

Association for Behavioral and Cognitive Therapies (ABCT)

Addictive Behaviors

Special Interest Group (SIG-AB)

Newsletter

Summer, 2015

I hope you're having an awesome Summer!

As you well know, the ABCT Annual Convention will take place in Chicago, just four months from now (November 12-16, 2015). I hope you are planning to attend and if so, it's time to start making arrangements! ABCT is in the process of finalizing the convention program and when completed, it should be available at <http://www.abct.org/conv2015/>, along with information about the Chicago Hilton (convention) Hotel, the time of our SIG-AB meeting, addictive behaviors programming, and much more. I had been waiting to publish this newsletter until more convention information was available, but I figured I'd better get it out to you sooner because there are so many other important things to report.

For the past couple of years our SIG-AB meeting (including coffee, socializing, presentations, and business) has taken every bit of 90 minutes. But as in past years, we've been allotted only 60 minutes to meet. So this year, as in past years, we'll do everything to commandeer an additional 30 (for a total of 90) minutes so we don't have to rush through coffee, socializing, presentations, and business. More to come...

Jen Read, past SIG-AB Leader, started a wonderful tradition last year, well worth carrying forward. In addition to having posters presented at the SIG Expo on Saturday night, we are inviting students to submit posters, to be presented at our SIG meeting. And again, like last year, there will be an award given to the student poster judged to be the best. More on this and other awards can be found later in this newsletter.

At our meeting in Philadelphia last year I promised to increase SIG-AB member resources and I'm excited to report that we now have our own website and listserv. If you haven't already visited our website please do so by clicking on <http://www.cbtaddictions.org>. This new website contains announcements, articles, archives, and links to other addictive behavior websites and resources. We hope to add "Employment Opportunities" and other pages to this website, based on member interest.

At last year's meeting I promised to get students involved in our SIG-AB. In order to do so we have been collaborating with the *Society of Addiction Psychology* (SoAP; APA Division 50). Working closely with them, a large number of students have become involved in monthly conference calls where addictive behaviors are discussed and experts in the field make lively, informative presentations. More information about these calls and audio recordings of all calls can be found at <http://www.cbtaddictions.org/d50/>. As a function of our relationship with SoAP they have agreed to pay half of our \$95.89 annual website fee. So now our website costs only \$47.94 annually. Thank you, SoAP!

For some time we had been using *Yahoo* Groups as an alternative to having a professional listserv. However, partly as a result of our inability to identify the SIG-AB member who knew the *Yahoo* password, we opted for a professional listserv, provided by my employer, the University of Kansas. We still have our

own SIG-AB *Facebook* page, and anyone interested can post to this page. However, we don't have the password for our *Facebook* page either. (If you happen to know either of these passwords, please provide them to me so we can access content from these sites and move them to our own webpage.)

Since you've read this far, you're obviously hoping that I'll ask for money...so I'll gladly oblige: If you haven't already renewed your membership by paying your 2015 dues, please do so as soon as you finish reading this newsletter! Details about how to renew are included in the article that follows. Many of you paid dues at last year's meeting, and a few have paid by mail since then, but many of you haven't paid and we need the funds to purchase goodies like awards and coffee for our SIG-AB meeting in Chicago.

So to draw this to a close, thanks for reading this newsletter and being a SIG-AB member. I hope to see you in November. And of course if you have any questions or recommendations for our SIG-AB, I'd love to hear them.

*Bruce S. Liese, PhD, ABPP
ABCT SIG-AB Leader*

Please Renew Your 2015 SIG-AB Membership

If you haven't already done so, please renew your SIG-AB membership by paying your 2015 dues. Your dues enable us to present awards to promising addiction researcher a Student SIG Poster Award, recognize another young researcher with our Early Career Achievement Award, and pay for the aforementioned coffee hour. Many of you paid your dues at the November meeting. However, if you did not, please take a moment now to drop a check in the mail.

As a reminder, students do not pay dues, but we are asking that post-docs pay \$5 and members pay \$10. Since your dues are a donation, we welcome your donating any amount over the requested membership fee!

Are you questioning whether you have paid your dues already? Just send an email to me (bliese@kumc.edu) and I will check our records.

To pay your dues simply make out a check to "ABCT SIG-AB" and send it to:

Bruce S. Liese, PhD, ABPP
Department of Family Medicine – Mailstop 4010
University of Kansas Medical Center
Kansas City, KS 66160

If you have recently moved, please send me your new contact information – mailing address, phone, email, etc. We will promptly put this information in our database. If you would like to discontinue your membership please let me know and I will remove your name from the membership list.

SIG-AB Student Representative Corner

Greetings, SIG-AB students and other members! We (Elly Leavens and Jen Dahne) are the student representatives for the Addictive Behaviors SIG. In just a couple months/years we'll be applying for

internships and know most students are in the same boat. With deadlines on the horizon, we chose to interview some current and upcoming interns for advice from the other side. Our hope is that students in all stages of their graduate education can reference these suggestions as they prepare for the application process.

Here are some key pieces of advice from the interns:

- 1. Early preparation is key.** Throughout graduate school, say “yes” to projects that interest you and choose clinical experiences that may be outside your comfort zone, but that will challenge you and grow your skills. Early on, find an efficient way to track your clinical hours and experiences. Look at the APPIC (<http://www.appic.org>) application early on (i.e., in your first year). This can help you make decisions about what sorts of clinical experiences might be worth pursuing.
- 2. Build connections and relationships.** Use conferences and meet and greets such as those at ABCT to introduce yourself to faculty/researchers with whom you are interested in training. If you have a mentor who knows faculty and researchers who might be a good fit for you, they may be willing to facilitate meetings or phone conversations.
- 3. Prepare financially if possible.** If you are funding your education with student loans, saving money can be difficult. Therefore, you may want to wait until the year you apply to take out additional loans for the application process. You might consider obtaining an airline miles reward credit card to help with flight costs for interviews.
- 4. Stick to a timeline.** You will need to compile a list of sites, draft and revise essays, and complete your application and materials. Keep in mind that application deadlines might come as early as October 1 and continue into November and possibly December. Make a timeline and set deadlines for each step.
- 5. Ask for feedback.** Identify a few trusted mentors and peers to review and re-review your materials. The more feedback the better.
- 6. Fit is important.** You want to make a clear case in your cover letters and on interviews for why you are a great fit for the site. On the flip side, make sure the site is a good fit for you. You could be spending the next year at the site, and a good fit will make your time more enjoyable.
- 7. Prepare for interviews.** Have more questions prepared than you think you will need and ask the same questions of multiple people. Practice “elevator pitches” for your clinical experiences, research interests, and the training opportunities you want on internship. Be prepared to discuss clinical cases and what you learned as a result.
- 8. Don’t stress the small stuff.** Take time to enjoy internship. You’ll have vacation days while an intern. Go to the beach. Have fun. It’s only one year so make the most of the experience!

For more information about internship and the application process, check out these “webisodes” from APA: <http://www.apa.org/apags/resources/internship-webisodes.aspx>.

*Jennifer Dahne and Elly Leavens
SIG-AB Student Representatives*

Call for SIG-AB Expo and SIG-AB Meeting “Coffee Hour” Posters

I am again pleased to publish this **Call for Posters** for the ABCT Convention in Chicago. Please read this **Call for Posters** carefully, as it contains important information.

There are three types of poster sessions available to SIG-AB members, as follows:

- Poster sessions that take place during “regular” conference hours, containing posters originally submitted to ABCT via the Scholar One website. (These were due on March 9, 2015.)
- The *SIG Expo Poster Session* scheduled during the Friday Night Welcoming Cocktail Party and SIG Exposition. This event takes place in a large auditorium, attended by hundreds of participants and all SIGs.
- Our own intimate SIG-AB *Coffee Hour Poster Session*. (Only posters submitted by student members of SIG-AB as first authors are accepted for this session.)

Though the deadline for the first type of poster session has passed, you are encouraged to submit poster abstracts for the *SIG Expo Poster Session* and our own *Coffee Hour Poster Session*. The following rules apply to these submissions:

- Only submissions from SIG-AB members are accepted. Specifically, the first author must be a SIG-AB member with dues paid or if a student, the faculty mentor must be a SIG-AB member with dues paid.
- All abstracts must be submitted on the 2015 abstract submission form found for downloading at: <http://cbtaddictions.org/documents/2015-sig-ab-poster-submission-form.docx>
- Only Students may submit abstracts to the *Coffee Hour Poster Session*; all SIG-AB members are welcome to submit to the *SIG Expo Poster Session*. Again, the student’s mentor must be a SIG-AB member with dues paid to qualify.

The following details are provided to assist you in your submission:

SIG Expo Call for Poster Submissions – Friday, August 28, 2015 deadline

The *SIG Expo Poster Session and Cocktail Party* provides a great opportunity for displaying your poster. To have your poster considered for this venue, you must submit an abstract directly to our SIG-AB on our submission form. * Abstracts may be no longer than 250 words. Please include current contact information (including current e-mail address and phone number) so we can let you know whether our review committee has accepted your poster. The first author of the poster must be a SIG-AB member, or if a student, the faculty mentor must be a SIG-AB member. **

Students Only! SIG-AB Coffee Hour Poster Session – Friday, August 28, 2015 deadline

In addition to the SIG Poster Expo, we offer a student poster session during our *SIG-AB Coffee Hour*. This is a great opportunity for students with interests in addictive behaviors to showcase their work in an informal supportive setting. Abstracts must be no longer than 250 words. Please include our submission form, which asks for contact information (current e-mail address and phone) so we can let you know if our review committee has accepted your poster. Details about the sizing and format of these posters will be made available as the time gets closer. We will keep you posted.

You may submit either a new poster, or either of the other two types of posters listed above, during the *SIG-AB Coffee Hour*. In other words, even if you already had a poster accepted by the ABCT Program Committee, you are welcome to submit your poster for display (and consideration for an award if you are a student) at our *Coffee Hour Poster Session*. In order for posters to be considered for this venue (and award) the senior author of the poster and mentor must be a SIG-AB student member. **

*Submit poster abstracts directly to bliese@kumc.edu for the *SIG Expo* or *Coffee Hour Poster Session* on the submission form downloadable here: <http://cbtaddictions.org/documents/2015-sig-ab-poster-submission-form.docx>.

**All ABCT SIG members must first be members of ABCT. If you have not already paid your 2015 ABCT dues you may do so by visiting <http://www.abct.org>. If you have paid your 2015 ABCT dues but have not renewed your SIG-AB membership, please contact SIG-AB leader, Bruce S. Liese, PhD (bliese@kumc.edu). Membership dues for SIG-AB are \$10 for full membership and \$5 for post-doctoral fellows. Student members of ABCT may join SIG-AB for free, but only if they are already ABCT members and have faculty mentors that are paid members of SIG-AB.

Call for 2015 SIG-AB Award Nominations

Two awards will be presented in Chicago this year: *The SIG-AB Lifetime Achievement Award* and *The G. Alan Marlatt Mid-Career Mentorship Award*.

The SIG-AB Lifetime Achievement Award is given to an ABCT SIG-AB member who has made major contributions to the field of addictive behaviors over the course of a lifetime. This award is given every other (odd) year. The following are past recipients of this award:

2005 – William R. Miller
2007 – Mark and Linda Sobell
2009 – G. Alan Marlatt
2011 - Peter Monti
2013 - Carlo DiClemente

These individuals have all substantially impacted our field as researchers, educators, and scholars and now it's time to honor another senior member of our SIG for their contribution to our field.

The Alan Marlatt Mid-Career Mentorship Award is generously sponsored by Drs. Mark and Linda Sobell. It celebrates the tradition established by Dr. G. Alan Marlatt in his distinguished career as a pioneer and innovator in cognitive-behavioral therapy and research on addictive behaviors. It is given to deserving SIG-AB members who have received a doctoral degree between 7 and 12 years prior to receiving the award. The nominee's research must demonstrate scientific rigor and constitute a program of research (i.e., a series of studies addressing an overall theme). This research can focus on understanding mechanisms of addiction or advancing evidence-based clinical practice in the addictions. Research that addresses harm reduction or treatment innovations would be particularly consistent with Dr. Marlatt's research emphasis, but such a focus is not a requirement for the award. The winner will receive a check for \$100.

Please consider deserving ABCT SIG-AB members for these two prestigious awards and send your nomination(s) and letter(s) of support to bliese@kumc.edu. Nominations will be reviewed and voted on by the AB-SIG executive committee. The recipient will be announced in the fall newsletter and the award will be given at the SIG meeting in Chicago.

My ABCT SIG-AB Checklist:

- Make firm plans to attend ABCT in November
- Make firm plans to renew your SIG-AB membership
- Arrange travel to Chicago for ABCT
- Pay your SIG-AB dues
- Submit your poster abstract for both the *SIG Expo* and *SIG-AB Coffee Hour Meeting* by Friday, August 28
- Feel great satisfaction as a result of renewing your SIG-AB membership and paying your 2015 dues
- Nominate an esteemed colleague for a SIG-AB *Lifetime Achievement Award* and/or a *G. Alan Marlatt Mid-Career Mentorship Award*
- Have an awesome Summer!