

Psyc E-Newsletter

Winthrop University Psychology Department

April 2012



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FAQs

How can I tell if someone is positive?

You can not tell if someone is or is not HIV+ just by the way they look or by what they tell you!

How do I know if I should get tested?

Anyone who has engaged in any risky behavior should get tested and get retested **EVERY 3 MONTHS** after any risky behavior.

I'm scared of needles, but I think I may need to be tested. Are there other choices?

We offer a quick, painless, oral HIV test. Results are available in as little as 20 minutes. We can also do a 10 minute test that requires a finger-stick.

How do I know if I can receive services at Catawba Care (CC)?

Anyone who is HIV+ and a resident of York, Lancaster or Chester Counties of South Carolina may receive case management and medical services at CC. Anyone who is interested in getting tested for HIV may receive a **FREE HIV TEST**.

For more information on Catawba Care and HIV/AIDS please go to catawbacare.org

Career Corner: Catawba Care by Nichole Shelley

Catawba Care is York County's "one-stop shop" for all things HIV related. Here, Winthrop students can go get tested FOR FREE Monday thru Thursday, and current patients obtain medical care, psychological counseling, case worker services, free food, and transportation assistance. Last semester, my field placement was at Catawba Care, and I learned a lot about the disease and how reliant non-profit companies are on volunteers.

I was the volunteer coordinator and managed transportation, assigning volunteers to specific projects, newsletter deliveries, shopping for the food pantry every Friday as well as other "housekeeping" activities. Although I did not get to work hands on with clients, I spoke to many over the phone while scheduling their appointments and taking surveys. The stigma surrounding HIV is scary, but once you look past the status and become educated about the disease, you can learn to appreciate people as people instead of as a label. In fact, the clients at Catawba Care are some of the kindest, most positive people I've ever met. Being a psychology major, we speak a lot about the damage of stereotypes in class, but many of us are guilty of leaving those classrooms and labeling others. If I had a dime for every time I told someone where I was working and they asked me if I had HIV, I'd be... well...a lot richer.

My internship was terrific and I continue to do work at Catawba Care on my own. The experience was truly eye opening for me and allowed me to speak with people who I hope to work with in the future as a sexual health counselor. If there's one thing I learned from this, it's that it ONLY TAKES ONCE. It's amazing how much one job can change your perspective on life.

Faculty Spotlight—Dr. Modaresi

Psyc-E News talked to Dr. Modaresi on his upcoming retirement and what he plans to do afterward

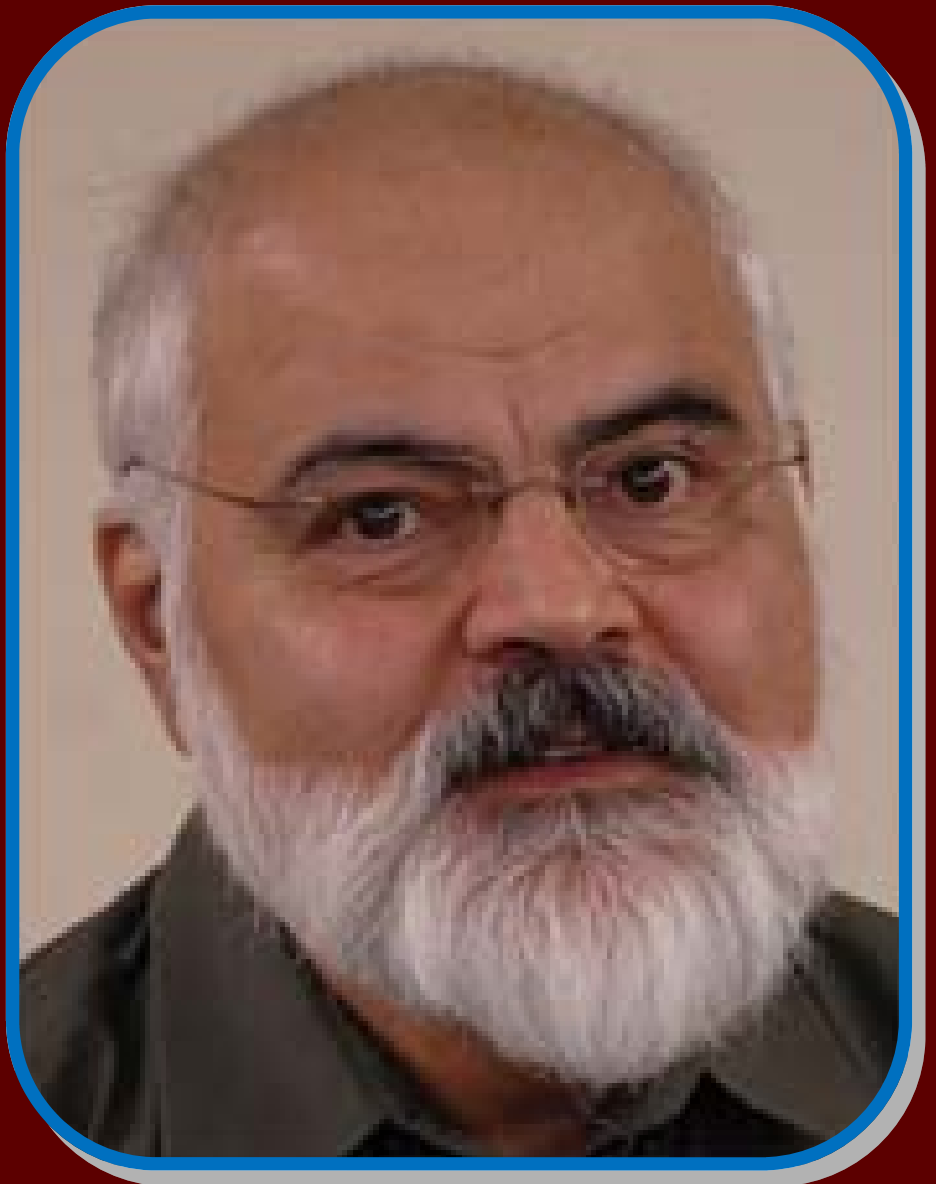
By Jessica Hatchell

Congratulations to Dr. Modaresi on his upcoming retirement. Dr. Modaresi feels ambivalent about leaving but is taking with him his beloved Winthrop memories that include wonderful students and colleagues. On the other hand, Dr. Modaresi also feels some regret for what he did not do and did not accomplish during his tenure at Winthrop and wishes he could go back and undo a few things.

Dr. Modaresi is looking forward and feels excited about the many projects that he has arranged to get involved with once he retires. One of these projects is going to begin with a part time job as a clinician in nursing homes and assisted living residence, as well as a few patients in his own private office. He also has plans to develop and market two gardening tool inventions. Since he enjoys gardening, he plans to develop a fruit garden on a few acres of land that he may also use as a small animal sanctuary. In addition to these plans, Dr. Modaresi wants to take a few courses himself in photography and carpentry. If all the prior mentioned tasks were not enough, he is going to work on a humongous coin collection that he has inherited, write a memoir about the tragic experiences of modern immigrants to America, and spend one day a week with his wife for a change.

When discussing his feelings towards retirement, Dr. Modaresi explained the difficulties that he faced with having to leave his Persian family. In order to receive university education, he had to leave when he was 16 or 17, and he never saw his family again. Although he has faced many struggles, he has had an eventful life, and he is very grateful to be an American. He feels a great deal of happiness to have the opportunity to accomplish a few more things in life.

Dr. Modaresi's final thoughts toward his retirement is as follows: "My heart is brimming full of positive emotions, joy, love, gratitude, and a complete sense of inner peace toward this country, my country, for helping me to reach what seems to be a most successful resolution of the Eriksonian generativity stage. Honestly, the only other time I felt like I am feeling now is when I first met my wife and instantly fell in love; I love everybody and everything, kind of nutty, I myself must say."



Big SURS

By Kathryn Scott

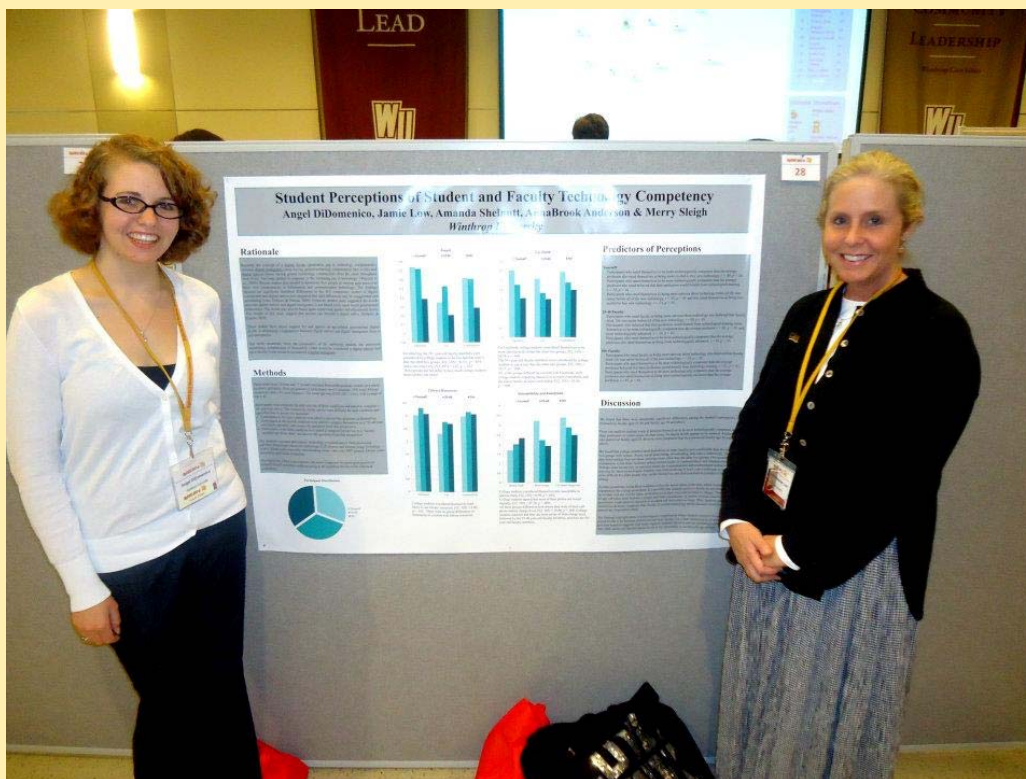
Big South Undergraduate Research Symposium (Big SURS) is an undergraduate research symposia hosted by the Big South Atlantic Conference. Big SURS provides undergraduates the opportunity to showcase their research in a forum setting through posters, presentations, and works of art.

This year, Big SURS was hosted on home soil here at Winthrop on April 13th and 14th. Aside from our department having the honor of almost all of our psychology majors who applied getting accepted to go to SEPA, we had a great turnout for our psychology majors at Big SURS.

Jamie Low, Annabrook Anderson, Amanda Shellnutt, and Angel DiDomenico presented their research at Big SURS on "Student Perceptions of Student and Faculty Technology Competencies." For their research they surveyed students on their own competency and their perceptions of faculty ages 30-45 and 50+. In their findings they saw that students saw themselves more technologically competent than their faculty at school.

Low says, "Big SURS was very well organized - an excellent opportunity for undergraduate scholars." Low is correct; Big SURS offered Winthrop the opportunity to host the event as well

as have many students, not just psychology students, participate. There were projects presented that psychology majors were used to seeing at conferences like SEPA and then other projects that we would not be so used to seeing such as a presentation on poetry. This conference was very conducive to the Winthrop Community and really allowed our department to shine (like it always does!).



Angel DiDomenico and Jamie Low with their research on "Student Perceptions of Student and Faculty Technology Competencies"

Book Review of



Assistant Editor Sarah Barton gives her review on addiction:
class recommendation: abnormal and biological psychology

Dr. Maté is a doctor working in Vancouver's Downtown Eastside at a place called the Portland Hotel. He treats patients with severe drug addictions and is the staff physician at the Portland Hotel. Although most of his patients are drug addicts, some do not need the drugs to be mentally unstable.

This book offers examples of problems with addiction in real life. Dr. Maté even describes his own addiction to buying classical music. He tells the readers how he deals with his addiction and how it can help him with treating his patients.

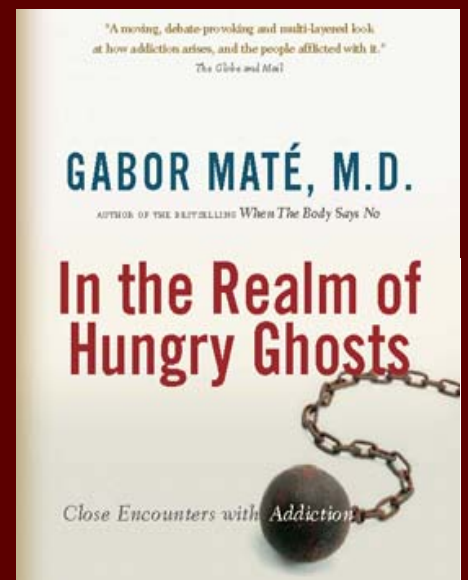
In this book, there is also a lot of information on addiction and how it is developed and the brain processes or circuits that it can affect. Dr. Maté describes how his patients may have acquired their addiction.

Dr. Maté brought in a lot of spiritual content that he has researched himself. He talks about Buddhist views and also Christian concepts that can apply to the addiction process.

One thing I liked a lot about this book is the fact that Dr. Maté also has an addiction so he knows what his patients are going through and it is easier for him to describe it than a psychologist without an addiction would be able to. There were personal touches put into the book that would not have been there if it was written by someone without an addiction.

Another thing I liked about this book is I felt like I could understand what the addicts were going through and it helped me understand how to deal with someone who has a severe addiction. I learned a lot about how addictions occur and what it does to the brain.

If you want to learn more about the addiction process and how people deal with addictions, I recommend reading this book.



“The nonprofit Portland Hotel Society, for which I am the staff physician, turned the building into housing for the non-housable. My patients are mostly addicts, although some, like Randall, have enough derangement of their brain chemicals to put them out of touch with reality without the use of drugs. Many, like Arlene, suffer from both mental illness and addiction. The PHS administers several similar facilities within a radius of a few blocks: the Stanley, Washington, Regal, and Sunrise Hotels. I am the house doctor for them all.”

Excerpt from “In the Realm of Hungry Ghosts” by Dr. Gabor Maté’

Congratulations Spring 2012 Psychology Graduates!

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go.” -Dr. Seuss



- * William Harlan
- * Sydney Hendrix
- * Kenithea Hodges
- * Meagan Hogarth
- * Whitney Houston
- * Allison Howard
- * Elise Howell
- * Kristin Jessop
- * Monica Jones
- * Jamie Low
- * Acqualen McClinton
- * Jordan McElroy
- * Sydney Moultrie
- * Cassandra Murray
- * Jennifer Parks
- * Amanda Patterson
- * Tiffany Piccolo
- * Nina Platenberg
- * Anthony Ramicone
- * Joshua Robertson
- * Jasmin Sanders
- * Lindsey Scoggins
- * Kathryn Scott
- * Daniel Selvey
- * Nichole Shelley
- * Amanda Shellnutt
- * Erin Sim
- * Jessica Thompson
- * Kerri Wittholt

- * Justin Anderson
- * Allison Barber
- * Katie Boseman
- * Ashia Brown
- * Candice Caldwell
- * Westley Campbell
- * Andrew Carrier
- * Katheryn Dixson
- * Satavia Douglas
- * Cecile Gadson
- * Hannah Glenn
- * LaTasha Greene
- * Laurie Gueits
- * Taquoia Hammick



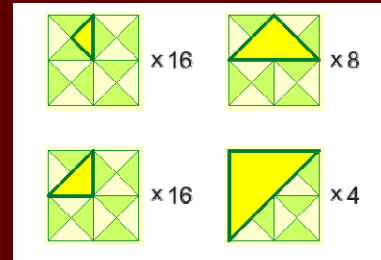
Puzzle Answers

From Last Month



42

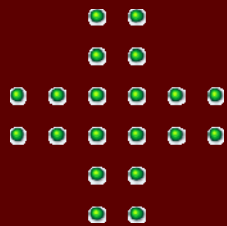
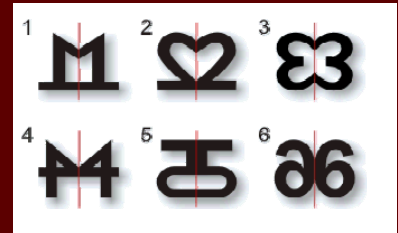
How many triangles are in this picture?



6

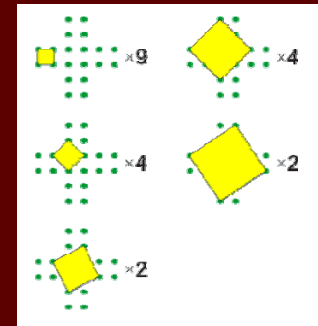


What symbol comes next?



21

How many squares are in this picture?



Left



One figure is one continuous line, while the other is two lines. Which one is one continuous line?

ATTENTION ALL WRITERS: We are looking for new staff for Fall 2012!!!

⇒ Editor

⇒ Graduate Student Reporter

⇒ Photographer

⇒ Undergraduate Student Reporter

Contact Newsletter Advisor Dr. McKemy if you are interested:

mckemym@winthrop.edu