychiatric unit. The opportunities that have been presented in the short time period since graduation have been both rewarding and illuminating. SUNY New Paltz helped shape the professional Ms. Fitapelli has become and laid the foundation for her promising career. She is grateful for her time at SUNY New Paltz as it opened her eyes to the integrative, collaborative, and professional world of research and clinical practice in psychology.

Name: Kaitlyn Longo
New Paltz degree: BS in Psychology, 2022
Email : longok1@newpaltz.edu
**Current position: Graduate student in the
Masters in Psychological Science
program, starting Fall, 2022**



My name is Kaitlyn Longo and I am a graduate of the SUNY New Paltz class of May 2022. I graduated with a BA in psychology with a minor in disaster studies. I am currently preparing to return to New Paltz this fall for the psychological science masters program. I transferred to New Paltz in the fall of 2020 and quickly realized that it was the best decision I could have made for myself.

Throughout my time at New Paltz I was lucky enough to have some amazing experiences with some amazing people that helped me get to where I am today. Many of these experiences revolved around Professor Glenn Geher. I took his advanced research class in the fall of 2021 where I worked with some of my amazing peers on two research projects from start to finish. These projects were a lot of work but incredibly rewarding in the end. Not only did I learn a ton of new skills and interests of mine, but I also got to travel to Pittsburgh in April 2022 for the North Eastern Evolutionary Psychology Society (NEEPS) conference to present the studies that came from that class. The conference is by far one of my most memorable experiences from my time at New Paltz. I was able to present the projects I had been working so hard on while also getting to interact with other scholars from around the world. It was an amazing opportunity that I will be forever grateful for. Fun fact; I am actually co-hosting the 2023 NEEPS conference with Glenn in New Paltz next spring and I cannot wait!

I will also be continuing as a member of Glenn's lab in the fall and will be serving as a lab supervisor. I am incredibly excited to continue working with him and my fellow lab members. Working with Glenn and the rest of the lab the past few years has helped me to discover my interests and direct me towards what I want to do in the future after completing my masters. I was given the opportunity to explore my own personal research interests in addition to learning and improving skills for all aspects of the research process. Glenn Geher has been such a positive influence in my education and career and I would not be where I am today without him.

In addition to continuing my work with Glenn, I will also be joining New Paltz's Student Psychological Resilience Project as the Graduate Coordinator. I am extremely excited to be working with Dr. Karla Vermeulen and the student advocates on this project—I cannot wait to see what we can do. Dr. Vermeulen was also a large part of my undergraduate education. She taught classes for the disaster studies minor and really sparked my interest in that work. I look forward to returning to New Paltz this fall to continue my education and I cannot wait to see what I can do.

Psychology Alumni Profiles

Name: Lindsay Ruckel, Ph.D.

New Paltz degree: MA in Psychology, 2012

Email: lindsay.ruckel@gmail.com

I am excited to share that I've accepted an offer for a tenure-track Assistant Professor position at my alma mater, SUNY Oswego. I look forward to joining the psychology department and college and to work alongside such exceptional colleagues. The teaching and research experiences I gained during my studies at SUNY New Paltz provided me with the academic skills needed to get into and complete a Ph.D. in psychology and to eventually meet my goal of becoming a professor. The mentorship I received during my time at SUNY New Paltz was crucial to my development as a scholar, mentor, and person. Now that I will be living in the great state of New York again, I look forward to my next visit to campus! :)



Name: George Sullivan III

New Paltz degree: BA in Psychology, Minor in Communication Studies, 2020

Email: sullivag3@hawkmail.newpaltz.edu

Current Position: Psychosocial Rehabilitation Worker; starting graduate school for School Psychology Education

After graduation I was able to find a job in the field as a Psycho-Social Rehabilitation Worker. Since September 2020, I have been working with a variety of youth, helping them build skills based on treatment plans set up by clinicians and I within our program. The youth I work with have a host of different disabilities and mental health struggles such as Autism Spectrum Disorder, ADHD, depression, anxiety, etc. This position puts me directly into the homes and communities of my clients where I receive unparalleled experience. Throughout my time in this position I have worked with a diverse set of clients and I am grateful for that. However, I have not lost sight of my ultimate goal, becoming a school psychologist. I was recently accepted into the School Psychology Education specialist program at Queens College and am excited to say that I will be starting in the Fall.

During my time at New Paltz I attended a presentation about school psychology. This is when I figured out school psychology was a perfect opportunity for me to help youth with similar problems I experienced growing up. This is also when I first heard about the Queens College School Psychology program. A professor of mine knew of my aspirations and being an alumni of the program herself, she recommended the program to me. With that being said, it has been a long road for me to get to this point. I had a tumultuous relationship with school as a youth which led me to become a manual laborer right after high school. It wasn't until I took a psychology class while getting my associates degree (years after I graduated high school) that I realized school could be something I enjoyed.

However, it was not until I attended New Paltz that I fell in love with education. Until I got to New Paltz I found it hard to connect with educators, but the professors at New Paltz made me feel welcome. I felt I could approach them with any questions I had and talk to them about my experiences and my future, they were always willing to help and listen. The Welcoming community at New Paltz University provided a sense of freedom. The warm, caring professors extended that freedom but also provided guidance, which allowed me to become who I am today. If it was not for the experiences I had at New Paltz University, I am not sure what I would be doing right now. My time at New Paltz opened my mind in so many ways, it opened doors too and for that I am forever grateful!

Student Awards

Congratulations to our Spring & Summer 2022 Psychology Students of Excellence

Those marked with an asterisk were also recipients of the President's Outstanding Student Award

Undergraduate:

Lateeka Burns
 Kristin Cambriello
 Danielle Cavalier
 Blake Chamberlain
 Jessica Conklin
 Moses Delacruz
 Christina Eckerle
 Megan Fritche
 Tessa Fryer
 Jean Paul Galan
 Avrey Goodwine
 Morgan Gunter
 Kaitlyn Longo*
 Darcy Montana*
 James Radonic
 Jules-Esteban Ragues
 Laury Santana
 Amayah Spence
 Liv Spina*
 Kiran Stoller*
 Alannah Strasser
 Jennifer Tancin

Graduate: MS in Psychological Science

Ann Marie DeBonis
 Kamil Hankour*
 Kelly Nolan
 Jenny Piyushkumar
 Kanjira Rodriguez
 Christopher Saitta

Thanks to the Student Awards Committee members for their hard work to recognize our students' accomplishments:

- Dr. Maryalice Citera
- Dr. Glenn Geher
- Dr. Carol Vazquez



Graduating Psychology Major Receives President's Award for Student Excellence

The Psychology Department is proud to announce that our student, Darcy Montana (BA, 2022) has been selected to be a recipient of the inaugural offering of the SUNY New Paltz President's Award for Student Excellence, which is the highest award for student achievement given at the campus level. This award acknowledges Darcy's above-and-beyond work such as volunteering for Oasis/Haven, conducting and presenting social psychological research at local and international conferences, serving as co-supervisor of the New Paltz Evolutionary Psychology Lab, serving as the Assistant to the Evolutionary Studies program, and more. Congratulations, Darcy!



Come back to New Paltz for Alumni Weekend, 2022—October 14-16! The foliage will be at total peak. Come join the alumni hike in the Gunks led by Psychology Professor, Glenn Geher.

Full information on the weekend schedule is found here: <https://webapps.newpaltz.edu/events/view/192464-18>

What are YOU up to? Please send your news to geherg@newpaltz.edu, vermeulk@newpaltz.edu, or raskinj@newpaltz.edu to be included on the department website and in next year's newsletter.

And you can follow department news at any time in our online blog: <https://hawksites.newpaltz.edu/psychology/>