

# Sin/Comm/Unications

Organization Name

Newsletter Date

Volume 33, Issue 2

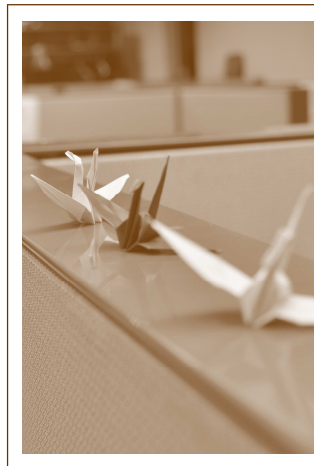
## *The Case for Compassion by Wendy Hessler*

As we wind up our classes, we complete the third year of our formal mindfulness practicum (Mindfulness Skills Training Groups--MSTG). Ongoing enthusiasm on the part of students has helped to fuel my own interest and that of our Associate Director of the PSC, Dr. Chris Menard in teaching and supervising mindfulness. Chris will continue this new "tradition" next year by teaching a Mindfulness-Based Cognitive Therapy practicum. Last week we listened to a talk which addressed the topic of **compassion**. Since then I've had that experience where everywhere I turn there is something about compassion being offered to my attention. The cover of this month's *Observer*, published by APS (read the article here, <http://www.psychologicalscience.org/index.php/publications/observer/2013/may-june-13/the-compassionate-mind.html>) has the word *Compassion* writ large, with the sub-heading "Science shows why it's healthy and how it spreads." The article, "The Compassionate Mind", by Emma

Seppala, distinguishes compassion from empathy and altruism. She defines it specifically as the emotional response when perceiving suffering accompanied by an authentic desire to help. She reviews evidence that compassion has health benefits by providing meaning to our lives, enhancing happiness, and broadening our perspectives beyond our own self-focus. All these benefits may be reflected in lowered stress and consequently lower levels of inflammation, now

thought to be a major contributor to disease.

One of the things in the talk we listened to in the practicum meeting that really struck me is something described as an obstacle to compassion, which is grief. I found this to be very insightful because I think it gets in the way for many of us, including me, to stay present with my feelings of caring. I feel overwhelmed sometimes when I allow the full impact of someone's suffering to enter my awareness. My first reaction is to run as fast as possible in the opposite



*Paper Cranes*

### **In this issue:**

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direction. This is especially true when the issue seems to be something out of my control, and for me, especially when it involves creatures who can't complain or express their pain like children or animals. The antidote to grief is said to be equanimity, the ability to tolerate feelings without drowning in them. Mindfulness meditation is at least one path to increasing equanimity. Thich Nhat Hanh writes beautifully about this, in this essay: [http://shambhalasun.com/index.php?option=com\\_content&task=view&id=3206&Itemid=244](http://shambhalasun.com/index.php?option=com_content&task=view&id=3206&Itemid=244)

I'm also seeing the conversation about compassion in places I wasn't expecting to see it e.g., in Prof. Mikhail Lyubansky's blog for *Psychology Today* entitled *Ten Things Everyone Should Know About White Privilege Today* [Read the whole essay here, <http://www.psychologytoday.com/blog/between-the-lines/201202/ten-things-everyone-should-know-about-white-privilege-today>], where, in a thought-provoking passage with the header, "The privilege discourse is missing an important element: empathy and compassion for the oppressor", he writes the following:

' "Social justice activist, Kit Miller (a White woman), observes that empathy has a hard time flowing upstream. Few are more starved for empathy than those who have structural power, because they are often dehumanized on the basis of having that power. How many of us, for example, see police officers as individual human beings motivated by the same universal human needs (e.g., love, acceptance, contribution, mutuality) as the rest of us? How about the politicians belonging to the political party you dislike most? Peace activist Miki Kashtan (also a White woman) explains in a still unpublished book: [\*Reweaving Our Human Fabric: Transforming the Legacy of Separation into a Future of Collaboration\*](#)

"If we take seriously the radical idea that all human beings are indeed human, it becomes immediately clear that defeating others can only reproduce oppression. Empathy for the oppressor, on the other hand, leads to recognition of the full humanity of all, and to an appreciation of the depth of the tragedy that has led some to act in harmful ways. The tragedy in question is the disconnection from our own source of human striving and of [\*beauty\*](#). Demonizing "the enemy" leaves no real grounds for hope. It is only a deep understanding that the advantages of privilege come with a package of disadvantages, and that to become an oppressor we must first have been oppressed, that can sustain the hope for a change which will benefit all."

It is often not obvious, but to maintain their status, those who are in power must justify their behavior to themselves and that requires a partial loss of their humanity.' '

Mikhail's comments highlight another challenge to achieving compassion, that is, the feelings of anger, dislike, and frustration that are so common in our often polarized society. These issues are discussed in a book co-authored by one of our graduates, Jacob Hess, "You're not as crazy as I thought (but you're still wrong): Conversations between a devoted conservative and a die-hard liberal," which is making a big splash in the media. (Read about or buy the book here, [http://www.amazon.com/Youre-Crazy-Thought-Still-Wrong/dp/1612344615/ref=sr\\_1\\_1?ie=UTF8&qid=1329756898&sr=8-1](http://www.amazon.com/Youre-Crazy-Thought-Still-Wrong/dp/1612344615/ref=sr_1_1?ie=UTF8&qid=1329756898&sr=8-1)). We had a wonderful conversation via the internet with Jacob and his co-author, Phil Neisser, in our diversity seminar this spring.

Although challenging, I see so many of us striving not only to grow in compassion but to lead others in growing as well. It's exciting to see our graduates, our students, and our faculty and staff leading us forward in this domain. In her article, Seppala says compassion is contagious, and can change the world. May it be so.

# Publications

**Agoston, A. M.**, & Rudolph, K. D. (2013). Pathways from depressive symptoms to low social status. *Journal of Abnormal Child Psychology*, 41, 295-308.

Allen, J., Hopper, K., Wexler, L., **Kral, M.J.**, Nystad, K., Rasmus, S. (in press). Mapping resilience pathways of Indigenous Youth in five Circumpolar communities. *Transcultural Psychiatry*

**Allen, N. E.**, Todd, N., Anderson, C., Davis, S., **Javdani, S.**, Bruehler, V., & Dorsey, H. (in press). Council-based approaches to intimate partner violence: Evidence for distal change in the systems response. *American Journal of Community Psychology*.

**Allen, N. E., Larsen, S., Trotter, J.**, & Sullivan, C. (2013). Exploring the core components of an evidence-based community advocacy program for women with abusive partners. *Journal of Community Psychology*, 41 (1), 1 – 18.

**Berenbaum, H., Chow, P. I., Flores, L., & Schoenleber, M.** (2013). Pleasurable emotions, age, and life satisfaction. *The Journal of Positive Psychology*

**Bresin, K.**, Finy, M. S., & Verona, E. (in press). Childhood emotional maltreatment and self-injurious behaviors: The moderating role of BDNF Val66Met polymorphism. *Journal of Affective Disorders*.

**Bresin, K.**, Gordon, K. H., & Sands, E. (in press). Nonsuicidal self-injury from the observer's perspective: A vignette study. *Archives of Suicide Research*.

**Bresin, K.**, & Robinson, M. D. (in press) Losing control, literally: Relations between anger control, trait anger, and motor control. *Cognition and Emotion*.

**Bresin, K.**, Boyd, R., Ode, S., & Robinson, M. D. (2013). Egocentric perceptions of the environment in primary, but not secondary psychopathy. *Cognitive Therapy and Research*, 37, 412-418.

**Bresin, K.**, & Gordon, K. H. (2013). Endogenous opioids and nonsuicidal self-injury: A mechanism of affect regulation. *Neuroscience and Biobehavioral Reviews*, 37, 374-383.

**Bresin, K.**, & Gordon, K. H. (2013). Changes in negative affect following pain (vs. nonpainful) stimulation in individuals with and without a history of nonsuicidal self-injury. *Personality Disorders: Theory, Research, and Treatment*, 4, 62-66.

\***Case, A. D., & Hunter, C. D.** (2013a). Resistance and empowerment within a counterspace for offender-labeled African American youth: A Critical Ethnography. Manuscript submitted for publication.

\***Case, A. D., & Hunter, C. D.** (2013b). Cultural racism-related stress in Black Caribbean immigrants: Examining the predictive roles of length of residence and racial identity. Manuscript submitted for publication.

**Chow, P.I. and Berenbaum, H., & Flores, L. E.** (2013). The role of perceived utility of emotion in interpersonal sensitivity and depression. *Journal of Social and Clinical Psychology*.

**Chow, P.I. and Berenbaum, H., & Flores, L. E.** (2013). Is energy expenditure in emotion regulation dependent on individual differences and the specific emotion in question? *Motivation and Emotion*.

**Crocker, L.D., Heller, W., Spielberg, J.M., Warren, S.L., Bredemeier, K., Sutton, B.P., Banich, M.T., & Miller, G.A.** (2012). Neural mechanisms in attentional control differentiate trait and state negative affect. *Frontiers in Integrative Neuroscience*, 3

# Publications, cont'd

- Dworkin, E., Javdani, S., Verona, E., & Campbell, R.** (in press). Child sexual abuse and disordered eating: The mediating roles of impulsive and compulsive tendencies. *Psychology of Violence*.
- Fisher, J.E., Heller, W. & Miller, G.A.** (2013). Neuropsychological differentiation of adaptive creativity and schizotypal cognition. *Personality and Individual Differences*, 54, 70-75.
- Huang, S., Berenbaum, H., & Chow, P. I.** (2013). Distinguishing voluntary from involuntary attention to emotion. *Personality and Individual Differences*.
- Hunter, C.D., \*Case, A., & Harvey, I.S.** (2013). The articulation of interdependence in emerging adults' racial identities. Manuscript submitted for publication.
- Joseph, N., Watson, N.N., Case, A.D., & Hunter, C.D.** (2013). Rules of engagement: Predictors of Black Caribbean Immigrants' engagement with African American culture. *Cultural Diversity and Ethnic Minority Psychology*.
- Kral, M.J.** (2013). "The weight on our shoulders is too much, and we are falling": Suicide among Inuit male youth in Nunavut, Canada. *Medical Anthropology Quarterly*, 27, 63-83.
- Kral, M. J.** (in press). The relational motif in participatory qualitative research. *Qualitative Inquiry*.
- Stack, S., **Kral, M.J.**, & \*Borowski, T. (in press). Exposure to suicide movies and suicide attempts: A research note. *Sociological Focus*
- Kral, M.J.** (2012). Book review of Inuit shamanism and Christianity: Transitions and transformations in the twentieth century. *Anthropologica*.
- Kral, M.J.**, Links, P., & Bergmans, Y. (2012). Suicide studies and the need for mixed methods research. *Journal of Mixed Methods Research*, 6, 236-249.
- Kral, M.J.** (2012). Postcolonial suicide among Inuit in Arctic Canada. *Culture, Medicine and Psychiatry*, 36, 306-325.
- Heller, W., & Mukherjee, D.** (2012). Implications of memory loss for personal and social identity, and a role for mindfulness. *American Academy of Physical Medicine and Rehabilitation*, 4, 55-56.
- Hong, J.S., & **Kral, M.J.**, & Espelage, D.L. (2012). The social ecology of adolescent-initiated parent abuse: A review of the literature. *Child Psychiatry and Human Development*, 43, 431-454.
- Kral, M.J.**, & Idlout, L. (2012). It's all in the family: Well-being among Inuit in Arctic Canada. In H. Selin & Davey, G. (Eds.), *Happiness across cultures: Views of happiness and quality of life in non-Western cultures* (pp. 387-398). New York: Springer.
- Lyubansky, M.** (2013). Restorative Justice for Trayvon Martin. *Journal for Social Action in Counseling and Psychology*, 5(1), 59-78.
- Lyubansky, M.** (in press). How Just is Superhero Justice? In R. Rosenberg (Ed.). *Our Superheroes, Ourselves*. New York: Oxford University Press.
- Lyubansky, M. & Hunter, C.** (in press). Towards Racial Justice. In E. Mustakova-Possardt, M. Lyubansky, M. Basseches, & J. Oxenberg (Ed.). *Socially Responsible Psychology: A Vision for a Global Age*.

# Publications, cont'd

New York: Springer Science + Business Media, LCC.

**Miller, G. A., Crocker, L. D., Spielberg, J. M., Infantolino, Z. P., & Heller, W.** (2013). Issues in localization of brain function: The case of lateralized frontal cortex in cognition, emotion, and psychopathology. *Frontiers in Integrative Neuroscience*, 3.

Murray, H., **Lyubansky, M.**, & Miller, K. (in press). Towards a Psychology of Nonviolence. In E. Mustakova-Possardt, M. Lyubansky, M. Basseches, & J. Oxenberg (Ed.). *Socially Responsible Psychology: A Vision for a Global Age*. New York: Springer Science + Business Media, LCC.

Sand, E., Gordon, K. H., & **Bresin, K.** (2013). The impact of specifying suicide as the cause of death in an obituary. *Crisis: the Journal of Crisis Intervention and Suicide Prevention*, 34, 63-66.

**Spielberg, J.M., Miller, G.A., Warren, S.L., Engels, A.S., Crocker, L.D., Sutton, B.P. & Heller, W.** (2012). Trait motivation moderates neural activation associated with goal pursuit. *Cognitive, Affective and Behavioral Neuroscience*, 12, 308-322.

**Spielberg, J.M., Miller, G.A., Warren, S.L., Engels, A.S., Crocker, L.D., Banich, M.T., Sutton, B.P., & Heller, W.** (2012). A brain network instantiating approach and avoidance motivation. *Psychophysiology*, 49, 1200-1214.

Spizziri, R. & **Kral, M.J.** (April, 2013). Do secular constructs underlie religiosity's protective effect on suicidality? Annual conference of the American Association of Suicidology, Austin, TX.

**\*Watson, N., & Hunter, C. D.** (2013). The Strong Black Woman: An intersectional analysis of African American women's double binds. Manuscript submitted for publication.

# *Presentations*

**Crocker, L.D., Heller, W., Spielberg, J.M., Warren, S.L., Bredemeier, K.,** Banich, M. T., & **Miller, G. A.** (2012, January). Neural correlates of attentional control differentiate trait and state negative affect. Poster presented at the annual conference of the NIMH Interdisciplinary Behavioral Science Center: Determinants of Executive Function and Dysfunction, Boulder, CO.

Gates, E., **Case, A. D.** Merin, J., Ortega, L. LeNoir-Price, H., **Lyubansky, M.** (2013, April). When Worlds Collide: Practicing Restorative Circles in a Juvenile Hall. Roundtable conducted at the 4th Annual College of Education Graduate Student Conference, Champaign, IL.

**Heller, W., Crocker, L.D., Engels, A.S., Spielberg, J.M., Herrington, J.D., Stewart, J.L., Verona, E.,** Sutton, B.P., Banich, M.T., & **Miller, G.A.** (2012, September). Cognition/emotion interactions and cortical activity patterns differentiate types of personality and psychopathology. Poster presented at the annual meeting of the Society for Psychophysiological Research, New Orleans.

**Kral, M.J.** (2013, May). Suicide as a cultural syndrome. Paper at the International Congress for Qualitative Inquiry, University of Illinois at Urbana-Champaign.

**Kral, M.J.** (2012, May). Whatever happened to Inuit shamanism? Paper at the International Congress for Qualitative Inquiry, University of Illinois at Urbana-Champaign.

**Kral, M.J.** (2012, May). Postcolonial suicide among Inuit in Arctic Canada. Paper at the International Congress for Qualitative Inquiry, University of Illinois at Urbana-Champaign.

**Kral, M.J.** & Gone, J.P. (2012, June). Looking closely at cultural research and practice for community thriving. Roundtable at the annual meeting of the Society for Community Research and Action (APA Div. 27), Miami, FL.

**Kral, M.J.** (2012, June). Reframing resilience among Arctic Indigenous youth Paper at the annual meeting of the Society for Community Research and Action (APA Div. 27), Miami, FL.

**Kral, M.J.** (2012, October). How has colonialism affected Inuit? Family and relatedness as the center of social change. 18th Inuit Studies Conference, Smithsonian, Washington, DC.

**Murdock, C. D., Crocker, L. D., Warren, S. L.,** Mimnaugh, K. J., **Miller, G. A., & Heller, W.** (2013, May). Executive function deficit in unipolar depression: The important role of emotional control. Poster to be presented at the 25th Annual Convention of the Association for Psychological Science, Washington, D.C.

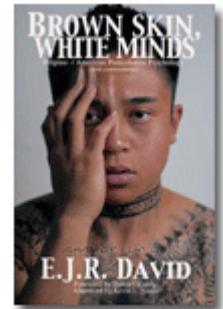
Nystad, K., **Kral, M.J.,** Wexler, L., Rasmus, S., Ulturgasheva, O. (2012, October). New Arctic, new adolescence: Outcomes of social and ecological change on youth experience and resilience strategies in Alaska, Siberia, Canada and Norway. 18th Inuit Studies conference, Smithsonian, Washington, DC.

O'Hare, A.J., Dien, J., Gillath, O., **Heller, W.,** & Stetler, D. MAOA, Trait Anxiety, and Interference on an Emotional Flanker Task. Poster presented at the annual conference of the NIMH Interdisciplinary Be-

# Alum Spotlight

E.J. David, who graduated in 2007, has written a book! The book is called “Brown Skin, White Minds: Filipino-American Postcolonial Psychology” Below is a link to the book on Amazon. We are all very proud of Dr. David!

[http://www.amazon.com/gp/product/1623962080?ie=UTF8&force-full-site=1&ref\\_=aw\\_bottom\\_links](http://www.amazon.com/gp/product/1623962080?ie=UTF8&force-full-site=1&ref_=aw_bottom_links)



Renee Thompson is now the new Assistant Professor at the Department of Psychology (clinical area) at Washington University in St Louis. Congratulations Renee!



In April, Ruchika Prakash was recognized as an Association For Psychological Science (APS) “Rising Star!” You can find the link to her interview with APS here:

<http://www.psychologicalscience.org/index.php/publications/observer/rising-stars-2013/ruchika-prakash.html>



After completing her NIDA Diversity Supplement Postdoctoral Fellowship at the Medical University of South Carolina, Simone Barr is currently an Assistant Professor at the University of Texas Health Science Center at Houston - Medical School in the Department of Psychiatry and Behavioral Sciences.



# *Kudos & Awards*

Andrew Case has been matched with an internship with the Yale University School of Medicine in New Haven, CT.

Andrew also was given the Arnie Miller Memorial Achievement Award by the Champaign Area Psychological Society (CAPS).

Nancy Joseph has been matched with an internship with the Boston Consortium in Clinical Psychology where she will be specializing in child and adolescent psychopathology!



Laura Crocker has been matched with an internship with the University of California, San Diego/San Diego VA Internship Program!

Pictured (L to R): Andrew Case, Laura Crocker, Nancy Joseph)

**Michael Kral** is the recipient of the Mabel Kirkpatrick Hohenboken Teaching Enhancement Award. With this honor, comes a cash prize of \$1000!

The following have been added to the Fall 2012 List of Teachers Ranked Excellent by Their Students:

**Emily Dworkin** (340), **Sima Finy** (238), **Michael Kral** (370), **Allison Letkiewicz** (340) and **Zhenni Wang** (238). Congratulations!

The Herman Eisen Award winner is **Natalie Watson**. Natalie is a fourth year graduate student in the Clinical/Community division. Her recommender, Dr. Carla Hunter stated, Natalie is providing culturally responsive mental health intervention to enhance African American women's self-care and health. The awards committee agreed that Natalie is deserving of the award because of her research focusing on the use of mindfulness meditation as an intervention and being awarded this university's Focal Point Grant for her role in de-stigmatizing mental health in the African American community through The Reveal events and conference.



## *Kudos & Awards, cont'd*



Edelyn poses with her plaque and her family.

In recognition of her commitment to academic excellence, Edelyn Verona has been selected as the winner of the inaugural Mid-Career Research Award by the Social and Behavioral Research Council at the University of Illinois.

The Ed Scheiderer Award winner is Laura Crocker. Laura is a seventh year graduate student in the Clinical/Community division. Her recommender, Dr. Wendy Heller, nominated Laura because of her ability to bring together the basic with the applied and to envision links between fields and phenomenon that have the potential to change lives. Her review paper discusses emotion-cognition and motivation-cognition interactions and their associated brain mechanisms that contribute to risk for psychopathology. Laura is highly deserving of this award.

The Frederick & Ruby Kanfer Award winner is Nancy Joseph. Nancy is a seventh year graduate student in the Clinical/Community division. Nancy has published scholarship that has demonstrated the role that racism plays in socialization, identity, and acculturation. Given her understanding of racism and marginalization she was particularly suited to apply her knowledge to a culturally responsive clinical intervention that addresses the needs of one of Champaign-Urbana's most vulnerable populations, system-involved African American adolescents. Her accomplishments in research and practice are the reasons Nancy was chosen to receive this award.

Andrew Case was awarded a Grant-In-Aid in support of his research by the Society for the Psychological Study of Social Issues.

# *Talent Show*

Illinois April, 2013

Weeks of cold gloom, hail  
Brave magnolias, claim  
bloom,  
Risk pinch. Come to life.

Haikus by Wendy  
Heller and her  
daughter Eleanor  
Heller-Walker

Birds, North Dakota, Spring 2013

Days flying through snow,  
Burning breast muscle for fuel,  
Weaker...weaker...rest.

# Lollies at Folly's!



# FUN Pages

Try your luck at this medium-level Sudoku puzzle! [Solution is on the bottom of the staff recognition page](#)

Courtesy of [www.sudokuoftheday.com](http://www.sudokuoftheday.com)

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# The Editors



Jazmin Martin-Billups



Linda Grady



Wendy Heller

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1	6	3	7	9	2	8	4	5
4	8	9	5	3	6	7	1	2
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3	4	7	2	5	8	9	6	1
8	2	6	9	7	1	4	5	3
7	3	1	4	8	5	6	2	9
5	9	4	6	2	3	1	8	7

Clinical-Community  
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We're on the web!  
<http://www.psychology.illinois.edu/about/divisions/clinicalcommunity/>

The **Clinical/Community Psychology Program** at the University of Illinois at Urbana-Champaign is a Clinical Science program designed to train scholarly and scientifically oriented researchers and professionals with a variety of interests.

Our program is committed to excellence in scientific clinical training and to using clinical science as the foundation for designing, implementing, and evaluating assessment and intervention procedures. Our educational philosophy emphasizes a creative, scholarly, and socially responsible approach to clinical and community psychology. Our mission is to produce graduates who assume leadership roles and contribute to the discipline and to society.

## *Psychology at The University of Illinois*

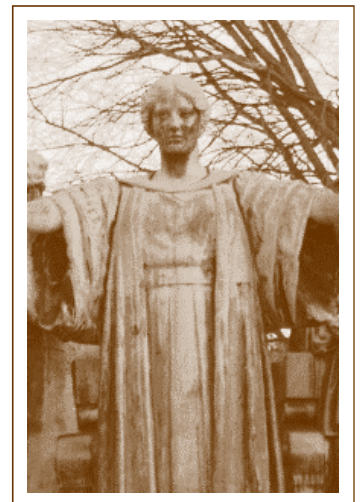
The Department of Psychology at the University of Illinois at Urbana-Champaign has a long-standing reputation for excellence. From its inception in 1904, the department has distinguished itself with outstanding faculty, research programs and the best and brightest graduate students.

Consistently named one of the top five graduate programs in the country, the department nurtures an environment of collaborative and independent research and outstanding scholarship. The organization of our department, the variety of divisions, and the strength of our faculty allow students the opportunity to explore their

interests across the discipline and alongside some of the finest minds in the country.

At the University of Illinois we provide the resources, the network, and the experience for mature young scholars to become committed professionals who make unique contributions to the field of psychology.

Whatever your professional interests and goals, you'll find an environment of excellence in which to pursue them and a community of dedicated and experienced collaborators to assist you in the Department of Psychology at the University of Illinois.



*Alma Mater at the  
University of Illinois at  
Urbana-Champaign*