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**Palo Alto  
University**  
Psychology | Counseling

**News**  
May 2023



## MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month provides a national opportunity to raise awareness around mental health issues, lower the stigma associated with mental health services, and advocate for policies to support those suffering from mental illness and their families. During #MHAM, PAU is offering two free online events:



At the Forefront of Mental Health  
*A Webinar Series*

### **How to Get Your Child or Adolescent the Mental Health Care They Need**

May 17, 6:00 - 7:15 pm PST

[Register here.](#)



### **Is it Just the Blues or Is Help Needed**

May 31, 6:30 - 7:30 pm PST  
[Register here.](#)



### **PhD Student Mandana Mostofi Researches Successful Aging of Iranian Immigrants**

Mandana Mostofi, a PhD in Clinical Psychology student and first-generation Iranian immigrant, is working to share the voices of older Iranian adults and raise awareness about the unique aspects of their lived experiences. [Learn more.](#)

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## **Celebrating Asian Pacific American Heritage Month**



Carlie  
Belmodis



Szu-Yu (Darlene)  
Chen, PhD



Janessa  
Rozal Chin



Lina  
La



Shreya  
Vaishnav, PhD

WEAVING AANAPI VALUES, EDUCATION & SERVICE

W.A.V.E.S.

INTO PAU

Palo Alto University is proud to announce a newly formed Asian American and Native American Pacific Islander (AANAPI) Task Force. The mission of the group is to promote cultural inclusivity, equity, and visibility of PAU AANAPI community members through advocacy, connection, research, clinical training, and professional development. [Learn more.](#)

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## ChatGPT: PAU Professors Weigh In



To discuss where Palo Alto University faculty stand, the University's Center for Educational Excellence (CEE) created a training on ChatGPT and how to best utilize it at PAU. The training featured experts Eduardo Bunge, PhD, associate chair of the psychology department, and Carl Sheperis, PhD, vice provost at Kutztown University of Pennsylvania, and was moderated by Cristen Wathen, PhD,

associate professor in the counseling department and director of the CEE. [Learn more.](#)

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Join the PAU Alumni Association for a fun night of socializing, games, food, and drinks on Saturday, May 13th from 6:00 to 8:00 pm at San Pedro Social in San Jose. In addition to providing appetizers, guests will receive a drink ticket for their first beverage. At this event, you'll hear about what the Alumni Association is up to and see old friends while making new ones. [Register here.](#)

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## Alum Alex Kelman on Psychedelic Medicine for Mental Health



There has been growing interest in combining psychedelics with psychotherapy. Psychedelics are being brought into clinical settings to assist psychotherapists with the improvement of mental health conditions, such as depression, anxiety, PTSD, chronic pain, and addiction. Alum Alex Kelman, PhD, who graduated in 2016 from the PhD in Clinical Psychology program, is at the forefront of this cutting-edge research. [Learn more.](#)

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## Save the Date! Commencement June 17, 2023

The Palo Alto University 2023 commencement ceremony is scheduled for Saturday, June 17 at 10:00 am PST at the Santa Clara Convention Center. The ceremony will also be live-streamed for guests who are unable to attend in person. [Learn more.](#)

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MAKE A GIFT TO PAU'S EMERGENCY FUND  
AND DOUBLE YOUR IMPACT

PAU's Student Emergency Fund provides critical relief to students. With your help, we can continue to alleviate the financial strain our students face. One hundred percent of gifts made to the Student Emergency Fund go DIRECTLY to students in need. PAU Trustee, Karen Scussel, **has generously pledged \$5,000 to match your gift -- your \$50 becomes \$100!** Take advantage of this opportunity and double your impact! [Make a gift today.](#)

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## Student and Faculty Presentations at 2023 WPA Convention

Nearly 40 Palo Alto University faculty, students, and alumni



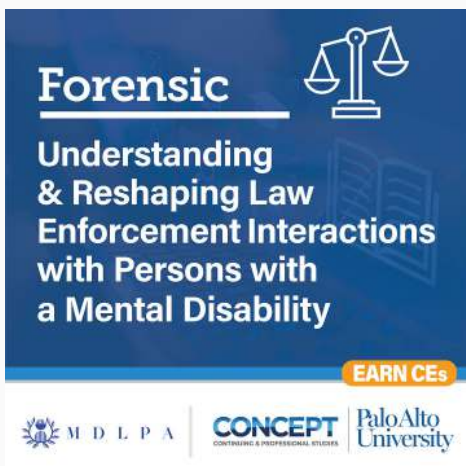
Convention. Participants convened in Riverside, California from April 27-30, 2023. [Learn more.](#)

## Save the Date: PAU Stars May 19!



On May 19, 2023, at 5:30 pm, the PAU Stars will shine bright as we celebrate our outstanding students' accomplishments and present well-deserved awards. PAU Stars award recipients are nominated by members of the PAU community. [Learn more.](#)

## Continuing and Professional Studies



Understanding & Reshaping Law Enforcement Interactions with Persons with a Mental Disability  
May 16, 9:00 to 10:30 am (PST).

Presenters will provide an overview of the ADA legal principles applicable to state and local criminal justice programs.

Presented in partnership with the Mental Disability Law and Policy Associates. PAU

faculty, staff, and alumni are eligible for [discounts](#). [Learn more.](#)

## NEWSWORTHY

[McKnights Long-Term Care News](#), student Savannah Rose was cited in "Care Continuity May Ease Residents' Severe Anxiety During Tough Times: Study."

## Published Research

**Journal of Post-Acute and Long-Term Care Medicine**, professor Lisa Brown, PhD, and students Savannah G. Rose and Rachel N. Ward co-authored "Effects of the COVID-19 Pandemic on Anxiety Symptoms in Long Term Care Residents: A Multilevel Growth Curve Analysis."

Do you have news or a story idea you want to share? Please contact [ExternalAffairs@palloatou.edu](mailto:ExternalAffairs@palloatou.edu). We would love to hear from you!

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## UPCOMING EVENTS

**May 5:** Juvenile Sexual Offender Evaluation\*

**May 9:** MS in Psychology Program Overview

**May 10:** Behavioral Health Aspects of Screen Time Misuse\*

**May 12:** Poverty, Homelessness, and Poor Health Outcomes\*

**May 13:** San Jose Alumni Mixer

**May 16:** Understanding and Reshaping Law Enforcement Interactions with Persons with a Mental Disability\*

**May 17:** How to Get Your Child or Adolescent the Mental Health Care They Need

**May 21:** 15th Annual Blossom Birth & Family Fair, professor Alinne Barrera, PhD, will co-present "Maternal Mental Health"

**May 26:** MA in Counseling Overview

**May 31:** Depression and Older Adults: Is it Just the Blues or Is Help Needed?

\*Presented by PAU's Continuing and Professional Studies Division.

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