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Summer is finally upon us, after a cool and rainy spring that seemed to go on and on. But, it’s clear that we are coming to close out another academic year very shortly, and I wished to take note of all our accomplishments and milestones. As we honor our students at the annual June party, we thank you for all you do to make the doctoral program a center of energy and vitality.

Congratulations as well to all students who successfully navigated the internship match process this year! As you can see from the list of internship placements, we had an excellent outcome again this year, with students matching across a variety of programs from coast to coast. Those who are embarking on the internship match process for 2018 are encouraged by the success of this year’s applicants.

This year has also seen a wonderful cohort of students in the first year of the program. While preparing to complete their first year of coursework, they look forward to clinical practicum placements for the coming year. Congratulations and best of luck for the coming year! The incoming class for fall 2017 will soon be looking to you for guidance and mentoring.

I’d also like to acknowledge two other survivors of their first year, new faculty members Liz Pieknos and Katie Crowell. They join Jason Anastas in forming an excellent group of faculty members to join the Department of Psychology this year. They, too, will soon feel more like veteran members of the department as they join in welcoming Michael Gale and Margaret Tarampi as new faculty this fall.

It is a sad note, however, to say good-bye to my friend and colleague, Alice Cheng. You have contributed greatly to the PsyD faculty, and I look forward to opportunities to stay connected in the future. All best wishes to you with your new faculty position! Until we meet again, all.
Congratulations to all GIPP students who matched in the 2017 APPIC Internship Match! We are very pleased for all applicants who matched this year and are planning to attend an internship program near or far. We wish you the best for a productive year!

AHRC New York City (New York, NY)
Appalachian State University (Boone, NC)
Carson Center for Adults & Families (Westfield, MA)
Casa Pacifica (Camarillo, CA)
Community Healthlink Youth & Family Services (Worcester, MA) (2 interns)
Institute of Living/Hartford Hospital Child/Adolescent Track (Hartford, CT)
Jewish Child Care Association (Pleasantville, NY) (2 interns)
McGuire VA Medical Center (Richmond, VA)
Pennsylvania State University (University Park, PA)
Primary Children's Hospital (Salt Lake City, UT)
South Shore Mental Health Inc. Child Psychology (Quincy, MA)
The Guidance Center (Leavenworth, KS)
The May Institute, Inc., Autism Specialty (Randolph, MA)
University of Colorado School of Medicine Addiction Rehabilitation (Aurora, CO)
University of Florida Health Science Center Neuropsychology (Gainesville, FL)
University of Massachusetts-Worcester (Worcester, MA)
Utah State Hospital Neuropsychology (Provo, UT)
VA Hudson Valley Health Care System (Montrose, NY)
VA Illiana Health Care System Neuropsychology (Danville, IL)
WVU Medicine: University Healthcare (Martinsburg, WV)
Yale University CMHC Forensic Addiction Services (New Haven, CT)
On February 27th, 2017, a diverse group of 15 students from GIPP’s Multicultural Diversity Committee (MCDC) gathered in front of the student union and began a “living statue protest” to show disapproval of overt and structural discrimination. We stood still in a silent demonstration holding signs that read bold, eye-opening messages:

“Black History is American History”
“White silence is consent for oppression and injustice”
“More black men are in prison today than were enslaved in 1850”
“This is what a doctor looks like,” above a photo of black male and female physicians.

Our group marched across campus with these signs to raise awareness about violence against black Americans and police brutality. We received mixed reactions from onlookers as we filed into the library where people were studying, and stood in the windows of the cafeteria as people were eating. Some people stared with curiosity, while others looked away, and some were seemingly unphased by our demonstration. We also passed out flyers with information about how to increase awareness around systematic racism; most people accepted them. Our silent march was a replication of the civil rights movement, as we protested for full recognition of human rights and oppression of people of color. Though silent, our protest delivered a loud message that raised concerns about racial profiling, excessive force, and gross disregard for Black Lives. As psychologists-in-training, we are responsible for broadening our professional roles and advocacy efforts to best serve diverse cultural groups and marginalized populations.

MCDC is a student-led organization at GIPP that exists to create a space for students to increase our understanding and awareness of diversity issues related to the field of clinical psychology. This space provides students with an opportunity to openly voice their concerns regarding diversity issues both within and outside the GIPP community, as well as engage in community service and outreach. If you are interested in attending an event or becoming a member, please contact our current co-chairs, Aleesha Young and Stephanie Toro at gippmcdc@gmail.com!
With our hectic schedules filled with classes and practicum, it is critical to take time for ourselves in addition to getting work done. What about a place where you do both self-care and studying? The following places—all of which are located in close proximity to the beloved walls of East Hall—combine these activities. If you’re looking for a place to meet a friend, to study, or to just visit to get away for a little bit, then check these sites out!

Elizabeth Park, Hartford

Along the Hartford/West Hartford line, minutes from campus, sits this gorgeous area. This park is spread across and down a hill and has a peaceful area near a pond, as well as the upscale Pond House Café. Benches are carefully placed under along the pond and under trees, making for perfect spots to sit and enjoy the sun while studying. Walk around, listen to the water lap.

You can play some Frisbee, take walks around the area, and check out greenhouses, which house beautiful flowers. Elizabeth Park is most noted for its roses. When in full bloom, around late June to July, the roses cascade over all structures in the garden as well as hedges all over the grounds. Elizabeth Park is definitely a place to check out for fun and for a workspace.

Giv Coffee, Canton

This is coffee for coffee lovers, in the true form that coffee should be—with a peaceful and quiet environment to enjoy it in.

This small café, located directly up Route 44 from campus through Avon, is in a converted home, which lends its tranquil and comfortable atmosphere. The owner personally takes trips to coffee farms around the world to find the best coffee beans to roast and brings them back to his shop to roast them. Oh, yeah—there is a massive coffee bean roaster right in the café, too. When the baristas roast the beans, it smells supreme.

With a curved window seat area, arms chairs, and a bar near the roaster, you will undoubtedly find a ridiculously enjoyable spot to have a perfectly crafted drink, to study, or to just hang out and catch up with a friend. Excellent coffee, great service, comfortable atmosphere—Giv makes for the best place to do a little work and a little self-care.
A Little Coffee, a Little Relaxation, a Little Fun Reading!

By Brigit Clancy

Heirloom Market at Comstock Ferre, Wethersfield
You drive down Main Street in Wethersfield and you instantly feel relaxed. It is a quiet area that makes for a perfect stroll up and down past the numerous shops that line the street. Heirloom Market is an older warehouse-type building with a section for local groceries and a sizeable seating area near the main café register and throughout the building. It can get a little busy on the weekends because it is so popular, but it is worth the wait and the effort to come to this shop. The coffee and the baked goods made in house along with different types of meals and daily specials—every aspect of this shop is very well done and makes for an enjoyable visit.

Rebel Dog Coffee Co., Plainville
New to the block of cafes, Rebel Dog Coffee Co. (RDCC) is an outstanding local shop that serves up excellent coffee. The baristas craft each drink supremely well, topping all lattes with beautiful latte art. (Try a mocha and see the design they come up with.) The place is a little small, but it has numerous places to sit down and enjoy your drink or locally baked goods, including a bar across the front windows, a cluster of arm chairs, and a row of booth tables. Travel a little away from campus to take some time to yourself to relax at RDCC. You will not be growling once you visit here.

West Hartford Reservoir, West Hartford
This reservoir is a popular place to go to for outdoor activities. Go for a hike around the reservoir or up different surrounding trails, or even plop yourself down by the water. Being right out in nature can make for a perfectly serene, distraction-free environment. Take a break from studying and walk around a little before tackling that next paper. You can also take some pictures, too, as it is a very scenic area.
A Little Coffee, a Little Relaxation, a Little Fun Reading!

By Brigit Clancy

Rarely—very rarely—do we find time or feel like doing a little fun reading after having a sometimes insurmountable amount of reading for class and after being at practicum all day; however, a little fun reading is good in an indescribable way. Reading can relieve our stress and can help take us to a different place. The following is a compilation of fictional (non-psychology-based) books that may have you feeling like a sleuth, discovering stories that you will (hopefully) enjoy as much as I did!

The Art of Racing in the Rain by Garth Stein

From the perspective of Enzo, a dog who loves to race cars, a funny and heart-wrenching story about friendship, love, loyalty, and family is told. Stein crafts this story in such an artful way to capture the wonders and nonsenses of human life.

A Gentleman in Moscow by Amor Towles

Count Alexander Rostov is sentenced to house arrest; he is told to spend the rest of his life inside a luxury hotel situated in the heart of Moscow. During a time of transition in Russia in the early 1900s, Towles provides a face during a historical time period—showing how individuals are affected greatly by the events occurring around them—and a memorable story about a well-travelled and intelligent man who learns more in the time of his house arrest than he could have ever learned by being out in the world. With humor and a cast of interesting characters, A Gentleman in Moscow is a well-told tale that relates a deeper understanding of what it means to be a man of purpose.

The Life We Bury by Allen Eskens

Carl Iverson is a Vietnam Veteran on his death bed; he is also a convicted murderer. Out on medical parole in a nursing home after spending thirty years in prison for the crimes of rape and murder, Carl is visited by Joe Talbert, a college student with an Autistic brother and an alcoholic mother who is writing a brief biography of someone for his English class. Joe slowly learns that Carl may not be responsible for the murder of his young female neighbor and sets out to find the truth so that Carl can die an innocent and honorable man.
A Little Coffee, a Little Relaxation, a Little Fun Reading!

By Brigit Clancy

A Man Called Ove by Fredrick Backman

In an unforgettable tale, we meet Ove, a cranky old man who points at others he does not like and who has a set routine along with a short fuse. His cranky exterior hides a sadness and an endearing story that shows Ove’s true character and the reasons for his current behaviors and emotions. Each day Ove sets out to take his life, and each day he is interrupted by a caring neighbor who wants to help him in some way. We meet Ove’s neighbors, which include a woman with a snippy little dog and a young couple with two chatty young daughters who accidentally run over Ove’s mailbox; and who make it their purpose to give Ove a purpose. A Man Called Ove is a comical and beautifully reflective story that will leave you a little less cranky and with an insightful memory.

The Girl Before by J.P. Delaney

A psychological thriller like no other, The Girl Before interweaves the perspectives of two young women who, at separate points in time, purchase the same gorgeous and unique apartment whose architect requires perspective buyers to fill out an extensive application beginning with the question: “Please make a list of every possession you consider essential to your life.” Emma seeks a new place after a traumatic break-in; Jane needs a fresh start after miscarrying a child. Both women move in and fall in love with the architect. Emma, however, ends up dead; Jane later learns of Emma’s death and works to find out the truth of who killed her, which could very well be the architect she is in love with. Delaney writes a stimulating tale that is, despite jumping back and forth each chapter to the other woman, is very easy to read. Word of warning: You may not put this book down until you reach the last page.

Grab a book, cozy up at home or in a coffee shop, and go on an adventure the moment you turn to the first page.
Farewell to Dr. Alice Cheng

By Ramya Rangamannar
Foreword by Sonia Altavilla

It is with great sadness that the GIPP student body says goodbye to Dr. Alice Cheng this year. Dr. Cheng has been an inspirational mentor, advisor, instructor, and friend, to both students and faculty during her time here at GIPP. It is difficult to describe the impact she has made on the GIPP community, so I will leave this task to Ramya Rangamannar, a student who has spent the past three years with Dr. Cheng in almost every academic sphere. Her acrostic poem, which she read to Dr. Cheng at her GIPP Farewell Party, truly captures her essence:

“We will begin with A, which is for Advisor:
I was first introduced to Alice as she was my assigned advisor. Of course, I felt as though I knew her, as I had already done extensive amounts of research on her work, many accolades, and areas of expertise. I met her on a sunny day in October for our first advisement meeting, which by the way took four weeks to schedule because this woman is capital B, busy. As many of you know, Alice is not the best with being on time, so she was of course late to our meeting. What happened within that meeting is a blur to me, in which I was likely a bumbling fool. But I do remember walking out, feeling equal parts infatuated and intimidated. I left with a quest to make this woman proud of me.

So that bring us to L:
Now I’m going to need some help on this one… You all know the popular Spice Girls song… ‘If you wanna be my lover you gotta get with my….? Friends!’ Well for Alice here, if you want to be HER lover, you have to get with her canine companion. Let me hear it? L is for …Libby! Now if any of you know me I have an insanely irrational fear of dogs, especially the small yippy ones… because, well, they move faster than I can. My relationship with Libby has been tumultuous at best. During my first meeting with her, I simply ran the other way. Then at an MCDC meeting, we had a moment that some of you bore witness to: out of the blue, in a room filled with people, she stared in the eyes and barked at me as if she knew that I was her most direct competition for Alice’s attention. Over time and until just recently, I have gotten to a place where I can coexist with her in a room and even allow her to hump my leg occasionally. For you (Alice), I will overcome my deepest fear and someday, through more gradual exposure, I promise I will try my best to kiss Libby.

(continued)
As any quest for love goes, I set out to make it into Alice’s Inner circle (that’s for those of you still following my acrostic scheme). Over the years I have endeavored to be in this woman’s inner circle. This proved to be no small feat. As a student, I thought that the easiest way to spend more time with her would be to take a class with her... sounds easy right? THINK AGAIN. Everyone and their mother wants to take Alice’s classes. Her PPS class was over-flowing with people and she needed to kick some out. Now Alice has this way about her, as many of you know, that is for lack of a better word, blunt. She says it how it is no matter the situation. Despite thinking that I had a deep connection with her, without too much trouble she said, “Well Ramya—you’re closest to the door.” My heart shattered, but the quest continued.

Now things started to take a turn after second year, once I proved my worth to her in getting through Quals and my dissertation proposal. It happened all of a sudden, actually, as most true loves do. I was sitting at the vending machines in East Hall doing work and she walks in and simply asks if I want to go to Whole Foods with her. I kid you not, my heart skipped a beat as I jumped out of my seat and left all my belongings. She invited me into her car and I felt like a giddy school girl, as though I was finally in her Inner Circle. The proof of which only came recently, as I was finally invited to her annual party.

Which brings me to C. Alice has been my chair in this program for literally everything. As I mentioned she was my advisor and she got me through Quals and the subsequent remediation process. She has also served as my chair for internship and for dissertation.
One of the biggest reasons I was able to complete this program in three years and secure the internship of my dreams, is because of Alice. She won’t admit to this, because she would say that I did it all myself. But the truth of it is that very few people believed I could do this. Her bluntness actually allowed for me to trust when she said I could do it. During this process, she was the best kind of chair for me – ever encouraging, but from a place based in reality, offering necessary, practical, and logistical advice. Slowly but surely, lines between professor, colleague, and friend began to blend. I think of her office as a black hole, because I often emerge from it hours after our supposed one-hour meeting, not knowing how time has passed. I finally put two and two together, realizing that the reason she is late to everything is because this woman is literally always with her students. She puts no time limits on her capacity to help and guide students. She has advised me on nearly everything in my life and that is why she has become my chair for life.

Now this bring me to E, the final letter in my acrostic. E is for endings, and new beginnings. All jokes aside... Words cannot express how much I respect and idolize the human, woman, and professor you are. You are the definition of what it means to teach by example. While your accomplishments and professional achievements speak for themselves, your character, humility, and grace in all that you do is something I truly admire. You are one of the biggest reasons I came to GIPP and your mere presence at times has been a solace to me. If there is anything I truly want you to know as you leave GIPP, it is to relate the deep and positive impact you had on me, the students, and the program as a whole. Please know that you’ve created a lasting legacy here by planting seeds that I know will continue to bloom for years to come. The silver lining in your transition away from GIPP is that we can now truly be the best friends and colleagues that I have always dreamed we could be. Wishing you the best in this next step in your career. I know you will continue to guide hands, open minds, and touch hearts wherever you go!

Love. Your BFF, Ramya”
Happy Summer All!

Congratulations on all your achievements this year - be on the lookout in the fall for more GIPP events!

If you have a flyer to post on the bulletin board, please place it in the bin located above the microwave. A class representative will check the bin daily to initial and post in the appropriate section!

2016-2017 Student Representatives

Sonia Altavilla, Overall Representative
Preeti Sandhu, 4th Year Representative
Kaye Ramirez, 3rd Year Representative
Kathleen Smart, 2nd Year Representative
Hilary Scott-Row, 1st Year Representative