

# COUPLES RESEARCH AND THERAPY

<https://abctcouples.org/>

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### Letter from the Editors

Happy fall, all! We are incredibly excited to share with you the Fall 2022 edition of the Couples SIG newsletter. We appreciate all the members who generously shared their lab updates with us. We also received notes from many of you who look forward to these newsletters!

First and foremost, we would like to remind you all to please take a moment to **renew your membership**, especially if you are unable to attend the Couples Research and Treatment SIG Meeting during ABCT on Saturday, November 19th at 8:30am. Here is a link to the renewal form: <https://forms.gle/tJrBmVb9Vmv7BcuR7>

Please pay close attention to the Leader Updates in the first several pages. Our SIG Co-Leaders, Drs. Hannah Williamson and Emily Salivar, provide more information about the Couples SIG Preconference Event as well as SIG-sponsored symposia to look out for (pg. 2); our Treasurer, Dr. Michelle Ramos, provides more information about membership status and how to pay dues (pg. 3); and our student co-leaders, Corey Pettit and Mollie Shin, provide an overview of the couples-related presentations that you'll find at the ABCT Conference (pg. 4-6). Note that the Couples SIG mentorship program is underway and there is currently a call for mentees (pg. 6)!

We sincerely hope that you enjoy reading this Fall 2022 edition of the Couples SIG Newsletter — it is always exciting to read about everyone's accomplishments and updates! We encourage you to forward this to anyone who you think might be interested in joining our SIG. We look forward to seeing many of you at ABCT in just a couple weeks!

***Thanks for making the Couples SIG Newsletter possible!***

- Alyssa Miville, B.A. | Binghamton University (SUNY)  
([amivill1@binghamton.edu](mailto:amivill1@binghamton.edu))

- Melissa Gates, M.A. | Binghamton University (SUNY)  
([mgates5@binghamton.edu](mailto:mgates5@binghamton.edu))

## Letter from the SIG Co-Leaders

*Drs. Hannah Williamson and Emily Salivar*

After two years of virtual conferences, ABCT is on track to be back in person this year, and we look forward to seeing everyone in person in NYC!

### Conference Events

The Couples SIG Preconference is returning on Thursday, 11/17 from 6:30pm-8:00pm in the Columbia and Duffy rooms (7<sup>th</sup> floor) of the Marriott Marquis. Uzma Rehman will be presenting a talk entitled “The Relational Context of Sexual Desire Problems.” After the talk we invite everyone to stick around and catch up!

We were excited to see the great representation of couples research in the ABCT program this year. **See pages 4-6** for a list of these events. We would like to draw particular attention to the symposia “Couple Functioning in the Face of Internal and External Relationship Threats” on **Friday, 11/18 at 12pm** and “Novel Adaptations to Dyadic Clinical Research for High-risk and Underserved Populations During the COVID-19 Pandemic” on **Friday, 11/18 at 2pm**. These are our SIG-sponsored symposia, which feature talks from students and early career members of the Couples SIG.

Our SIG business meeting has been scheduled for **8:30am on Saturday, 11/19 in Marquis Ballroom A (9th Floor)**. Despite the early hour, we hope you will join us! There are a number of exciting and important things happening at the meeting, including presentation of the Weiss student poster awards and presentation of the SIG’s first annual Early Career Award.

### New Officers

This will be our final update as Co-Leaders of the SIG, as we will be passing the torch to new leaders after the conference this month. It has been a pleasure serving in this role and connecting more closely with many of our colleagues, and we are glad to finally see everyone in person at the conference!

We are excited to announce that Shelby Scott and Kayla Knopp will be the new Co-Leaders of the SIG. Also, our thanks to Michelle Ramos who has served alongside us as Treasurer for the past two years. She will also be ending her term in this role, and McKenzie Roddy will be the new SIG Treasurer.

We are appreciative of Alex Crenshaw and McKenzie Roddy, who have served on the Jr. Awards Committee for the past two years. Taking over this role for the next two years will be Feea Leifker and Danielle Weber.

We are still looking for students who want to serve in one of the available student officer positions, which include Student Co-Leader and Media Coordinator. Please reach out to us if you are interested.

Finally, new members of any stage/rank, from graduate students on up, are invited to join the recently developed Couples SIG DEI committee. This Committee will be presenting on some of their new initiatives at the SIG Business meeting, so that would be a great time to connect with them if you are interested.

See you in NYC!

- Hannah and Emily

[hwilliamson@utexas.edu](mailto:hwilliamson@utexas.edu)

[esalivar@nova.edu](mailto:esalivar@nova.edu)

## Letter from the SIG Treasurer

*Dr. Michelle Ramos*

Hello SIG Members!

I hope that you are all doing well. I am very excited to see everyone at the conference in NYC! Here is an update on our membership status and dues:

Our current dues-paying membership, including those who have paid dues within the last 5 years, is 209 members (92 professionals, 117 students). This number includes 8 new members (2 professionals and 6 students) since our Spring Newsletter update in March. Please continue to reach out and encourage others to join, as we always love to welcome new members, particularly during our upcoming conference.

The balance last reported in March was \$3644.75. Since then, we have received \$215 in dues and Underrepresented Scholars Fund donations. Thus, we have a current balance of \$3859.75. We expect to pay out \$300 for poster awards, a \$300 honorarium for our pre-conference speaker, \$300 for pre-conference AV venue fees, and \$600 for the pre-conference Couples SIG social. Thank you for your continued support!

We anticipate collecting most of our annual membership dues for the upcoming 2022-23 academic year around the conference. Please complete the **membership renewal form** <https://forms.gle/tJrBmVb9Vmv7BcuR7> in addition to sending your dues electronically.

Dues are \$30 for professional members and \$5 for students, first-year post-docs, and retired members. Remember that with every professional membership, \$5 of dues automatically goes toward the Couples SIG Underrepresented Scholars Fund.

Dues can be sent via Venmo (send to @Michelle-Ramos-PhD or scan the QR code below) or via PayPal (send to [mcramos@fullerton.edu](mailto:mcramos@fullerton.edu)). It is important to designate the payment as *“Send to friends and family”* to avoid processing fees. For all dues, indicate *“ABCT Couples SIG”* in the note.

Please don't hesitate to contact me with any questions or concerns about dues or membership. I look forward to seeing you at the pre-conference event & social and SIG Business Meeting!

- Michelle

[mcramos@fullerton.edu](mailto:mcramos@fullerton.edu)

**Michelle Ramos**

@Michelle-Ramos-PhD



**venmo**

Scan this code to pay

**Letter from the SIG Student Co-Leaders**

*Corey Pettit & Mollie Shin*

**Student Symposium**

We are excited to see everyone in New York soon! Please see below for a list of couples-related presentations:

Date / Time	Presentation	Presenters
<p><b>Friday (11/18)</b>  12-1pm</p>	<p>Couple Functioning in the Face of Internal and External Relationship Threats</p>	<p>Chair: Mollie E. Shin, M.A. – University of Colorado Denver                      Chair: Corey Petit, M.A. – University of Virginia                      Discussant: Hannah Williamson, Ph.D. – The University of Texas at Austin                      Presenter: Mollie E. Shin, M.A. – University of Colorado Denver                      Presenter: Alexandra K. Wojda-Burlij, M.A. – University of North Carolina at Chapel Hill                      Presenter: Corey Petit, M.A. – University of Virginia                      Presenter: Melissa Gates, M.S. – Binghamton University</p>
<p>12-1:30pm</p>	<p>Promoting Strong African American Families (ProSAAF): Building Resilience to External Stressors by Strengthening Family Relationships</p>	<p>Chair: Olutosin Adesogan, B.S. – University of Georgia                      Discussant: Steven Beach, Ph.D. – University of Georgia                      Presenter: Olutosin Adesogan, B.S. – University of Georgia                      Presenter: Justin Lavner, Ph.D. – University of Georgia                      Presenter: Ariel R. Hart, M.S. – University of Georgia                      Presenter: Sierra Carter, Ph.D. – Georgia State University</p>
<p>2-3pm</p>	<p>Novel Adaptations to Dyadic Clinical Research for High-Risk and Underserved Populations During the COVID-19 Pandemic</p>	<p>Chair: McKenzie K. Roddy, Ph.D. – VA Tennessee Valley Healthcare System                      Chair: Karen Rothman, Ph.D. – Together CBT                      Discussant: Christina Balderrama-Durbin, Ph.D. – Binghamton University                      Presenter: Emily Georgia Salivar, Ph.D. – Nova Southeastern University                      Presenter: McKenzie K. Roddy, Ph.D. – VA Tennessee Valley Healthcare System                      Presenter: Madelyn Whitaker, B.S., M.A. – Department of Psychology, University of Utah                      Presenter: Brynn Meulenberg, PhD – Department of Psychology, University of Utah</p>
<p>3:30—5pm</p>	<p>All in the Family: New Approaches to Understanding Family-Level Impacts of Military-Related PTSD Symptoms</p>	<p>Chair: Steffany J. Fredman, Ph.D. – The Pennsylvania State University                      Discussant: Keith D. Renshaw, Ph.D. – George Mason University                      Presenter: Kayla Knopp, Ph.D. – VA San Diego Health Care System                      Presenter: Steffany J. Fredman, Ph.D. – The Pennsylvania State University                      Presenter: Sarah T. T. Giff, Ph.D. – Ralph H. Johnson VA Medical Center, MIRECC                      Presenter: Sarah B. Campbell, Ph.D. – VA Puget Sound Health Care System</p>
<p>4-5pm</p>	<p>Strengthening Resilience in Sexual Minority Couples: Lowering Barriers to inclusive, affirmative, relationship healthcare</p>	<p>Chair: Tatiana D. Gray, Ph.D. – Springfield College                      Discussant: Shelby B. Scott, Ph.D. – University of Texas at San Antonio                      Presenter: Melissa Gates, M.S. – Binghamton University                      Presenter: Katherine A. Lenger, Ph.D. – Brown University &amp; Providence VA Medical Center                      Presenter: Ellora Vilkin, M.A. – Stony Brook University                      Presenter: Tatiana D. Gray, Ph.D.—Springfield College</p>

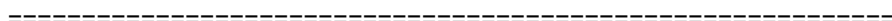
Date / Time	Presentation	Presenters
<p><b>Saturday (11/19)</b> 8-9:30am</p>	<p>Unpacking the complexity of minority stress in sexual and gender minority romantic relationships</p>	<p>Chair: Nicholas Perry, Ph.D. – University of Denver                      Chair: Shelby B. Scott, Ph.D. – University of Texas at San Antonio                      Discussant: Sarah Whitton, Ph.D. – University of Cincinnati                      Presenter: Nicholas Perry, Ph.D. – University of Denver                      Presenter: Shelby B. Scott, Ph.D. – University of Texas at San Antonio                      Presenter: Kate Dorrell, B.S. – Rosalind Franklin University of Medicine and Science                      Presenter: Elissa L. Sarno, Ph.D. – Northwestern University Feinberg School of Medicine                      Presenter: Michael E. Newcomb, Ph.D. – Northwestern University</p>
<p><b>8:30-9:30am</b></p>	<p><b>Couples Research and Treatment SIG meeting</b></p>	
<p>2-3:30pm</p>	<p>Using Technology to Support Couples During Times of Crisis</p>	<p>Chair: Kayla Knopp, Ph.D. – VA San Diego Health Care System                      Discussant: Samantha Connolly, Ph.D. – Harvard Medical School                      Presenter: Kayla Knopp, Ph.D. – VA San Diego Health Care System                      Presenter: Dev Crasta, Ph.D. – US Department of Veterans Affairs                      Presenter: Yunying Le, Ph.D. – The Pennsylvania State University                      Presenter: Kristen M. Whitfield, PhD – Ryerson University                      Presenter: Ronald D. Rogge, Ph.D. – University of Rochester</p>
<p><b>3-4pm</b></p>	<p><b>Couples and Close Relationships Poster Session</b></p>	
<p>4-5:30pm</p>	<p>Examining Veterans' Preferences for Couples based Treatments and Delivery</p>	<p>Presenter: Stephanie Y. Wells, Ph.D. – Durham VA Health Care System/VISN 6 Mid-Atlantic MIRECC                      Co-author: Stephanie Y. Wells, Ph.D. – Durham VA Health Care System/VISN 6 Mid-Atlantic MIRECC                      Co-author: Kathleen M. Grubbs, Ph.D. – VA San Diego Healthcare System/University of California, San Diego                      Co-author: Kayla Knopp, Ph.D. – VA San Diego Health Care System                      Co-author: Eric Dedert, PhD – Durham VA Health Care System                      Co-author: George Jackson, PhD, MHA – Durham VA Health Care System                      Co-author: Shannon Kehle-Forbes, PhD – Minneapolis VA Health Care System                      Co-author: Leslie Morland, PsyD – University of California-San Diego/San Diego VA</p>

Date / Time	Presentation	Presenters
<p><b>Sunday (11/20)</b>  10:00-11:30am</p>	<p>Coming Through Pandemic PTSD Together: A Randomized Controlled Trial of an Online, Self-help Couples Intervention for COVID-Related PTSD</p>	<p>Presenter: Skye Fitzpatrick, Ph.D. –York University                      Co-author: Alexander O. Crenshaw, Ph.D. – Ryerson University                      Co-author: Robert Valela, BCom – Ryerson University                      Co-author: Kristen M. Whitfield, PhD – Ryerson University                      Co-author: Sonya Varma, BSc – York University                      Co-author: Alexis Collins, B.S.–Ryerson University                      Co-author: Desiree H. Mensah, B.S. – York University                      Co-author: Elizabeth A. Earle, PhD – York University                      Co-author: Victoria L. Donkin, PhD – Ryerson University                      Co-author: Christina Samonas, PhD – Ryerson University                      Co-author: Sophie Goss, MA – York University                      Co-author: Caitlin Martin-Newnham, MJ– York University                      Co-author: Meredith Landy, Ph.D., Psy.D. – Ryerson University                      Co-author: Ashley N. Siegel, Other – York University                      Co-author: Jennifer Ip, M.A. – Ryerson University                      Co-author: Julianne Bushe, None – Ryerson University                      Co-author: Angela Xiang, PhD–Ryerson University                      Co-author: Jeremiah Schumm, PhD – Wright State University                      Co-author: Leslie Morland, PsyD – University of California-San Diego/San Diego VA                      Co-author: Brian Doss, Ph.D. – University of Miami                      Co-author: Anne C. Wagner, Ph.D. – Remedy + Remedy Institute                      Co-author: Candice M. Monson, Ph.D. – Ryerson University</p>

**Mentorship Program**

We are in the process of coordinating the Couple SIG's mentorship program. Please refer to the email sent on October 28th and sign up to be a mentee if interested!

- Corey & Mollie  
 (cp7ze@virginia.edu) & (mollie.shin@ucdenver.edu)



**Letter from the Media Coordinator**

*Sarah Turk Karan*

Resources on the ABCT couples SIG website have been updated! There is now an updated list of faculty whose research focus is intimate relationships, which is now reflect on the SIG’s website under “Resources” and “Graduate Training.” To access these updates, please follow the link below.

<https://docs.google.com/document/d/1ObuJZ82wHsQrc55ItNhTsKY-chzg3gLkcJEbgzJhI3Y/edit>

Sarah Turk Karan  
[sarah.karan@du.edu](mailto:sarah.karan@du.edu)

**Letter from the DEI Committee**

Hello from your Couples SIG DEI Committee! We are excited to continue our work to promote diversity, equity, and inclusion in the SIG over the coming year. Join us at the SIG business meeting to discuss some important initiatives, including proposals to rename the SIG with more inclusive language and to establish a SIG-sponsored diversity symposium.

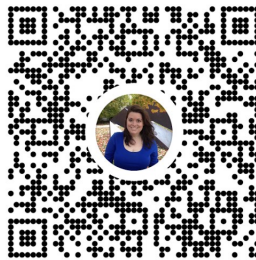
We are also requesting donations for the USF for our next cycle! The Couples SIG recognizes that our field is stronger when all voices are represented, and we are committed to increasing diversity within our field. We know that the cost of applying to programs, networking at conferences, and interviewing for graduate school or internship is a significant barrier to entry within our field, particularly for those 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 had a very successful winter round and were able to fund three new scholars! We will be accepting applications again soon and would love to be able to help as many new scholars as possible. Please consider donating to this important cause- any amount helps!

Email us at [underrepresentedstudentsfund@gmail.com](mailto:underrepresentedstudentsfund@gmail.com) with any questions. All donations can be sent through Venmo @Jasara-Hogan or using the QR Code. *Please include USF in the payment description.*



Jasara Hogan  
@Jasara-Hogan



**venmo**

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**KUDOS!**

**We'd like to celebrate these amazing milestones from the following SIG members.**

**Congratulations on your accomplishments!**

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Dr. Christina Balderrama-Durbin's Couple Adjustment to Stress and Trauma (CAST) Laboratory

☺ **Melissa Gates** has successfully passed her comprehensive examinations! Congratulations, Melissa!

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Dr. Donald Baucom's Couples Lab at UNC Chapel Hill

☺ **Danielle Weber** graduated in August with her Ph.D. and has started her work as a postdoctoral research associate in the lab of Justin Lavner. Congratulations, Danielle!

☺ **Alexandra Wojda-Burlij** (6<sup>th</sup> year) received a nomination for the UNC Tanner Award—an annual University-wide award given to a graduate teaching assistant for excellence in undergraduate teaching. Way to go, Alexandra!

☺ **Emily Carrino** officially has her M.A. after defending her master's thesis, "Individual and Relationship Functioning Disparities between Individuals in Sexual Minority and Heterosexual Couples" in April 2022. Woohoo!

Drs. Rick Heymans and Amy Slep’s Family Translational Research Group (FTRG) at NYU

☉ **Dr. Slep** is on the Council of the National Institute of Dental and Cranio-facial Research

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Dr. Katie Baucom’s HEART Lab at the University of Utah

☉ **Monique Chantelle Aguirre**, B.S., B.S.W. (Lab Manager, 2020-2022; Undergraduate RA, 2018-2020) started her PhD in Clinical Health Psychology at University of North Carolina-Charlotte. We can’t wait to see her continued impact on the field under the mentorship of Dr. Laura Armstrong!

☉ **Manny Diaz**, B.S. (Undergraduate RA, 2021-2022) received the 2022 College of Social & Behavioral Science Outstanding Undergraduate Researcher Award and started his Master’s in Clinical Mental Health Counseling at University of Texas-Tyler!

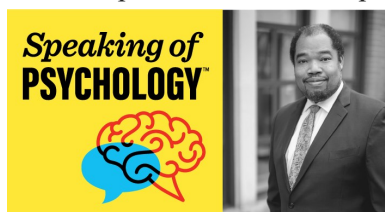
☉ We received a 3-year American Diabetes Association grant and an NIH Administrative Supplement (ORWH/NIDDK) to support the development of culturally-responsive family-based diabetes prevention for Hispanic communities in Utah! Both are collaborations with a local nonprofit (Alliance Community Services) and colleagues at the University of Utah (ABCT member Anu Asnaani, PhD and Ana Sanchez-Birkhead, PhD).

☉ **Katie** received an NIH Administrative Supplement (NIDDK) that funds an extension of her K23 (given impacts of COVID-19).

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Dr. Anthony Chambers’ Center for Applied Psychological and Family Studies, Northwestern University

☉ **Dr. Chambers** was featured on APA’s award-winning podcast called “Speaking of Psychology”. Dr. Chambers discussed relationship health and couple therapy. In the first week it has been downloaded over 35,000 times! It has been downloaded not just in the United States, but also in Canada, the UK, Australia, Germany, the Netherlands, India, Spain, Sweden and Japan.

The podcast can be found on the APA website at <https://www.apa.org/news/podcasts/speaking-of-psychology/relationship-advice>



You can also stream this interview on [Stitcher](#), [Spotify](#) and [Apple Podcasts](#).

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Dr. Brian Doss: Doss Couples Lab

☉ **Gabe Hatch** is enjoying being part of a household spanning 4 generations while completing internship at Utah Valley University Student Health Services.

=====  
Dr. Richard Mattson’s Center for Transdisciplinary Research on Intimate Relationships (CTROIR) Lab:

☉ Congratulations to **Michael Shaw** for securing funding for his dissertation project through the American Psychological Foundation! Mike also received funding through SUNY to purchase psychophysiological equipment for his projects.

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Dr. Steffany Fredman’s Couple and Family Adaptation to Stress Lab

☉ **August Jenkins** is the recipient of the International Association for Relationship Research Dissertation Award and the recipient of the John L. and Harriette P. McAdoo Dissertation Award from the Racial and Ethnic Diversity in Families Section of the National Council on Family Relationships. She has also been accepted into the 2022-2023 Vice Chancellor's Distinguished Postdoctoral and Visiting Scholars Program at the University of Illinois Urbana-Champaign. Congratulations, August!

☉ **Yunying (Annie) Le** is now a Research Assistant Professor in the Department of Psychology at the University of Denver. Congrats, Annie!



Drs. Howard Markman, Galena Rhoades, and Scott Stanley’s Center for Marital and Family Studies

☺ **Dr. Rhoades** was awarded an R01 from NIMH (with her colleague at DU, **Dr. Elysia Davis**) to test the effectiveness of in-person versus virtual delivery of a post-partum depression prevention program. **Dr. Perry** (with **Dr. Audrey Harkness** at University of Miami) was awarded a grant from the Mental Research Institute to culturally tailor a relationship education program for Latino sexual minority men.

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Dr. McKenzie K. Roddy

☺ **Dr. Roddy** won an internal K award to support her work on *Developing an Adaptive Self-Care Support Intervention for Adults with Type 2 Diabetes and their Close Interpersonal Relationships*

☺ **Dr. Roddy** was awarded the Vanderbilt Diabetes Scholar Award from the Vanderbilt Diabetes Research and Training Center and Vanderbilt Center for Diabetes Translation Research

☺ **Dr. Roddy** started a faculty position as a Research Assistant Professor in the Department of Medicine at Vanderbilt University Medical Center

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Dr. Woodin’s UVIC Healthy Relationships Lab:

- ☺ **Dr. Woodin** received funding in 2022 as Co-PI for:
- A Canadian Institute of Health Research Operating Grant on *The Impact of Olfactory Dysfunction on Social and Mental Health*
  - A Social Sciences and Humanities Research Council Insight Development Grant on *Family Functioning Following Youth Nonsuicidal Self-Injury Disclosure: A Multi-Informant Investigation of the Family Distress Cascade Theory*
  - A Vancouver Foundation Participatory Action Research Investigative Grant on *Addressing the Intersections between Brain Injury and Mental Health/Addictions in BC: Consensus Building Days and Research on Identification and Management*

☺ **Rachel Mallinson** received the UVic Jamie Cassels Undergraduate Research Award for her upcoming Honour’s thesis on intimate partner violence in adults with attention-deficit hyperactivity disorder.

☺ **Lorna Breen** received the Canadian Psychological Association Certificate of Academic Excellence for her Master’s thesis on a family intervention using a tabletop roleplaying game

☺ **Emily Spargo** received the Canadian Psychological Association Certificate of Academic Excellence for her Honour’s thesis on partner empathy as a buffer against stress at the transition to parenthood

☺ **Pauline Song** received a Doctoral Award from the Social Sciences and Humanities Research Council for her work on the experiences of BIPOC youth receiving mental health services and successfully matched to the Edmonton Internship Consortium

☺ **Kari Duerksen** successfully matched for internship to the University of Ottawa Centre for Psychological Services and Research

☺ **Sean Morgan** received a Master’s Award from the Social Sciences and Humanities Research Council

☺ **Lauren Matheson** successfully passed her comprehensive exams and her dissertation proposal defense

Dr. Tea Trillingsgaard’s Couple and Family Lab, Denmark

☺ **Astrid Bjørn Leth-Nissen** recently defended her doctoral dissertation entitled “Assessment, Maintenance, and Improvement of Relationship Health over Time: Long-term Effects of the Marriage Checkup on Relationship Health and Individual Stress” and began her position as a research assistant in Dr. Tea Trillingsgaard’s lab at Aarhus University, Denmark. Congratulations, Dr. Leth-Nissen!

Dr. Shelby Scott’s Promoting Resilience In DiversE (PRIDE) Family Studies Lab, University of Texas at San Antonio

☺ **Quyen Do** is the recipient of The College for Health, Community and Policy **Outstanding Student Award** in recognition of her outstanding research, service, and leadership. She also received the **Dorothy Flannagan Endowed Memorial Graduate Fellowship** for her dissertation project from the UTSA Graduate School. Quyen successfully **defended her dissertation proposal**.

☺ **Dr. Scott** received the **Outstanding Graduate Mentor Award** from the UTSA Graduate School.

☺ **Zenetta Hinojosa** was accepted into the 2022 **Mindcore Summer Fellowship Program** at the University of Pennsylvania for Summer 2022.

☺ Research assistant, **Eliciana Rodriguez-Barroso** completed her undergraduate degree in Spring 2022 and has started graduate school in the **M.S. for Clinical Mental Health Counseling** program at UTSA.

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Dr. Tamara Sher’s Couples Lab

☺ **Jacinda Lee** is recently engaged!

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## Lab Updates

**Lab Name:** Couple Adjustment to Stress and Trauma (CAST) Laboratory; Binghamton University – SUNY

**Head of Lab:** Christina Balderrama-Durbin, Ph.D.

**Lab Update:** Our lab continues to dedicate our efforts to understanding the intraindividual and interpersonal impacts of acute stress and trauma, particularly for high-risk and marginalized couples.

Much of our recent focus has been devoted to explicating the experiences of partnered lesbian, gay, bisexual individuals, and those with other marginalized sexual identities (LGB+). We are especially interested in advancing our understanding of couple-level minority stress and relationship help seeking for LGB+ couples. Towards this aim, third-year graduate student, Melissa Gates, is leading a team of coders engaged in thematic analyses of qualitative interviews with LGB+ community couples. Findings from this mixed-methods study are forthcoming. Additionally, first-year graduate student, Jessica Hill, and Melissa are diligently preparing for a pilot study designed to examine acute stress reactions and recovery in LGB+ couples using a stressful-film paradigm. Finally, our federally funded randomized controlled trial testing a web-based prevention program designed specifically for at-risk military couples has successfully launched data collection. We’re highly motivated to continue advancing evidence-based care for marginalized and high-risk couples. We could not possibly do all this exciting work without our amazing team of undergraduate research assistants!



**Lab Name:** Couples Lab at UNC Chapel Hill

**Head of Lab:**

Donald Baucom, Ph.D.

Richard Lee Simpson Distinguished Professor of Psychology  
University of North Carolina at Chapel Hill

**Lab Update:** Our lab continues both its treatment outcome research and basic research on various couple processes. We believe that both of these approaches are valuable in themselves and interact in a synergistic manner to contribute to our knowledge in the field of intimate relationship functioning.

**Treatment research, therapist training, and dissemination efforts:**

*Eating disorders:* Dr. Baucom and Emily Carrino (4th year student) continue collaborative efforts with Dr. Cynthia Bulik at UNC evaluating the effectiveness of a couple-based intervention for binge eating disorder in our community clinic—analyses from an RCT comparing individual- and couple-based treatments are ongoing. To further disseminate therapist training of our empirically-supported interventions in eating disorders, we have partnered with 3-C Family Services and the UNC Center for Excellence in Eating Disorders to take therapist training online for our couple-based treatment for eating disorders (anorexia nervosa and binge eating disorder (UNiting couples In the Treatment of Eating disorders – UNITE)

*Insomnia:* Our lab is collaborating with Dr. Sean Drummond in Australia and Dr. Melissa Jenkins, a former UNC doctoral student, on a randomized controlled trial to treat insomnia with a couple-based intervention, expanding our couples and psychopathology work to a new disorder. The RCT is ongoing.

*Depression:* Our lab continues a long-standing collaboration with the National Health Service in England to offer training and supervision to therapists in our couple-based interventions for couples in which one partner is depressed. This is part of England's nationwide IAPT program to provide empirically-supported interventions to the public.

*Depression and anxiety:* In June 2022, our lab completed an intensive 5-day online workshop on CBCT for relationship distress and psychopathology. The workshop was completed in partnership with the Behavioral Health Innovation and Dissemination Center at the University of Utah and co-led by Dr. Don Baucom, Alexandra Wojda-Burlij (6- year student), Emily Carrino, along with Drs. Brian Baucom and Feea Leifker.

**Basic research:**

Our lab's commitment to research focused on understanding underserved couple populations continues. Emily Carrino and Alexandra Wojda-Burlij are co-leading investigations on (a) differences in relationship schematic processing (RSP) among same-sex female couples across couple therapy and (b) relationship schematic processing (RSP) in long-distance relationships. Observational coding for both projects is complete, and analyses are underway. Alexandra's dissertation focuses on better understanding the cognitive processes associated with individual and relationship functioning in low-income couples; data collection is ongoing. Emily is currently working on a conceptual framework for understanding relationship functioning in couples who have *between-partner* sexual orientation and/or gender diversity. She will present findings in November at ABCT from recent research examining the differential impact of partners' gender-concordance and sexual orientation-concordance on relationship health.

Towards the goal of better understanding underserved couples, our lab has also pursued collaborations with investigators within and outside of UNC. Our lab has forged a collaboration with Stacey Daughters, PhD, and her 4th year doctoral student, Louisa Kane, to (a) explore how using substances to cope with negative experiences impacts dyadic coping processes over time and

(b) develop a couples-based intervention for dual-substance-use couples. Furthermore, Alexandra is currently working on two projects with Mariana Falconier, Ph.D. of the University of Maryland, College Park—one on understanding dyadic coping and financial strain among low-income couples, and another on the impact of observed emotion- and problem-focused support on relationship functioning among Latinx couples.

Our lab continues its broad-based exploration of dynamics of emotional arousal within communication by examining couple conversations using dynamic systems modeling and other intensive time series methods. We have been interested in vocal features of emotional arousal within multiple populations of couples and are currently working on multiple projects at various stages. A paper examining trajectories of change in emotional arousal in same-sex female couples pre- and post-couple therapy has been recently published. A paper on therapy-seeking couples with experiences of bidirectional physical and psychological intimate partner violence remains in preparation.

Dr. Baucom and Dr. Melanie Fischer are co-Principal Investigators on a funded effort to explore how symptoms of anxiety and depression relate to various interpersonal emotion dynamics in couples. This effort uses data across multiple samples of couples using integrative data analysis, in collaboration with Dr. Dan Bauer and Dr. Brian Baucom, along with several other couple researchers who have provided invaluable data sets. The paper based on the primary set of findings has been invited for resubmission.

Our lab is collaborating with Dr. Shelby Langer and Dr. Laura Porter in a large investigation of communication among couples experiencing different forms of cancer. Dr. Baucom is involved in procedures for observational coding of couple interactions and emotional arousal. Drs. Melanie Fischer and Danielle Weber have provided consultation regarding procedures for processing and analyzing vocal features of emotional arousal within couple interactions, and Dr. Brian Baucom is overseeing comprehensive behavioral coding efforts. A recent paper overviewing the study has been recently published. Danielle also took the lead on a paper examining these couples' vocally-expressed emotional arousal within their communication, which has been resubmitted for review.

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**Lab Name:** HEART Lab, University of Utah (<https://heartlab.psych.utah.edu>)

**Head of Lab:** Katie Baucom, PhD

**Lab Update:** We continue to focus the majority of our research efforts on diabetes prevention in a couple and family context. If you're in New York, please come check out presentations from HEART Lab graduate students Madelyn Whitaker and Brynn Meulenberg on current projects (Symposium 36, Marquis Ballroom B [9<sup>th</sup> floor] on Friday 2-3 pm EST)!

Our pilot trial of *PreventT2 Together*, a couple-based adaptation of the CDC's *PreventT2* curriculum of the National Diabetes Prevention Program (National DPP), is slated to enroll participants in late 2022/early 2023. We are very excited about this, as recruitment was initially planned for May 2020! Graduate student Madelyn Whitaker, who is a CDC-certified National DPP Lifestyle Coach, will be delivering *PreventT2 Together*.

In addition to our focus on couple-based lifestyle intervention to prevent type 2 diabetes, we have also been focusing on projects that aim to increase health equity. Consistent with health disparities more broadly, the CDC's implementation of the National DPP highlighted racial/ethnic disparities in program reach and engagement.

To be sure our couple-based adaptation would meet the needs of participants across groups, we partnered with members of local communities that experience diabetes disparities in the development of *PreventT2 Together*. In the context of this work, our partners from the local Hispanic/Latino community emphasized the potential of a broader family-based (versus exclusively couple-based) approach, consistent with the Hispanic cultural value of familism. Although the prevalence of type 2 diabetes in Hispanic adults is the highest of all racial/ethnic groups in the United States, Hispanic participants are less likely to enroll in and complete the program compared with members of other racial/ethnic groups. In further discussions with community members, we learned a local Hispanic-serving community-based organization previously identified a need for a culturally-adapted lifestyle intervention that was less burdensome than the year-long National DPP. This need had been identified in published studies on barriers to participation among Hispanic National DPP participants, as well as in our own pilot work. In pilot data Monique Aguirre presented at ABCCT 2021, we found Lifestyle Coaches working primarily with Hispanic participants viewed both lack of family support and lack of time among the most significant barriers to participation and lifestyle change in their participants. Together with a local community-based organization and colleagues at the University of Utah, our team received funding for two community-based participatory research projects focused on developing culturally-responsive family-based diabetes prevention for Hispanic communities in Utah.

Last but certainly not least, this semester we welcomed a new 1-year Clinical Psychology PhD student, Brooke Franklin (B.S., University of California, San Diego) and a new Lab Manager, Elizabeth Beaulieu (B.S., University of Utah)! Brooke is co-mentored by Dr. Anu Asnaani.



*Left to Right:* Brynn Meulenberg, Manny Gutierrez Chavez, Katie Baucom, Brooke Franklin, Madelyn Whitaker

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**Lab Name:** Family Translational Research Group (FTRG) at NYU

**Heads of Lab:** Rick Heyman, Ph.D., & Amy Slep, Ph.D.

**Lab Update:** The FTRG has been staying busy with 11 federally funded basic and translational studies, ranging from family maltreatment to disseminating evidence-based interventions for couple and parenting problems, alcohol problems, mental health struggles, and dental fear. Particularly noteworthy is our continuing our partnership with the Army Family Advocacy Program to disseminate and implement a reliable, valid, and fair approach to family maltreatment allegation determinations and response. Thus far, we have successfully transitioned all Army installations to our decision-making model and are now focusing on quality-assurance measures and developing training materials to maintain fidelity to the model.

We also welcomed several new staff:

**Dr. Kelly Daly**, in her second year at FTRG, having completed her Ph.D. at Penn State with Dr. Amy Marshall.

**Dr. Alison Drew**, in her second year at FTRG, having completed her Ph.D. in Sociology and Social Work with Dr. Renee Spencer and a postdoctoral fellowship in military family research with Drs. Ellen DeVoe and Renee Spencer, both at Boston University.

**Dr. Jasara Hogan**, newly arrived, having completed her Ph.D. with Dr. Brian Baucom at University of Utah; she previously was a Research Assistant Professor at MUSC.

**Dr. Anna Segura-Montagut**, in her second year at FTRG, who completed her Ph.D. at University of Barcelona and her postdoctoral studies at Rutgers University with Dr. Victoria Banyard.

**Dr. Natalia Lapshina**, in her second year at FTRG, who completed her Ph.D. at the University of Western Ontario with Dr. Victoria M. Esses.

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**Lab Name:** Doss Couples Lab

**Head of Lab:** Dr. Brian Doss

**Lab Update:** Our lab just started the third year of a 5-year ACF grant providing the OurRelationship program to low-income and military/veteran couples. As part of our broader services, we're conducting an RCT testing the cost benefit of the program. As part of a three-year PCORI grant, we are working closely with collaborators to adapt the OurRelationship program for Latina breast cancer survivors and their partners. We will begin an RCT in 2023.

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**Lab Name:** Penn State Couple and Family Adaptation to Stress Lab

**Head of Lab:** Steffany Fredman, Ph.D.

**Lab Update:** We're delighted that **Jeesun Lee** has officially joined the Penn State CFAS lab! Jeesun's interests focus on the intersection of individual mental health, couple functioning, and parenting. Our lab is busy with a variety of basic and translational research projects focused on couples, stress, and trauma, and we're very excited to begin our recently funded DoD study to conduct an RCT comparing abbreviated, intensive, multi-couple group cognitive-behavioral conjoint therapy for PTSD (AIM-CBCT for PTSD) to the Prevention and Relationship Enhancement Program (PREP) for the treatment of PTSD in active duty military and veteran couples. This work is being conducted in collaboration with Galena Rhoades, Scott Stanley, and Candice Monson and the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience (STRONG STAR) at the University of Texas Health Science Center at San Antonio.

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**Head of Lab:** McKenzie K. Roddy, PhD

**Lab Update:** Dr. Roddy continues to work with a team at Vanderbilt evaluating a self-care support intervention for adults with type 2 diabetes and their support persons. She also completed a quality improvement project evaluating the use of telehealth for emergent mental health consults in the emergency department at the Nashville VA.

**Lab Name:** Center for Marital and Family Studies

**Head of Lab:** Howard Markman, Galena Rhoades, and Scott Stanley

**Lab Update:** Our lab grew substantially in the last year! This summer, Dr. Annie Le joined the lab as a Research Assistant Professor, fresh from her post-doctoral work at Penn State and the University of Miami. Dr. Le has already been instrumental in helping the lab coordinate several, large evaluation projects (related to the new round of ACF Health Marriage and Responsible Fatherhood funding). Dr. Perry continues to help coordinate several of the same evaluation projects, while also continuing to grow his research program focused on LGBTQ couples and families. Dr. Rhoades's community-based MotherWise program continues to enroll 40 to 50 pregnant or post-partum women and teens a month and is funded through Thriving Families, a new non-profit. Dr. Markman continues with his international efforts in disseminating PREP, the latest being that PREP has been translated into Arabic and will soon be piloted in Qatar. Dr. Stanley continues working on various evaluations as well as basic science papers and reading about statistics whenever he can.

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**Lab Name:** Promoting Resilience In DiversE (PRIDE) Family Studies Lab, University of Texas at San Antonio

**Head of Lab:** Shelby B Scott, Ph.D.

**Lab Update:** The PRIDE Family has grown with the acceptance of a new PhD student, **Kaitlin Brunett**, and master's student, **Kwame Gatlin**. Other members include our wonderful PhD student, **Quyen Do**, and amazing research assistants, **Eliciana Rodriguez-Barroso**, **Yobana Solorzano**, and **Zenetta Hinojosa**. Dr. Scott and her wife, Brandi, also welcomed a baby boy into their family in September.

We have completed data collection from our Transgender Dyadic Study funded by the American Psychological Foundation. This study includes two waves of data collection from transgender/nonbinary individuals and their partners. This project is in collaboration with Dr. Kimberly Balsam (Co-I) at Palo Alto University and Lex Pulice-Farrow (project manager), doctoral student at the University of Tennessee at Knoxville. Results from this project will inform clinical guidelines and best practices for working with transgender/nonbinary individuals and their romantic partners.

Future projects include that we are working in collaboration with **Dr. Alan Meca**, University of Texas at San Antonio, on a project that focuses on Hispanic couples and gaps in acculturation between partners. We are working on a project in collaboration with Dr. Justin Lavner, University of Georgia, on how LGBTQ parents socialize their children to understand their family structure, prepare for stigma, and develop pride in their families.

**Quyen Do** is currently collecting data for her dissertation on relationship functioning and wellbeing of sexual minority adults in consensual non-monogamous relationships. Quyen hopes to defend this dissertation by May 2023 and is searching for a post-doctoral position for Fall 2023!

At ABCT this fall, **Dr. Scott** is chairing and presenting at two symposia, including one on intersectional experiences of stigma among LGBTQ people of color and another on minority stress among LGBTQ romantic relationships. **Quyen** will also be chairing and presenting a symposium discussing the experiences and impacts of anti-Asian discrimination during COVID-19 on Asian Americans.

Undergraduate research assistants, **Yobana Solorzano** and **Zenetta Hinojosa** presented their first poster at the 2022 UTSA Department of Psychology Student Research Symposium.

**Lab Name:** RFUMS Psychology Department, Couples Lab

**Head of Lab:** Tamara Sher, Ph.D.

**Lab Update:** Belle Tseitlin joined the lab in Fall 2022 and is in the Clinical Psychology PhD program at RFUMS. Belle graduated from Lake Forest college in December 2021, and she is passionate about couples research and clinical work.

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**Lab Name:** The Couple and Family Lab, Denmark

**Head of Lab:** Tea Trillingsgaard

**Lab Update:** During this fall, Dr. Trillingsgaard, Dr. Fentz, Dr. Hansen, and Dr. Leth-Nissen are preparing materials and building the online platform for a 3-year implementation study of a stepped-care model in the treatment of couple distress funded by the Danish foundation, Samfonden. The stepped-care model is targeting parenting couples in four municipalities and includes low to high intensity services: digital relationship health promotion, guided use of self-help literature, web-based intervention (the OurRelationship program), brief face-to-face consultation (the Marriage Checkup) and full face-to-face treatment (IBCT).

**Dr. Trillingsgaard** is organizing a 20-hour zoom training in IBCT with Andrew Christensen and his team of trainers from the VA, scheduled for January and February 2023, everyone is welcome: <https://psy.au.dk/en/translate-to-english-workshop-integrative-behavioral-couples-therapy>

**Anne Klode** is examining the interdependency of early father involvement and coparenting processes as part of her dissertation research.

**Lea Greve** is working on her dissertation research, examining effectiveness, moderators and possible positive longer-term effects of the behavioral parent-training program Incredible Years targeting disruptive behaviors in preschool and school-aged children.



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**Lab Name:** UVic Healthy Relationships Lab

**Head of Lab:** Dr. Erica Woodin

**Lab Update:** Our lab's focus is supporting families at risk for intimate partner violence, mental health concerns, and addictions. We are currently running a study using Motivational Enhancement Therapy (MET) via telehealth to support new parents at risk of intimate partner violence. We have had great feedback so far from participants and hope to continue a steady pace of onboarding and recruitment!



In addition, we have become involved in a research collaboration entitled, “Consensus Building Days”, with Dr. Mauricio Garcia-Barrera’s UVic CORTEX lab, the Constable Gerald Breese Centre for Traumatic Life Losses, and the University of British Columbia to host three events at UVic aimed at gathering perspectives and values of healthcare providers, community stakeholders, and individuals/families with lived experience of the intersections of brain injury, mental health, addictions, and intimate partner violence. Another exciting project we will be working on is the creation of a lab knowledge translation team to help bring our various research findings to light in accessible ways.

Finally, we would like to welcome our new graduate student, **Sean Morgan**, who joined us in September! Sean’s primary research interest is close relationships and health outcomes.



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**Lab Name:** Research on Attachment and Relationships (ROAR)

**Head of Lab:** Tatiana Gray, Ph.D., Springfield College

**Lab Update:** The Research on Attachment and Relationships (ROAR) lab’s mission is to engage in novel research on intimate relationships and on the development of proactive interventions to promote relationship health. While the lab formed only a year ago, we are thrilled to have eight Psy.D. doctoral student members. We are currently conducting a study adapting the Relationship Checkup (a brief two session intervention) for couples facing breast cancer together. This study will employ a single case experimental design with the use of multiple baselines. We are in the recruitment process and have already enrolled two couples! We are excited to present a symposium and a poster on an adaptation of the Relationship Checkup for LGBTQ+ couples at ABCT.



## Hot off the Press

### Recent or Upcoming Contributions to the Couples Literature

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