

Intimate Relationships SIG

SPRING 2026 NEWSLETTER

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IN THIS ISSUE

Letter from SIG Co-Leaders	1
Letter from SIG Student Co-Leaders.....	4
Letter from SIG Treasurer.....	5
Letter from SIG DEI Committee.....	7
Letter from SIG Media Coordinators.....	8
Lab Updates & Kudos.....	9
Opportunities.....	18
Hot Off the Press.....	19

CURRENT OFFICERS

Co-Leaders:

Sarah Carter & Jazz Hogan

Student Co-Leaders:

Emily Bibby & Allison Tobar-Santamaria

Treasurer:

Yunying (Annie) Le

DEI Committee:

Alika Tsytsurina Lauren Simpson
Danielle Weber Michelle Ramos
Jessica Hill

Media Coordinators:

Alyssa Miville & Madison Walker

Newsletter Co-Editors:

John V. Miller & Emily Spargo

This Spring '26 Newsletter is published by the Intimate Relationships SIG. The contents of this publication have not been reviewed, approved, or endorsed by the Association For Behavioral and Cognitive Therapies.

LETTER FROM SIG CO-LEADERS

It was wonderful to see so many of you in New Orleans for this year's ABCT convention and SIG business meeting! We continue to be struck by the strength of this community and the range of important work being done across the SIG.

Welcome New Officers

We are excited to welcome new officers to the SIG: Allison Tobar-Santamaría as Student Co-Leader, Madison Walker as Media Coordinator, and Emily Spargo as Newsletter Co-Editor. Thank you for your willingness to contribute your time and energy to support the SIG over the next two years.

We are continuing to transition toward two-year terms to improve continuity for officers and committee members. If you have been thinking about getting more involved in the SIG, we encourage you to consider putting your name forward this fall.

ABCT 2025 Highlights

This year's conference was a strong showing by the SIG. It was marvelous to connect across the various SIG events throughout the conference.

- **Pre-conference event:** This year's pre-conference collaboration "speed dating" session was a great way to reconnect and make new connections. It sparked conversations across different areas of work that continued throughout the conference.
- **Student symposium:** Our student members represented the SIG exceptionally well. The student symposium was well attended, including individuals outside of the SIG, and the presentations reflected the amazing work our students are doing. .
- **SIG happy hour:** The SIG social was very well attended and felt like a return to our pre-COVID days. It was nice to see so many people catching up, meeting new folks, and connecting across career stages. Huge shoutout to our student co-chairs for organizing such a strong event!

Business Meeting Highlights

At this year's business meeting, we shared several updates related to ongoing changes within ABCT and what they mean for our SIG moving forward.

- **Conference format changes:** ABCT continues to shift toward individual oral presentations and away from symposia. While this is intended to increase accessibility, it also means fewer symposium slots overall. We expect this trend to continue and encourage members to plan submissions accordingly.

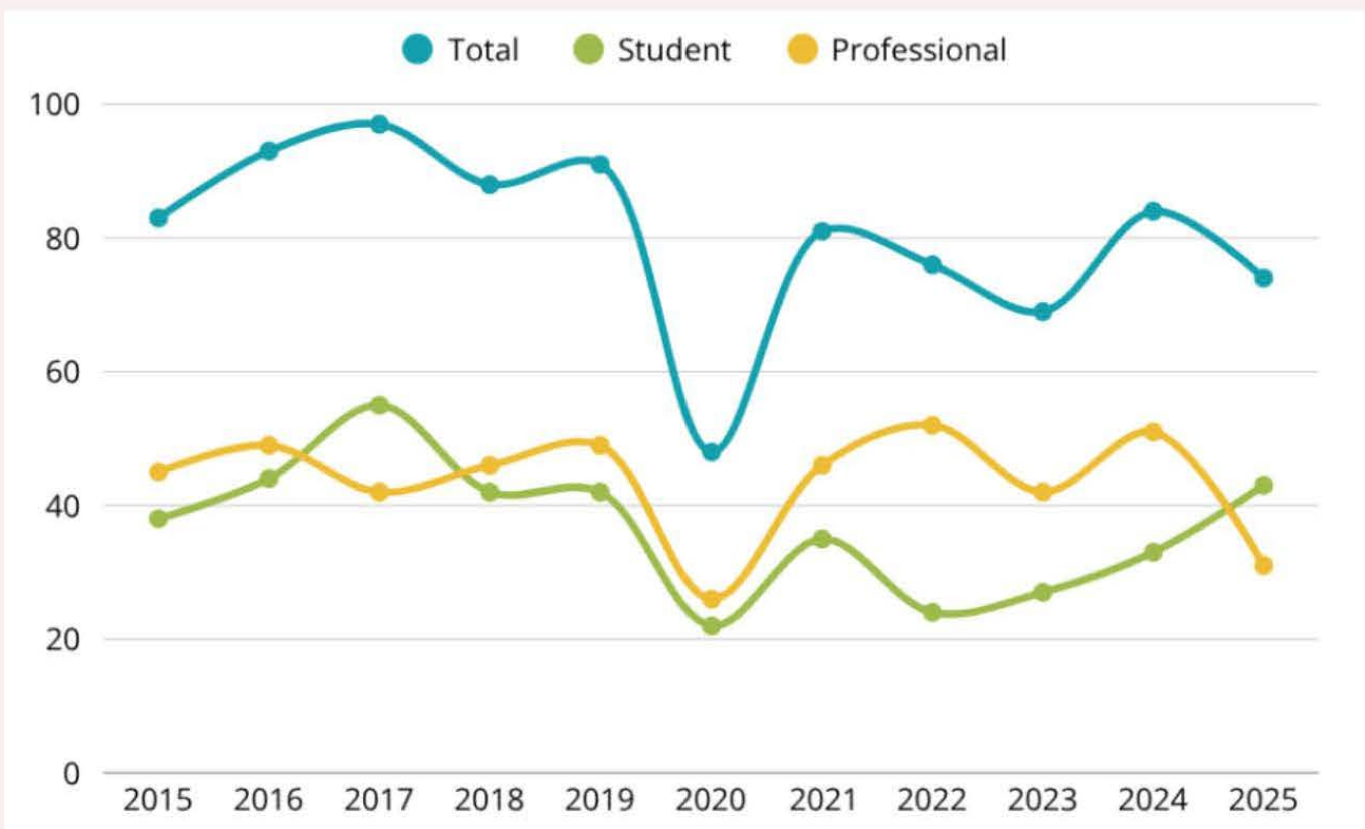


- **Endorsement process:** The SIG endorsement process has been evolving over the past two years in response to these broader changes. Many of these updates have been introduced with limited lead time, requiring ongoing adjustment. We want to thank the SIG as a whole, and especially our DEI committee, for their flexibility as we continue to adapt. We expect additional changes moving forward.
- **SIG operations:** We have formally adopted ABCT's updated SIG operating standards.
- **Dues and infrastructure:** ABCT's centralized dues system is now in place and continues to be refined. We strongly encourage members to pay dues through the ABCT system, as this is how ABCT is now determining official SIG membership numbers. These numbers have important implications for SIG visibility, representation, and resource allocation within ABCT.

Looking Ahead

Our membership took a hit during COVID. While we've seen many members return, we have not yet rebounded to pre-COVID levels, driven largely by lower student participation. Although student membership has been increasing incrementally, it remains below where it was prior to the pandemic. This has important implications for the future of the SIG, as fewer students now means fewer professional members down the line.

Chart: Dues Paying SIG Members, 2015 to 2025



As co-leaders, we have spent time thinking about where the SIG can provide the most value to its members to ensure that our community continues to grow and thrive. Two areas stand out: networking and recognition.

Networking

We've seen and experienced how connections made through the SIG often lead to real outcomes, including collaborations, publications, and job opportunities. Most of that is happening informally right now. The two formal structures we have are the happy hour and the mentorship program. We want to make sure those are well supported and also think about where we can expand to create more opportunities to connect members across career stages.

The **SIG Happy Hour** has been an important part of what makes this SIG feel like a real community. To keep it that way, we want to take a more flexible approach to budgeting across conference locations by saving when ABCT is in lower-cost cities and spending more when it is in higher-cost cities so we can secure venues that support strong turnout.

We also want to **expand networking opportunities**. The goal is to make sure there are ways for people at all career stages to engage with one another. One example is the pre-conference collaboration "speed dating" event, which allowed members at all levels to connect. The first event went well, and we would like to see even more members take part next year.

Recognition

Awards are one of the most tangible ways the SIG can support its members. They provide visibility for important contributions and can play an important role in supporting advancement across career stages, including internship applications, job searches, and promotion. In recent years, we expanded from one award to two, which has been highly successful. We are currently exploring additional ways to expand recognition opportunities while being mindful of the time and effort required from our volunteer committees. We look forward to sharing more as plans develop.

As co-leaders, we're excited to build on what makes this SIG strong and to keep growing it alongside all of you.

Sarah Carter & Jazz Hogan



LETTER FROM SIG STUDENT CO-LEADERS

Thank you for the privilege of serving as your student co-leaders this year. It was wonderful to learn about research being done by SIG members at ABCT last year in New Orleans. We look forward to learning more in Baltimore this year!

Conference Trainee Symposium Submission

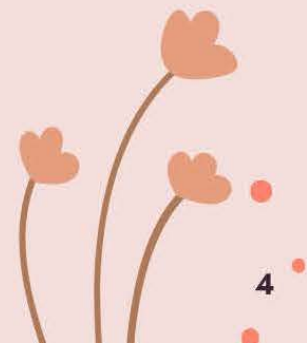
We are very excited about the trainee symposium we submitted this year. The symposium we proposed would consist of five talks centered on the interpersonal processes across diverse romantic relationship contexts. The collection of talks would focus on filling gaps in intimate relationships research by examining relationship processes such as support, relationship-specific rumination, and sexual communication function across a range of ages, gender identity, sexual orientation, relationship structure, and countries. We are hopeful the symposium will be accepted so we can communicate these findings to IR SIG members at ABCT!

New Initiatives: Trainee Listserv and SIG Seminars

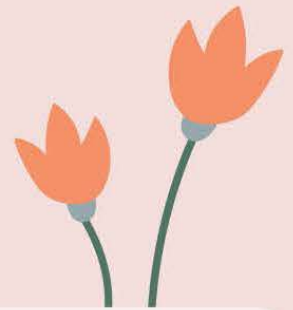
To continue to foster a space dedicated to trainees, the IR SIG officers are in the process of creating a trainee-specific listserv. The aims of this listserv are to 1) increase networking among trainees and 2) provide a space for sharing accomplishments, resources, educational opportunities, and related information amongst trainees at various stages. Additionally, we are beginning to organize three virtual seminars throughout the year. Examples of talks being developed will focus on obtaining funding for couple-focused research from multiple sources, methodological workshops, and trainee professional development. Please reach out with recommendations for future topics! Exact dates and times will be announced at a later date.

Emily Bibby (emily.bibby@stonybrook.edu)

Allison Tobar-Santamaria (atobar@vt.edu)



LETTER FROM SIG TREASURER



Hello SIG Members!

As you may recall, we began transitioning to ABCT's formal channel for collecting dues around last year's ABCT conference. Thank you for your patience as we work through this new system. We are still waiting on additional information about how to access those funds, but we have started receiving quarterly reports on members who have paid their dues, which is great!

This is a reminder that it is not too late to pay dues for the 2025–2026 academic year. Dues are \$30 for professional members and \$5 for students, first-year post-docs, and retired members. For every professional membership, \$5 automatically goes toward the Intimate Relationships SIG Emerging Scholars Fund (previously known as the Underrepresented Scholars Fund). If you are unsure whether you paid dues during last year's system transition, feel free to email me.

Below, you will find the instructions again on how to pay through the ABCT portal. Go to the ABCT portal (<https://services.abct.org/i4a/pages/index.cfm?pageID=3366>), go to "my account", and you should be able to pay for SIG membership (see screenshot below).

The screenshot shows the ABCT website header with the logo and navigation links: ABCT Home, My Account (circled in red), Forums, Directories, Journals, eLearning, and ABCT Store. Below the header is a purple bar labeled 'ABCT Services'. The main content area shows a breadcrumb trail: Home | Profile | Events | Forums. A green banner reads 'FORUMS' with the tagline 'Connect with like-minded professionals around the globe'. Below this, a message says 'Welcome to your ABCT Membership Page!' followed by a red-bordered box containing the text: '→ If you've already renewed your ABCT Membership through 2026 but would like to ADD A SIG, click here.' At the bottom of the screenshot are four buttons: 'EDIT YOUR PROFILE', 'CONVENTION REGISTRATION', 'MEMBERSHIP DIRECTORY', and 'MEMBERSHIP RENEWAL'.

Welcome to your ABCT Membership Page!

→ If you've already renewed your ABCT Membership through 2026 but would like to ADD A SIG, [click here.](#)

If you are having trouble paying dues through the system, you can still send your **dues electronically** via Venmo (send payment to @Yunying-Le). It is important to designate the payment as "*Send to friends and family*" to avoid processing fees. For all dues, indicate "ABCT Intimate Relationships SIG" in the note.

If this is your first time paying dues, please also complete the **membership form** <https://forms.gle/3xustNBLzbfApjgT8>.

An update on our membership status and dues:

- We have 213 active members (104 professional, 109 students).
- Our current balance is \$4,298. Since my last update, I have collected \$845 in dues. I have also paid \$300 for poster award (\$150 per person for two awardees), reimbursed expenses for pre-conference expenses (\$145) and conference cocktail hour (\$654) and paid for website subscription fee for 2 years (\$408).
- The Emerging Scholar Fund has a balance of \$725. Since my last update, I have collected \$115 from dues and directed donations towards this fund.

Please don't hesitate to contact me (yunying.le@du.edu) with any questions or concerns about dues or membership.

My best,
Annie
Yunying (Annie) Le, PhD



LETTER FROM SIG DEI COMMITTEE



Hello from your Intimate Relationships SIG DEI Committee!

We are excited to continue our work to promote diversity, equity, and inclusion in the SIG over the coming year.

We recently selected 4 diversity-focused individual oral paper presentations for SIG sponsorship in this year's conference. We hope that these impactful IR projects will be accepted; we look forward to sharing the exciting news with you!

We are also **requesting donations for the Underrepresented Scholars Fund (URSF)** for our next cycle of awards. As you may remember, we were able to fund three new scholars last Fall 2025 due to your generous support!

The IR SIG recognizes that our field is stronger when all voices are represented, and we are committed to increasing diversity within our field. We know that the cost of applying to graduate school or internship programs and networking at conferences is a significant barrier to entry within our field, particularly for young scholars from minoritized backgrounds, and we created the Underrepresented Scholars Fund to help close the gap. This fund is open to all students and potential students from underrepresented groups (broadly defined) to cover any costs associated with getting into graduate school, getting through graduate school, and internship.

We will be accepting applications again in August 2026 for the next cycle and would love to be able to help as many scholars as possible. Please consider donating to this important cause - any amount helps!

Email us at underrepresentedstudentscholarfund@gmail.com with any questions. All donations can be sent to the Treasurer, Yunying (Annie) Le via Venmo (send payment to @Yunying-Le) or via PayPal.com (send to yunyingleannie@gmail.com). It is important to designate the payment as "send to friends and family" to avoid processing fees. Please include URSF in the description.

Thank you,

Alika Tsytsurina, Danielle Weber, Jessica Hill, Lauren Simpson, and Michelle Ramos



LETTER FROM SIG MEDIA COORDINATORS

Hi everyone! Happy Spring! We want to provide you with some updates regarding changes we have made over the past several months based on ideas that were shared with us.

First, we have set up our ABCT IR Google Group so that anyone interested in our SIG can join at any time. Privacy measures are still in place so that information of group members remains secure. We will still serve as moderators, but this process will allow for quicker integration into our SIG.

If you are receiving this newsletter, it's because you are already subscribed to our listserv, so if you have a separate email that you'd like to join from and/or if you know of anyone who might like to join our SIG's listserv, here are the steps involved (which you can also copy and paste in a message to others): Send an email to abctirsig+subscribe@googlegroups.com from the email you're hoping to join from. (Your email can be as simple as "I'd like to join your listserv.") You will then receive an automated email from our SIG letting you know that the request to join has been received. In that email, you can either click on the "Join this Group" button OR send an email reply back (again with something as simple as "I'd like to join your listserv"). Either approach will confirm your interest, and at that point you will receive an automated message that says you are now a member of the abctirsig group, which is our listserv.

We will also be posting these instructions on our website in the near future, so you will also be able to direct folks to our website for these details. Until then, we kindly ask that you send new or interested folks the above blurb as well as this brief form to fill out (scan QR code to access):



Second, by popular demand, we have created a listserv specifically for trainees (undergraduate to postdocs). The hope in creating such a listserv is to encourage more peer-to-peer communication and to have a listserv where trainees can more easily reach out with informal or professional development questions (e.g., work-life balance, training, applications, or perhaps even offering/seeking out encouragement and/or resources). So if you are a trainee at any stage, we want to see you join! You can send an email to abctirsig-trainees+subscribe@googlegroups.com from the email you'd like to join from and follow the same steps above. If you are beyond the postdoc stage, please refrain from subscribing to this listserv so that we can keep it preserved for just students and trainees.

Please reach out to us at abctirsig@gmail.com if you have any questions, concerns, difficulties, or even other ideas you'd like to see implemented!

Warm regards,
Alyssa Miville and Madison Walker



LAB UPDATES & KUDOS



CENTER FOR INTERDISCIPLINARY RESEARCH ON INTIMATE RELATIONSHIPS

Dr. Richard Mattson | Binghamton University (SUNY)

Kudos:

Alyssa Miville successfully navigated the internship process and matched to her top choice site! She will be completing her doctoral internship at the VA Pittsburgh Healthcare System. Congratulations, Alyssa!

CLINICAL COUPLE AND FAMILY PSYCHOLOGY

Dr. Melanie Fischer | Dept of Psychology, University of Marburg, Germany

Lab Update:

Our research foci include psychopathology in couples and families (basic and intervention research) as well as topics related to couple relationships more broadly (understanding, preventing, and treating relationship distress). Current doctoral students are Sophie Blum, Negin Boryri, Anne Vogel, Laura Weber, and Nina Winkelmann, along with students completing their undergraduate and Master's theses in our lab. We continue data collection in several projects, including our study on accommodation and emotion regulation in couples with OCD, an RCT comparing individual behavioral activation to couple-enhanced behavioral activation (CE-BA) for depression, a qualitative study on parenthood and OCD as well as mixed methods investigations on relationship experiences of sexual and gender minorities and couples considering consensual non-monogamy. Dr. Fischer continues her dissemination efforts for couple therapy for depression in the National Health Service, England.



COUPLE AND FAMILY RESEARCH GROUP, DENMARK

Dr. Tea Trillingsgaard | Aarhus University

Lab Update:

- This spring, we are working on manuscripts from a 3-year study of the initial roll-out of a stepped-care model for couple distress, funded by the Danish foundation Samfonden. The model integrates the OurRelationship program and Integrative Behavioral Couple Therapy with a range of self-help options, and is now available to parents across 14 Danish municipalities.
- We have now finalized recruitment for the full-scale RCT comparing the OurRelationship program to bibliotherapy for distressed parenting couples, funded by a grant from the TrygFoundation. The pilot papers are now published or in press.
- This year, we will be attending the IARR conference in Glasgow, July 8-12, 2026, and hope to see and connect with many of you there.

Kudos:

- Kimberley Geinsnæs has been awarded a 3-year PhD fellowship by Aarhus University to study minority stress in age-gap couples. Next semester, she will transition from her previous role as a research assistant in Guy Bodenmann's lab in Switzerland to our lab in Denmark. We look forward to greeting you!
- A big congratulations to Frederik Godt Hansen, who, following his postdoctoral position in our lab, has been appointed to a tenure-track Assistant Professorship at the University of Southern Denmark.
- Congratulations to postdoc Lea Tangelev Greve, who is getting married!



COUPLES LAB FOR OBSERVATIONAL STUDIES (CLOSE)

Dr. Brian Baucom & Dr. Feea Leifker | University of Utah

Lab Update:

- Our research group continues to grow as part of the Behavioral Health Innovation and Dissemination Center and Department of Psychology at the U of U.
- We are collaborating on a number of grant-funded projects on topics including couples and stroke, couples and sleep, couples and cancer, couples and suicide, dyadic methods issues, youth wellbeing and summer camp engagement, and digital tools for mental health.
- We have welcomed two new staff members to the team, Amanda Martinez (Operations Manager) and Sarah Pollard (Project Director). They bring experience in health research and community mental health, and we are excited to have them here!

Kudos:

- Robyn Kilshaw has successfully defended her dissertation and accepted a 2-year post-doctoral fellowship offer at The Ohio State University where she is currently on internship
- Anais D'Oelsnitz and Stevie Shock have successfully proposed their master's theses
- Emily Spargo has successfully defended her master's thesis
- Anais D'Oelsnitz received the Dana B. & Lisa G. Aspinwall Endowed Scholarship for Scientific Research on Human Diversity, Well-Being, and Health from the U Department of Psychology
- Emily Spargo received the Earl S. And Elies Y. Skidmore Award for Academic Achievement from the U College of Social and Behavioral Science
- Dr. Rob Lubeznik-Warner has been promoted to Research Assistant Professor in the Department of Psychology
- Dr. Brian Baucom has wrapped up his time being DCT!!!!



ENAMORY

Dr. Kayla Knopp & Dr. Chandra Khalifian

Lab Update:

The team at Enamory is excited to share about the completion of our first pilot research study, collecting data from clinic clients who completed ketamine-assisted couple therapy intensive workshops. We hope to be able to share these data with the ABCT audience this fall. We also completed our first two therapist training workshops, one in person and one fully virtual, training a total of 48 therapists. Enamory continues to work toward creating a self-sustaining clinical practice, therapist training program, and research institute.

Enamory also welcomes our newest associate therapist, Natalie Ginsberg, ACSW. Natalie comes to us following nearly a decade of experience working in industry with MAPS, and we are thrilled for her to join us to complete her supervised post-graduate clinical hours. Natalie specializes in working with Jewish and interfaith couples, uncoupling, and psychedelic-assisted couple therapy.

Kudos:

- Congratulations to postdoctoral fellow Dr. Jasmine Davis, who accepted a position at the Danielsen Institute at Boston University. Jasmine will be continuing her clinical work with couples as well as contributing to research on burnout and flourishing in mental health care workers.
- Congratulations to predoctoral associate Dafna Paltin, who matched for her doctoral clinical internship at the Hawaii VA. Dafna will complete rotations in PTSD, SUD, couples, and traditional healing practices.

- Finally, congratulations to Amanda Sachs, LMFT, who completed her pre-licensure hours with Enamory and is launching her own practice (<https://amandasachs.com/>). We're so proud of you!
- Jasmine, Dafna, and Amanda, we'll miss you, but we're so excited for the next steps on your journeys!



- Kayla and Chandra are also excited to share that we have been invited to present workshops on couples' preparation and integration at the Iceland Eclipse Festival in August 2026.

INSTITUTE FOR RELATIONSHIP SCIENCE AT THE UNIVERSITY OF DENVER

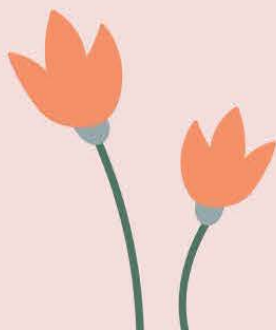
Dr. Galena Rhoades, Dr. Scott Stanley, Dr. Nicholas Perry, & Dr. Yunying (Annie) Le

Lab Update:

The Institute for Relationship Science is a group merging three relationship-focused research labs at the University of Denver engaging in community-centered science, evidence-based initiatives, and public scholarship for the betterment of interpersonal relationships, families, communities, and the public good. The Institute's vision is a collaborative relationship between scholars and the community that applies the strongest research methodology to solve real problems for people, families, and communities who are typically marginalized and underrepresented, including LGBTQ+ couples and families.

Kudos:

- Dr. Rhoades received the Eminent Research Scholar Award at University of Denver
- Jenny Lee has been accepted to the 2026 Mind and Life Summer Research Institute, which this year will focus on Depolarization: Cultivating Connection in a Divided World
- John V. Miller won the Intimate Relationships SIG's Robert L. Weiss Student Research Award
- Dr. Rhoades received a new grant from the American Massage Therapy Foundation to study prenatal massage
- Dr. Rhoades received funding from the Administration for Children and Families for the MotherWise program at Thriving Families in Denver
- Dr. Rhoades received a grant from the University of Denver to study how young adults use AI for relationship advice.
- Dr. Perry received a grant from the American Psychological Foundation to study newlywed LGBTQ+ couples' health in early marriage
- Colten Harper, currently a project coordinator at Princeton University, will be joining the Institute in the fall as a new graduate student working with Dr. Perry



RELATIONSHIP DEVELOPMENT CENTER

Dr. Joanne Davila | Stony Brook University

Lab Update:

The Relationship Development Center continues its work on romantic relationships across diverse relationship structures and well-being among individuals of diverse sexual and gender identities. We continue to be involved in a number of projects and collaborations, including:

- The development and evaluation of a relationship education program for college students, and its adaptation to different populations using a variety of formats. Some examples of what we've done include: (1) an adaptation for students who are elevated on depressive symptoms; (2) a modular approach for LGBTQ+ students; (3) an adaptation into a brief online single session intervention for teens (Project Relate). Most recently, we have created a brief online single session intervention for young adults to help them cope with a breakup, and we'll be creating additional brief relationship interventions for different diverse young adult populations (e.g., gender diverse young adults, bi+ young adults).
- The study of LGBTQ individuals' identity, health, and relationship experiences. Some examples of what we've been doing include: (1) examining stress, support, and intimacy processes in sexual minority couples; (2) examining differences in social identity and group belonging; (3) examining associations between relationship status and well-being.
- The study of diverse relationship types. Some examples of what we've been doing include: (1) examining correlates of consensual non-monogamy; (2) examining relationship agreements and their correlates across different types of relationships.
- We recently ran cross sectional and daily diary studies on young adults examining (1) sexual communication and satisfaction, (2) need fulfillment inside and outside of romantic relationships, as well as (3) emotion regulation across diverse relationship types.

Our lab members include: Stephan Brandt, who is nearing the end of his internship year, Emily Bibby, who is nearing the end of her 5th year, Benjamin Eisenstadt and Navy Spiecker, who are finishing up their 3rd year, and Joseph Hillesheim, who is nearing the end of his first year.

Kudos:

- Stephan Brandt is currently on internship at Montefiore Medical Center in NYC.
- Emily Bibby matched for internship at the Stony Brook Consortium (SBU-CIP). Since the last lab update, she also received the ABCT Graduate Student Research Grant and the Department of Psychology at Stony Brook's Award for Excellence in Advanced Research.

- Navy Spiecker matched for externship at the Stony Brook Consortium Externship Program (SBU CEP).
- Benjamin Eisenstadt matched for externship at the Northwell Behavioral Health College Partnership program. Ben also received an award from the John Neale Endowed Graduate Student Excellence Fund in Psychology.
- Joseph Hillesheim joined the Relationship Development Center as a first year Clinical PhD student.
- Daphne Yunjing Liu, former postdoc, is an Assistant Professor at University of Missouri, St. Louis.
- Joanne Davila received the Lawrence H. Cohen Outstanding Mentor Award, Society for a Science of Clinical Psychology (SSCP) and the Paul Nelson Award (for professional service), Council of Chairs Training Councils (CCTC).



RESEARCH FOR ALCOHOL AND COUPLES HEALTH (REACH) LAB

Dr. Meagan Brem | Virginia Tech

Lab Update:

- We published results of Aim 1 of our EMA+Breathalyzer study (R21AA030858) “Integrating Remote Breath Alcohol Monitoring into Ecological Momentary Assessment of Alcohol-Related Intimate Partner Violence among Young Adult Drinkers” in *Addiction*. Results indicated that it is both feasible and acceptable to pair ecological momentary assessment with portable breathalyzers to capture data on drinking and intimate partner violence across 30 days among US undergraduates who were previously aggressive and who drink heavily. We are currently working on data analysis for Aim 2 which will examine whether BrAC captured via breathalyzer is a better predictor of IPV episodes than is self-reported alcohol use.
- We completed data collection for grant R21AA031548, “Daily Impact of Sexual Minority Stress on Alcohol-Related Intimate Partner Violence among Bisexual Young Adults: A Couples’ Daily Diary Study.” We are currently cleaning the data to prepare for analyses. We also received internal funding to continue data collection with 50 additional couples in partnership with Dr. Brian Feinstein at Rosalind Franklin University of Medicine and Science.

Kudos:

- 4th-year graduate student Allison Tobar-Santamaria received several awards to support her dissertation, including the APF COGDOP Charles and Carol Spielberger Scholarship, the Society for a Science of Clinical Psychology Dissertation Grant, and the Thomas H. Ollendick Ph.D. and Mary Catherine Haley Ollendick Graduate Fellowship in Clinical Child and Adolescent Psychology. Go Allison!
- Undergraduate research assistant Noa Croitoru received the 2026 Fralin Undergraduate Research Fellowship to support independent research in the REACH Lab! Noa also received 1st Place at the Sigma Xi International Forum on Research Excellence Virtual Research Showcase, Human Behavioral and Social Sciences Undergraduate Division, and 2nd Place Overall in the Undergraduate Division. Go Noa!
- Undergraduate Research Assistant Ella Reitmeier was named the 2026 Virginia Tech College of Science Outstanding Senior. Ella will be joining Dr. Alisa Garner’s ASB Lab at the University of North Texas as an incoming Clinical Psychology PhD student. Congrats, Ella!



SHARE (STRESS, HEALTH, AND RELATIONSHIPS IN EVERYDAY LIFE) LAB

Dr. Danielle Weber | UNC Greensboro

Lab Update:

The SHARE lab is focused on understanding how couples navigate health challenges and external stress over time, along with understanding the relationship processes that enhance couples' resilience while experiencing these challenges.

We welcomed our first doctoral student Larissa in Fall 2025 and will be welcoming another doctoral student to begin Fall 2026. We are excited to see our team grow!

As a new lab, we are in the start-up/launch phase of different research projects:

- We recently collected data for a study examining how people experience and manage different external stressors in their relationships, and how these experiences may differ across the lifespan. Data scoring and analysis is ongoing.
- We submitted a grant application to fund an EMA study that would examine relationship processes impacting health behaviors in older adult couples.
- Larissa is taking the lead on different projects within our longitudinal dataset of older adults in committed relationships. She is beginning her thesis focused on perceived and received partner support and their effects on relationship satisfaction and mental health among older adults. In a separate project, she has also run preliminary analyses examining the differential effect of partner and family support on different outcomes in this sample.
- We are also conducting a secondary analysis of our dataset of recordings of older couples' communication, including behavioral coding, transcription, and analysis of vocal emotional arousal.
- We also continue work on different collaborative projects, including collaborations with colleagues at the University of Georgia focused on relationship functioning and depression among older adults.

We look forward to sharing more updates as our lab continues to grow!



OPPORTUNITIES

POST-DOCTORAL FELLOWSHIPS

Couple & Family Research Group, Denmark:

Next semester, we will be expanding our research group with a 2-year postdoctoral position, funded by a running grant from the TrygFoundation, for an RCT comparing the OurRelationship program to bibliotherapy for distressed parenting couples. As the data collection will finalize next semester, we are particularly looking for a candidate with strong data analytical skills. The position will be posted on Aarhus University's job portal in June, and we welcome international applicants.

Enamory, San Diego, California:

Enamory is hiring a postdoctoral clinical research fellow for fall 2026! If you know of a fantastic candidate with experience in research and in providing evidence-based couple therapy, please share this opportunity. For more details, see our UPPD listing:

<https://www.appic.org/Postdocs/Universal-Psychology-Postdoctoral-Directory-UPPD/Detail/id/7042>

For more information or to apply, please email us at info@enamory.org.

Clinical Couple & Family Psychology, Marburg, Germany:

We will soon share a job posting for a two-year full-time postdoc position in our lab that is open to international applicants (German language skills not required). Feel free to contact Dr. Fischer for questions regarding the position, or regarding insights into navigating different academic systems internationally as a postdoc!

RESEARCH PARTICIPANTS

REACH Lab:

We are seeking participants for various paid research studies focused on romantic and sexual health, broadly, as well as substance use and stress within individuals and couples. We are also seeking Latina undergraduates (or those who graduated within the last 8 years) to serve on an open community advisory board. All study flyers can be found on our [study flyer website](#), or by pasting the following link into your browser: <https://atobar281.wixsite.com/reachlabstudies>

HOT OFF THE PRESS

1. Bibby, E. S. & Davila, J. (in press). Romantic competence and mental health in adolescence. *Annual Review of Clinical Psychology*, 22.
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“First off, I think it would be helpful if you stopped referring to her as ‘my opponent.’”