A Restorative Week of Learning
By Elaine Shpungin and Mikhail Lyubanksky

“I came because my boss made me. But halfway through the first day, I was caught. I could not wait to come back the next day. I was learning things that were relevant to my work, my life! How often does that happen?”

-Participant at recent Restorative Circles learning event organized by members of the Clinical-Community Psychology program

In October 2011, almost 200 people from around the U.S., Canada, and Europe gathered in Urbana-Champaign for the opportunity to learn about Restorative Circles, a community response to conflict and injustice - with internationally renowned teacher and practitioner Dominic Barter. Barter, who developed his Restorative Circles approach in the favelas (shanty towns) of Brazil over the last 17 years, was brought to Illinois through the generous co-sponsorship and support of a number of national, campus, and community organizations* - a great example of a town and gown collaboration.

Barter’s award winning model of addressing conflict (www.restorativecircles.org), is being used by families, schools, organizations and courts around the world. The model falls under the umbrella of Restorative Practices, an emerging field of study that ties together disparate fields, such as education, counseling, criminal justice, social work and organizational management and has its roots in the field of Restorative Justice, a subfield of criminal justice which focuses on repairing harm rather than punishing of-
Bringing together the different parties involved in a disagreement, dispute or painful conflict, Restorative Circles use facilitated dialogue (by a community member) to help those involved increase mutual understanding, engage in self-responsibility, and co-create next steps (which may include reparative actions as well as restorative, or symbolic actions).

Research in Brazil, where the model is widely used in school and juvenile justice systems, has shown dramatic decreases in police involvement, recidivism, satisfaction with outcomes (by all involved), and cost-effectiveness – prompting the United Kingdoms’ National Endowment for Science Technology and the Arts (NESTA) to select the Restorative Circles process as one of its 10 radically efficient social programs in 2010 (http://bit.ly/suecw5). As one example, in one school district, the number of arrests following the institution of a school-wide RC system dropped from 71 in 2008 to 1 in 2009.

Barter first shared the Restorative Circle process in North America in 2007, in Toronto. Since then, he has been to San Francisco, Seattle, Rochester, and Atlanta. His only North American trip in 2011 was to Champaign-Urbana. In other cities that have hosted Barter and his team, the seeds of a restorative approach to conflict are starting to sprout. In Seattle, the highly charged police shooting of an unarmed Native American carver resulted in the police chief and chief of the tribe using RC to begin a city-wide reconciliation process, while a large hospital is using RC to work through conflicts involving staff. In Rochester, a high school is using RCs as one way to address both conflict and discipline issues, as are students and staff in the University of Rochester’s Residence Housing units. In all five cities, individuals are using RCs to work through conflict with friends and family members.

For members of the clinical-community division who helped organize, and participated, in the Event — and for the multiple organizations and campus units who supported and co-sponsored the event — the hope is to join Seattle and Rochester in becoming a Restorative City. To this end, Lyubansky and Shpungin (who are currently most facile in the model) are meeting with university units and community groups which have expressed interest, while Lyubansky is working with an international team of researchers who are working on a large-scale RC evaluation project for North America. In addition, a bi-weekly community RC practice group is meeting at the Urbana Free library to practice their facilitation skills (look for RestorativeCU on Facebook), students in Lyubansky’s RC practicum course (which has received funding from the Champaign County Mental Health Center) are sharing facilitation skills and RC philosophy with staff of the Champaign County Juvenile Detention Center, and the federally funded ACCESS Initiative project (which is shifting the social service arena for high-risk youth and their families) is expressing interest in the RC process.

In these ways, both small and meaningful, the clinical-community program at UIUC is contributing their voice and talents to the Restorative Revolution.

* The Event was supported by the following organizations, offices and campus units: Psychologists for Social Responsibility (PsySR); OpEdNews.com; ACCESS Initiative; Champaign County, Illinois Office of the State’s Attorney, Julia Rietz; Champaign Urbana Area Project (CUAP); Champaign-Urbana Citizens for Peace and Justice (CUCPJ); Social Action Committee of the Unitarian-Universalist Church; University of Illinois (UIUC) Office of Equal Opportunity and Access; UIUC Psychological Services Center; UIUC Housing Division; & UIUC Native American Cultural House.
The Society for Community Research and Action (Division 27 of the American Psychological Association) held its 13th Biennial Conference, June 16th-19th, 2011, in Chicago, IL. The theme for this year’s conference was “New Pathways Toward Community Change and Transformation”

As you can see, our staff and graduate students had a great time!
Welcome to the First Year Clinical/Community Graduate Students!

Hello! My name is Elizabeth (Liz) Triwick. I was born and raised in San Marino, CA. I recently graduated from the University of Southern California with a B.A. in Psychology. While in Los Angeles, I had exposure to several at-risk populations in which I became interested. After graduation, I worked for the city of Los Angeles to provide resources for youth at risk of gang-joining. I helped implement gang reduction strategies in some of LA’s highest crime neighborhoods. I chose to pursue a PhD in clinical/community psychology in an effort to continue to bridge the gap between research and policy. Specifically, I am interested in continuing to study community violence and externalizing behaviors in adolescents. I am looking forward to pursuing these interests as they relate to policy and systems change. I also look forward to making lasting relationships while at the University of Illinois-Urbana Champaign!

My name is Konrad Bresin. I recently graduated from North Dakota State University with my M.S. and B.S. My research focuses on the functions of dysregulated behaviors (e.g. self-injury). In particular, I am interested in how these behaviors regulate emotion. I will be working with Edelyn Verona at UIUC. In my spare time I enjoy cooking and bike riding.

My name is Miatta Echetebu and I am from Brentwood, Tennessee (near Nashville). I completed my undergraduate studies in Psychology and History at Duke University. While at Duke, I did my undergraduate thesis on factors leading African American males to choose to go to college. I also had the opportunity to work and conduct research in various schools and a juvenile detention center in North Carolina. My interests and experiences attracted me to the work of Mark Aber and Nicole Allen, who will be my research advisors at UIUC. My primary research interests are in methods for reducing the number of African American males incarcerated and increasing the number of this population in higher education in the United States. I will be working on the ACCESS initiative with Mark and Nicole and I am very excited about this project! In my (very little) spare time, I enjoy playing sports, travelling, experimenting with cooking and outdoor activities. I’m looking forward to making new friends and a new life here in Champaign-Urbana and I feel very blessed to be a student in this program!

My name is Wenting Mu. I’m from China and just graduated from Peking University in a master program of clinical psychology. My interests currently lie in emotion regulation of shame and how it relates to certain mental disorders. Personally, I like eating/tasting delicious food, movies, music and travelling. After spending my past seven years in Beijing, a city as populous as one can be, I find myself very at ease in this quiet, lovely town. I am looking forward to making new friends and building a rich and wonderful life for the next several years here!
Greetings! My name is Allison Letkiewicz. I was born in Maryland, in a county bordering Washington, D.C. and lived in the region all of my life. This is my first time away from the D.C. bubble! I graduated from the Catholic University of America (in D.C.) with a B.A. in psychology in 2009. The past two years I worked at the National Institute of Mental Health studying the neural mechanisms of fear and anxiety, using electromyography and fMRI. I am starting my first year at Illinois in the PhD program working with Wendy Heller. I was drawn to the program because of its focus, not only on individuals, but how larger systems affect behavior as well. I look forward to integrating all that I learn here into my own research interests, which currently center around understanding the emotional and cognitive correlates of depression and anxiety. In my “spare” time I love running, walking, getting outdoors, yoga, reading and baking.

Hi! My name is Michael Niznikiewicz, and I will be starting my first year in the Clinical Program under the supervision of Wendy Heller. I most recently lived in New Jersey, working at Rutgers University—Newark doing neuroscience research. However, I have lived all over the east coast from Virginia to Massachusetts, even Australia and Poland (where I was born). This diversity in what I consider home has fostered a passion in travel and an appreciation for both where I have been and where I am. In addition to my love for travel, I also love to cook and eat!

My research interests include looking at those basic motivational processes like learning, and connecting them with more complex cognitive constructs like emotion. Specifically, I want to explore how these basic processes can contribute to the development and maintenance of depression on the emotional and biological level. I am very excited to learn the world of clinical psychology from the behavioral and biological perspective with the help of Wendy Heller and the rest of this amazing department!

Namaste!

My name is Chinmayi Tengshe and I am from India. It’s been a long journey travelling this far and it’s been interesting all the way. After completing my Bachelors in Psychology, I did my Masters in Cognitive Psychology and then worked for five years as a Research assistant in India and the US, getting acquainted with psychology in a more practical way through working with people, both healthy individuals and those with disorders. I knew I had to study psychology from a clinical perspective.

And so here I am, a first year grad student at Dr. Wendy Heller’s lab. I am interested broadly in emotion, cognition and neuropsychology and am looking forward to delving deeper into these areas. Looking forward to many happy, fruitful years at UIUC.
**Clin-One Crossword**

**ACROSS**
1. American ____ Association (APA)
5. The first state to recognize psychology as a protected practice oriented profession
6. Sugar pill
7. Obsessive Compulsive Disorder abbrev.
8. Analysis of Variance abbrev.
10. The lobe in the brain that deals with motor behavior, expressive language and higher level cognitive processes
12. "Father of Modern Psychology"
13. The first process involved in memory

**DOWN**
2. neurotransmitter associated with pain relief and feelings of pleasure
3. The Most Recent past Director of Clinical Training here at UIUC
4. those affected by this syndrome feign disease, illness, or psychological trauma to draw attention or sympathy to themselves.
5. relationship
9. curve in which the mean, median and mode are the same
11. name of the unconscious part of the Human Psyche, according to Freud
Jenessa Sprague received the Graduate College Dissertation Completion Fellowship for her dissertation (entitled: "Borderline Personality Disorder as a Female Phenotypic Expression of Psychopathy? Implications for the Latent Structure of Emotional Dysregulation"). The fellowship runs from July 2011-July 2012.

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Edelyn Verona was inducted as a Fellow of the Association for Psychological Science, June 2011

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Jorge Marquez was awarded with a Graduate College Dissertation Travel Grant.

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Edelyn Verona was the recipient of a two-year research grant from the National Institute of Drug Abuse (NIDA) titled "Genes, Gendered Contexts, and Substance Use Outcomes"

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Urmitappa Dutta was presented with the Herman Eisen Award for Outstanding Professional Contribution to Psychology, Department of Psychology, University of Illinois at Urbana-Champaign, 2011.
On October 5, 2011 Jorge and Laura Marquez welcomed their daughter Paloma Agustina Marquez into their family!

Congratulations to Joscelyn Fisher! She was married to Vince Ford this past June, 2011.

Christine Naber had a baby girl, Veronica Cecilia Whitlock, on January 30, 2011. She joins her older brothers, Aidan, 9 years, and Declan, 4 years.
Mark Salzer (Ph.D. in clinical/community, 1995) became a professor and chair of the Department of Rehabilitation Sciences at Temple University in September 2010. The department includes programs in recreational therapy and occupational therapy (http://chpsw.temple.edu/rs/home). He also directs a NIDRR-funded center on community inclusion of adults with psychiatric disabilities (www.tucollaborative.org). He was previously in the psychiatry department at the University of Pennsylvania School of Medicine for 12 years, and departed as an associate professor. Mark’s work focuses on identifying and eliminating barriers to full community inclusion (e.g., work, school, intimate relationships, spirituality, friendships, parenting), promoting the development and utilization of effective supports and mainstream community resources, and enhancing the development and effectiveness of peer support programs. Send him an email at msalzer@temple.edu to say hello.

Kate Hellenga (2003) has been hired by the City of San Francisco Department of Public Health as the Assessment Manager (supervising assessment clinicians and managing psychological evaluation referrals) for the Foster Care Mental Health Program. FCMHP, part of the city’s Community Behavioral Health Services network, serves children and families involved with child protective services. Kate also continues to provide clinical supervision as an adjunct faculty member in San Francisco State University’s clinical psychology graduate program, and to co-coordinate a mentoring program for juvenile offenders through Huckleberry Youth Programs.

Nancy Koven was recently awarded the 2011 Ruth M. and Robert H. Kroepsch Award for Excellence in Teaching at Bates College where she is an Assistant Professor of Psychology.

Bret Kloos received a Fulbright fellowship to Portugal beginning in January 2012 at the Instituto Superior de Psicologia Aplicada - Intituto Universitario. He will be collaborating on research to promote community integration and adaptive functioning for persons with serious mental illness and teaching community-based participatory research methods.

2009 PhD Sarah Sass, an assistant professor in the Dept. of Psychology and Counseling at the University of Texas at Tyler, has received a grant from the Hogg Foundation for Mental Health to develop an attentional-control treatment for anxiety.
Presentations


Presentations

interactions in psychopathology. Paper presented in symposium at the annual meeting of the Society for Research on Psychopathology, Boston, MA.


Urmitapa Dutta conducted a workshop entitled Democratizing Research: Engaging Youth as Community Action Researchers on translating academic research into non-academic settings to allow young people to engage in collaborative community research. (Biennial Conference of the Society for Community Research and Action, June 2011)


Publications


Publications

American Journal of Community Psychology.


Crossword Answers

P S Y C H O L O G I C A L

E W M

C O N N E C T I C U T

P L A C E B O D N N

R O C D C

A N O V A R R Y H

O E P A

F R O N T A L H H U

M A T I E S E

A L I N L N

I O F R E U D R

E N C O D I N G
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The Clinical/Community Psychology Program at the University of Illinois at Urbana-Champaign is a Clinical Science program designed to train scholarly and scientifically oriented researchers and professionals with a variety of interests.

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