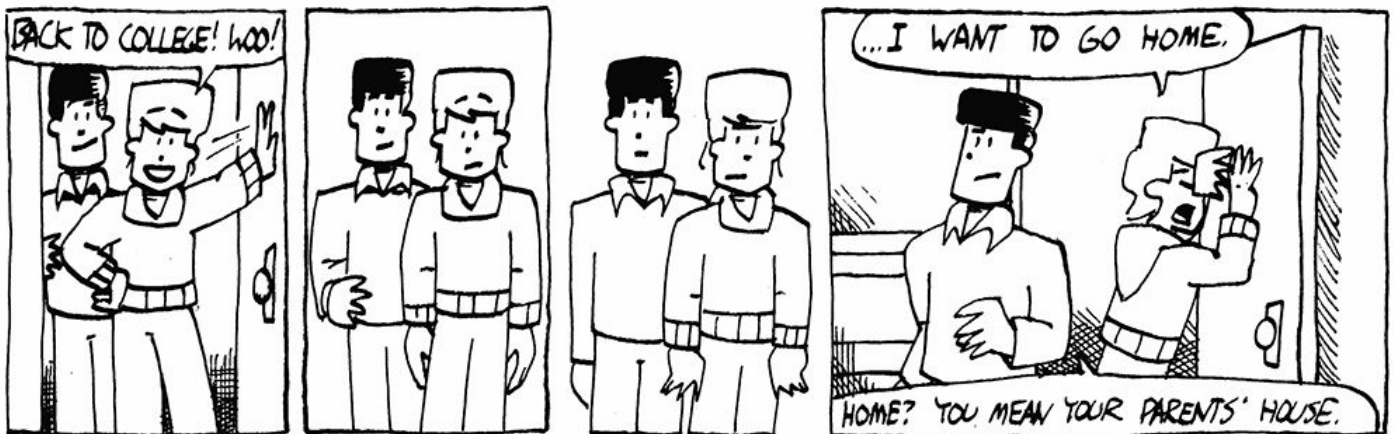


## Mind Over Matters

WCPC Monthly Newsletter

*Building community and identity by encouraging members to share ideas and experiences, and offering support to one another in pursuit of present and future educational goals.*



[It's Walky!](#) Webcomic by David Willis 04-03-2014

### Letter from the Newly-Appointed Editor

Shelly Phillips

Writing is my first-love: I have dozens of journals that have accumulated since I started the third grade. I have an aptitude for writing. But it never presented itself as a career option for me, for any longer than a fleeting moment. As I got older, psychology came to the forefront; and today, I must confess, it has become a passion. Despite this, my love for writing has not diminished. My first semester at World Campus, I took Psych 105, and it proved to be a prolific class for me. I finally felt there was a valid way for me to keep writing, and to do so while advancing my career in psychology. To get my feet wet, I wrote a couple of articles for the newsletter this last year. Becoming the editor of this newsletter is yet another stepping stone in my journey. I thank you for that opportunity, I look forward to the challenge, and I hope you, too, will consider contributing to *Mind Over Matters*.

### Upcoming events:

**August 3-6: [125th APA Annual Convention](#)**

**Washington D.C. Registration: \$90-\$505**

**Accommodations also available**

Over 1000 sessions for the purview of professionals and students alike. Session subjects include, but is *not* limited to:

- Decolonizing Psychology: A Conversation with South African Psychologists
- Symposium: A Public Health Approach to HIV Prevention for Gay and Bisexual Men of Color in the United States
- Film Festival: The Cut—Exposing FGM Worldwide
- Symposium: Psychobiology
- Symposium: Can I Get a Job With My Undergraduate Psychology Degree?
- 84 courses providing CE hours are available Wed, Aug 3.

**For more information, check out:**

[www.apa.org/convention](http://www.apa.org/convention)

### Upcoming Events (cont.)

**Aug 10, 10-1:15 EST [Clinical Work With Older Adults Webinar](#)** Presenter: Heather M. Hartman-Hall, Ph. D. This webinar will discuss the cognitive changes associated with aging and helpful strategies in working with older adults. Cost: \$59 CEs: 3 To get connected: follow the hyperlink above.

**Aug 14-15: [Cognitive Processing Therapy for PTSD](#) at the Center for Deployment Psychology--Lackland Air Force Base, TX**  
**\*\*All military nurses, DOD civilians, Veterans Affairs are invited.**  
**Note: this event is not open to the general public\*\*** This two day event is FREE and includes CEs, travel *not* included. Participants will receive *Cognitive Processing Therapy for PTSD: A Comprehensive Manual by Resick et al., Dec 2016* (1st Edition) as part of the workshop. For more information, head to the hyperlink above.

**Aug 15, 8:30-9:30 EST: [WCPC Meeting](#)**  
 Guest Speaker: Victoria Zielinski, VP of the Blue and White Society--We will be meeting in our now-regular spot in the Zoom room. To get connected, simply follow the link.



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**"I WANT TO EMIT THE TERROR THAT WAS MUFFLED BACK THEN. I WANT TO BELLOW LIKE A CREATURE FACING SLAUGHTER...THIS TIME I WILL NOT BE MUFFLED: I WILL LACERATE THE EAR OF GOD (STERN, 2011)."**

### **From the Reader's Nook: A book review**

#### **Denial: A Memoir, by Jessica Stern**

Reviewed by Shelly Phillips

Take a look at Jessica Stern's CV: For over 30 years she has specialized in terrorism. This life's work has included the National Security Council on nuclear smuggling, membership on the Hoover Task Force on National Security and the Law. Stern has taught university courses at Harvard like Terrorism and Non-State Threats to International Security, and written several books: *The Ultimate Terrorists* (Harvard University Press, 1999), *Terror in the Name of God: Why Religious Militants Kill* (Ecco/Harper Collins: 2003), and *ISIS: The State of Terror*, with J.M. Berger (Ecco: Harper Collins, March 2015) (Stern, n.d.). When reading her work, when seeing her accomplishments and her bravery, *victim* seems hardly an appropriate description. But in *Denial: A Memoir*, from 2010, Stern fearlessly pulls back all pretenses; strips herself of all her accolades and takes her reader on an intimate journey of her own recovery from the sexual assault she and her sister endured at gunpoint as teenagers. This is not a book for the faint of heart; but *Denial: A Memoir* resonates in a deeply personal way, a way that may allow *you* the courage to slay your demons the way she has.



If Psych 105 taught us anything, it is the importance of *presence*.

This is **your** opportunity!

Our WCPC produces a monthly newsletter called *Mind Over Matters*. In it, all matters pertinent to Psychology are acceptable subject matter.

Your presence in the field of Psychology is **VITAL** to your success.

“Publishing in academic journals is central to advancement in psychology, whether the advancement of knowledge or the advancement of a researcher’s prestige.” -D. Wendt, Jr.<sup>1</sup>

*Mind Over Matters* is the ideal first step in gaining the courage to submit articles for psychology journals!

“The only difference between a stumbling blocks and stepping stones is the way you use them<sup>2</sup>.”

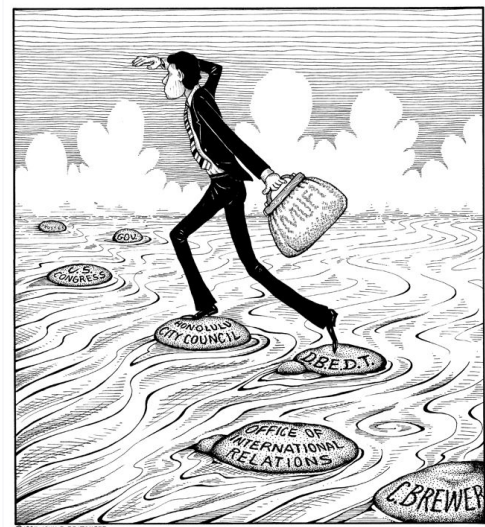


Photo credit: [Pritchettcartoons.com](http://Pritchettcartoons.com)

For more information, email  
[wcpcmindovermatters@gmail.com](mailto:wcpcmindovermatters@gmail.com)



#### Bibliography:

#### Book Review:

Stern, J. *Jessica Stern. The Frederick S. Pardee School of Global Studies*. Retrieved 18 July 2017, from <https://www.bu.edu/pardeeschool/profile/jessica-stern/>

#### Interview: Professor Judi Withrow

Ewm5151. (2014). World Campus Psychology Blog. Retrieved July 31, 2017, from <http://sites.psu.edu/wcpc/2014/04/09/get-to-know-your-psychology-professors-professor-judi-withrow/>

Stern, J. (2011). *Denial*. New York: Ecco.

#### Mise en Place:

(2016, December 26). What Is Mise En Place and Why Is It So Important To Professional Chefs. Retrieved July 27, 2017, from <https://www.reluctantgourmet.com/mise-en-place/>

#### From the VP Corner

#### Antisocial Personality Disorder vs Psychopathy:

Bonn, S. (2016, October 23). Diagnosing Psychopathy. Retrieved July 30, 2017, from <https://www.psychologytoday.com/blog/wicked-deeds/201610/diagnosing-psychopathy>

National Collaborating Centre for Mental Health (UK). (1970, January 01). ANTISOCIAL PERSONALITY DISORDER. Retrieved July 30, 2017, from <https://www.ncbi.nlm.nih.gov/books/NBK55333/>

#### Trivia of the Month:

[Digital Image]. (n.d.). Retrieved July 27, 2017, from <https://s-media-cache-ak0.pinimg.com/736x/d2/62/19/d26219487d832998052d74169c882e30--funny-things-funny-stuff.jpg>

Medical Definition of Gymnophobia. (n.d.). Retrieved July 27, 2017, from <http://www.medicinenet.com/script/main/art.asp?articlekey=12335>

#### Comics:

It's Walky! (2014, April 03). Retrieved July 27, 2017, from <http://www.itswalky.com/comic/back-to-college-woo/>

Financial Goals--Written Consent --Obtained 07-28-17 ©2000 Mark Stivers [stiverscartoons.com](http://stiverscartoons.com)

Blog of Positive Psychology. (n.d.). Retrieved July 27, 2017, from <http://www.blogpsicopositiva.com/?itemid=352>

#### Mind Over Matters Flyer

<sup>1</sup>Wendt, D., Jr. (2006). Publishing in Psychology: An Overview for Undergraduate Students. *Intuition: BYU Undergraduate Journal of Psychology*. , 2, 9-13. Retrieved April 07, 2017, from [https://intuition.byu.edu/Documents/Archive/2006/04publishing\\_2.pdf](https://intuition.byu.edu/Documents/Archive/2006/04publishing_2.pdf).

Photo credit: <a

href="<http://www.pritchettcartoons.com/1994-cartoons/stepping-stones.jpg>">Pritchettcartoons.com </a>

<sup>2</sup>Popik, B. (2013, January 01). "The difference between stumbling blocks and stepping stones is the way a person uses them". Retrieved April 07, 2017, from [http://www.barrypopik.com/index.php/new\\_york\\_city/entry/the\\_difference\\_between\\_stumbling\\_blocks\\_and\\_stepping\\_stones\\_is\\_the\\_way\\_a](http://www.barrypopik.com/index.php/new_york_city/entry/the_difference_between_stumbling_blocks_and_stepping_stones_is_the_way_a)

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*Thanks to all our contributing writers! See you all in September for our next issue!*

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