CHAPMAN UNIVERSITY | Crean College of Health and Behavioral Sciences

October
2025



DEPARTMENT OF PSYCHOLOGY NEWSLETTER

- GREETINGS FROM THE NEW CHAIRS
- UPCOMING EVENTS
- FACULTY PROFILE
- AMBASSADOR PROFILES
- FACULTY ACCOMPLISHMENTS
- ALUMNI ACCOMPLISHMENTS

GREETINGS FROM THE CHAIRS!



Dr. David Pincus

Professor & Chair
Department of Psychology

Could you briefly introduce yourself — where you're from, what brought you to Chapman, and what you enjoy most about being here?
I'm originally from the Chicago area but spent half my life growing up in Milwaukee. I went to Pitzer College in Claremont to escape the winters — then back into them for grad school at Marquette. I never planned to be a professor, actually. I finished a clinical post-doc at UC Davis and was determined to stay outside of academia. But toward the end of the post-doc, while teaching adolescent psychiatry, I realized I probably couldn't keep doing the kinds of unusual research I wanted without a university setting. So I looked in the APA Monitor, applied to two jobs — one at Cal Poly San Luis Obispo (where I didn't get an interview), and one here at Chapman. That one worked out. And I'm glad it did. Being a professor has been amazing and has allowed me to keep learning and have the freedom and space to do the kinds of research programs that I had dreamed of being able to do.

What do you enjoy doing most outside of work or teaching?
Besides my side gig doing therapy, I play the drums, harmonica, and sing. I love music, and I've always needed a creative outlet or I start to feel a little fragmented. Before music, it was acting. I also love playing ultimate frisbee and mountain biking whenever I can.

Could you share a bit about your academic background and areas of research or teaching you specialize in?
My research focuses on applying chaos and complexity theory to understanding human resilience and how psychotherapy works. That's really where my passion lies. These approaches let you look at complex patterns of change over time — not just static traits or averages, but how multiple variables interact and evolve. The focus is on process: things like structural integrity, coactivity, linkage, and flexibility—or, disorder. A lot of the outcomes I use are measures of entropy — ways of capturing how systems hold together, or fall apart, over time.

What kinds of projects or topics have been most meaningful to you in your career so far?
A recent one — and one of the hardest — was a pandemic-era collaboration. It started with a grant Dave Frederick and I submitted in April 2020. We collected a large national dataset and wanted to explore how emotional complexity might predict resilience. I worked on the methods with Brooke Jenkins and Barney Ricca (a physicist I met at a conference I kind of made up — long story). After nearly two years of method development, we brought in others —Amy Moors, Vinnie Berardi — to help validate the approach. It took three years total, and it just got published in an APA journal last month. After more than 50 publications, it was — ironically — my first in an APA journal, and they sent me a "Congratulations on your first publication!" message. That email made me laugh. But it really was a team effort — I could've never pulled that off alone.

What excites you the most about stepping into this new role as chair?
I want to make it easier for faculty and staff to do their best work — to remove barriers and create more support. I'd like to help create a reality where the just-world bias (that hardwired belief that good things happen to good people) actually holds a little more true. That would be great.

What are some goals or priorities that you have for the department this year?
Increasing visibility of career and grad school paths for students — not just therapy or academia, and definitely not the FBI profiler job from Criminal Minds that doesn't really exist. There's so much more out there that students don't always see. I'd love to help change that.

Is there a message you'd like to share with the students and faculty as you begin this new chapter?
We got this!

GREETINGS FROM THE CHAIRS!

Dr. Julia Boehm



Associate Professor
& Associate Chair
Department of Psychology

Could you briefly introduce yourself — where you're from, what brought you to Chapman, and what you enjoy most about being here?

Hello! I am Julia Boehm (my last name rhymes with "name" or "game"). I grew up in Davis, CA. and went to college in Portland, OR. As a college student, I was fortunate to have amazing mentors. I came to Chapman so I could work closely with students and inspire the next generation of psychology majors.

What do you enjoy doing most outside of work or teaching?

When I am not working, I am probably watching my kids play soccer or playing pickleball with friends.

Could you share a bit about your academic background and areas of research or teaching you specialize in?

As a graduate student, I studied strategies for increasing happiness with one of the leading scholars in positive psychology, Dr. Sonja Lyubomirsky. After receiving my PhD in Personality and Social Psychology at UC Riverside, I was a postdoctoral research fellow at Harvard T. H. Chan School of Public Health. It was there that I was able to combine my interests in positive psychology with health. My research program since then has investigated how happiness, optimism, and purpose are linked with cardiovascular outcomes and related health behaviors.

What kinds of projects or topics have been most meaningful to you in your career so far?

As a college student writing an honors thesis about rumination or repeatedly dwelling on negative thoughts, I came across a book called the Handbook of Positive Psychology. The topics in the book were inspiring to me because they focused on the good things about being alive. As a graduate student, I was asked to write a chapter for a later edition of the same handbook. That was an exciting and full circle moment for me!

What excites you the most about stepping into this new role as associate chair?

I am excited about working with the chair, Dr. Dave Pincus, to support the amazing faculty, students, and staff that we have in the Psychology Department.

What are some goals or priorities that you have for the department this year?

We are working on some big plans, including more opportunities to connect and explore all things psychology. Stay tuned!

Is there a message you'd like to share with the students and faculty as you begin this new chapter?

We pride ourselves on being a friendly department. If you have any questions or suggestions, please don't hesitate to reach out!

UPCOMING EVENTS

October 21, 2025

Department of Psychology
Fall Social
Enjoy a dirty soda bar, pumpkin painting, bracelet making, & more!
Argyros Forum 201 @ 4pm

October 22, 2025

Monthly meeting for **Psi Chi**, the International Honor Society in Psychology
Smith Hall 103 @ 5:30pm

October 25, 2025

Department of Psychology Ambassador-led meet up to walk to the **Orange Farmers Market**
Randall Dining Commons @ 10am

October 27, 2025

Guest Speaker
Dr. Kenny Easwaran
“Epistemology: Puzzles as Art”
Argyros Forum 201 @ 11am

FACULTY PROFILE

Dr. Harpreet Kaur

PhD in Clinical Psychology



What initially drew you to the field of child psychology, and how has your perspective evolved over time?

I was first drawn to psychology through a deep curiosity about resilience in children after they have experienced a traumatic event. That interest led me to conduct research and clinical work with children in the foster care system, which eventually led to clinical experiences in hospital settings, where I witnessed the same resilience and hopeful outlook in children facing serious medical conditions. My perspective has evolved to recognize the incredible strength not only in children, but in the families who support them. This shift has made me feel truly privileged to do the work that I do, helping families navigate challenges with compassion and authenticity. I genuinely appreciate the opportunity to make a meaningful impact on the lives of children and their families.

How long have you been part of the Chapman community?

I joined the department Fall of 2025, so I am new to the University. It's been a wonderful experience so far. The students are so engaged and thoughtful, and both the psychology department and the broader campus community have been incredibly supportive

Can you share a recent accomplishment, whether it be academic or personal?

It's been a year of exciting transitions! I recently hired another psychologist in my private practice who specializes in eating disorders, expanding the services we offer. I also started my position at Chapman shortly after returning to work with a now 1 year old, and that personal milestone has made this new chapter especially meaningful.

What has been your most memorable experience at Chapman so far?

My most memorable moments were definitely during the first week of classes, especially seeing students genuinely curious about psychology and so eager to learn. Their energy, curiosity and openness reminded me why I love teaching so much. It's been incredibly rewarding to connect with so many students who are passionate about psychology and who may one day become my colleagues in the field. It's been an exciting start!



> **"My perspective has evolved to recognize the incredible strength not only in children, but in the families who support them. This shift has made me feel truly privileged to do the work that I do, helping families navigate challenges with compassion and authenticity."**

OCTOBER
2025

DEPARTMENT OF PSYCHOLOGY AMBASSADORS PROGRAM

The Psychology Ambassador Program is a student-led initiative designed to spotlight some of our most passionate and engaged Psychology majors here at Chapman University. These ambassadors play a vital role in helping us build community, promote opportunities, and enhance the student experience.

As representatives of the Psychology Department, our ambassadors assist with student outreach, department events, social media, newsletters, and more. They bring fresh ideas and valuable student perspectives to the table, helping us improve how we support and connect with our majors. Whether they're planning student engagement events, welcoming prospective students, or sharing what makes psychology exciting and meaningful to them, their enthusiasm and leadership make all the difference.

We're excited to introduce you to this Fall's team of ambassadors! Applications will go out soon for new ambassadors to join us in the Spring—stay tuned!

AMBASSADOR PROFILES

Tatiana Rodriguez

Executive Ambassador



Tell us a little about yourself!
Hello, my name is Tatiana! I am a senior, double majoring in Psychology and Communication with a minor in LGBTQ+ Studies.

What areas of Psychology are you most interested in, and why?
I am very interested in clinical psychology, more specifically trauma and PTSD! I hope to open a private practice and later a nonprofit to support underprivileged teens and unhoused people.

What's a fun fact about you that might surprise people?
A fun fact about myself is that I LOVE Philz coffee #TheyHaveRewardsNOW

"You'll probably find me..."
In Crean talking to Nicole Nungaray!

What are you most looking forward to this semester as a psychology ambassador?
I am excited about continuing to help grow and lead the Ambassador Program! We have amazing events planned that I believe will help more psychology students get involved.

AMBASSADOR PROFILES

Mallory Akhlaghi



Tell us a little about yourself!

I'm a Psychology and Sociology double major in my senior year at Chapman! I was first drawn to psychology after taking an AP Psychology class during my sophomore year of high school, and I've had a continued love for the subject ever since.

What areas of Psychology are you most interested in, and why?

My academic interests include adolescent development and sports psychology. I played softball for 15 years, which really shaped my passion for understanding the mental health needs of young athletes.

What's a fun fact about you that might surprise people?

A fun fact about me is that I've never had a pet!

"You'll probably find me..."

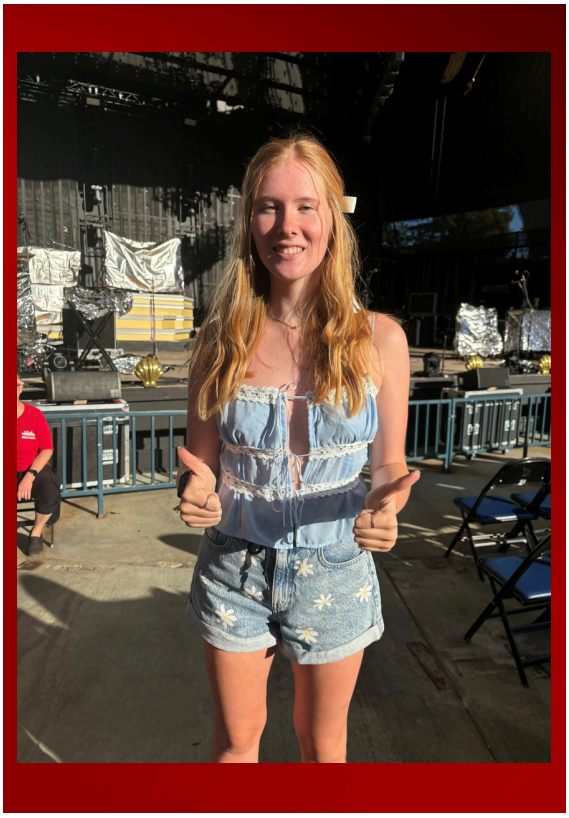
You'll probably find me outside in The Circle doing homework.

What are you most looking forward to this semester as a psychology ambassador?

I'm especially looking forward to attending more events hosted by the Psychology Department. As I head into my final year at Chapman, I'm excited to get as involved as possible before graduation.

AMBASSADOR PROFILES

Natalie Paradiso



Tell us a little about yourself!
Hi! I'm Natalie, and I'm a sophomore Psychology major minoring in the Honors Program and Neuroscience. I love learning about why we do what we do and the neurological processes involved.

What areas of Psychology are you most interested in, and why?
I'm especially interested in neuropharmacology and understanding the networks involved in different pathways.

What's a fun fact about you that might surprise people?
I've been to over 30 concerts!

"You'll probably find me..."
You'll probably find me tanning by the pool or at the Starbucks patio.

What are you most looking forward to this semester as a psychology ambassador?
I'm most looking forward to the different events the Department of Psychology will be hosting this year!

AMBASSADOR PROFILES

Devan Hodson



Tell us a little about yourself!
Hi, my name is Devan Hodson, and I am a senior Psychology major minoring in Sociology and Leadership. I was initially drawn to study psychology because I took two psychology courses in high school and really enjoyed them, so I knew I wanted to continue on and learn more in college!

What areas of Psychology are you most interested in?
I am most interested in child psychology as well as marriage and family therapy.

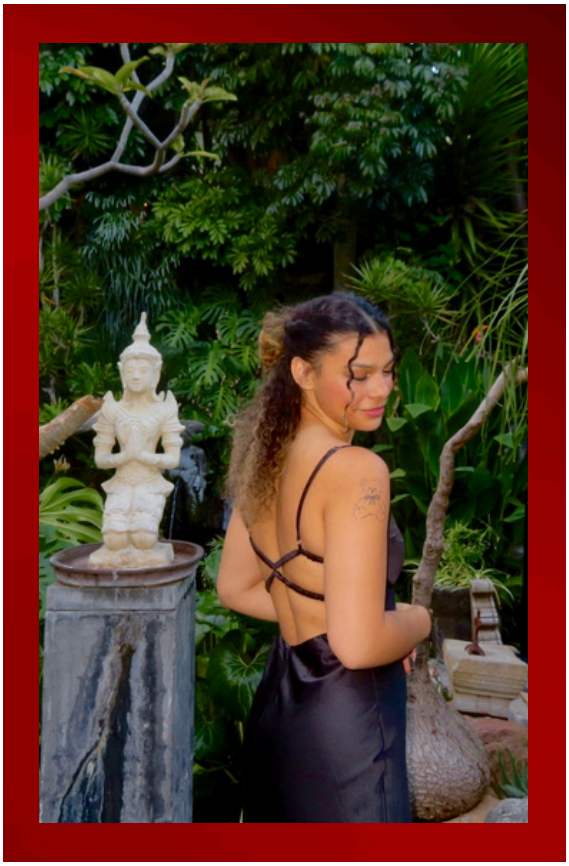
What's a fun fact about you that might surprise people?
A fun fact is that I live off campus with five other people, and we are all students in Crean!

"You'll probably find me..."
You'll probably find me hanging out on the Starbucks patio with friends or working on campus at the Career and Professional Development Center.

What are you most looking forward to this semester as a psychology ambassador?
I am most looking forward to our upcoming fall social and meeting prospective psychology students at the upcoming open house.

AMBASSADOR PROFILES

Lizzie Connors



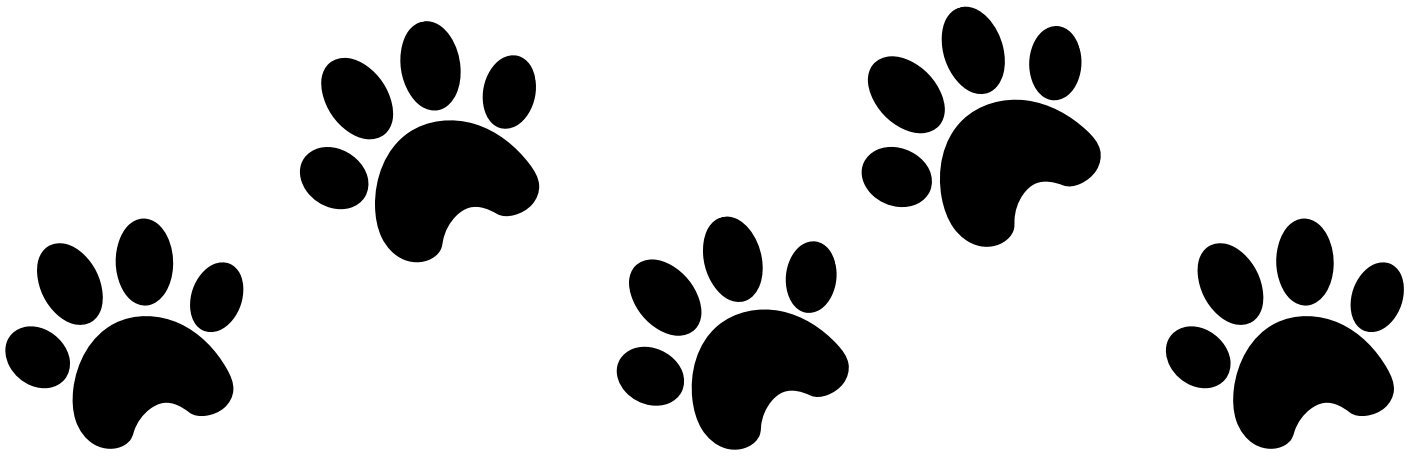
Tell us a little about yourself!
I'm a junior Psychology major with a minor in LGBTQ Studies.

What areas of Psychology are you most interested in, and why?
I'm most interested in clinical psychology because I want to help people by helping them understand their behaviors and emotions.

What's a fun fact about you that might surprise people?
I'm a Muay Thai fighter! :)

"You'll probably find me..."
In a study room.

What are you most looking forward to this semester as a psychology ambassador?
I'm most excited about helping with events!



AMBASSADOR PROFILES

Isabella Rebollar



Tell us a little about yourself!
I am a fourth-year Psychology major with a minor in studio arts. Growing up in an underserved Hispanic community along the U.S.-Mexico border, I became deeply aware of the barriers to mental health care and the stigma surrounding it. After taking a psychology class at my local community college to learn more about the field, I fell in love with it.

What areas of Psychology are you most interested in, and why?
I'm most interested in clinical psychology, specifically in lower socioeconomic communities and those facing comorbid conditions like substance abuse and mood disorders. I also really enjoy learning about the use of creative arts, such as painting and pottery, as a form of mindfulness-based therapy.

What's a fun fact about you that might surprise people?
I'm classically trained in the violin and played competitively for 6 years.

"You'll probably find me..."
In the Moulton Hall drawing room working on art projects or homework!

What are you most looking forward to this semester as a psychology ambassador?
I am most excited to participate in all the fun events the Psychology department is hosting this year. Also, being a spokesperson for the department gives me the opportunity to talk about the fantastic experience I have had here at Chapman as a psychology student.

FACULTY ACCOMPLISHMENTS

Recently Published Manuscripts

- Allard, B. C., & **Boehm, J. K.** (2025). Exploring the association between self-esteem and blood pressure: A cross-sectional and longitudinal investigation. *Journal of Health Psychology*. https://doi.org/10.1177/13591053251344741
- Qureshi, F., Woodward, K., Kubzansky, L. D., & **Boehm, J. K.** (2025). Kind kids, healthy teens: Links between child prosociality and fruit and vegetable consumption. *American Journal of Preventive Medicine*. https://doi.org/10.1016/j.amepre.2025.107965
- **Pincus, D.**, Ricca, B. P., **Jenkins, B. N.**, **Boehm, J. K., Berardi, V., Moors, A. C., & Frederick, D. A.** (in press). Emotional balance, health, and resilience at the start of the COVID-19 pandemic. *Emotion*. https://doi.org/10.1037/emo0001580
- **Jenkins, B. N.**, Martin, L. T., Youn, H., **Hunter, J. F.**, Acevedo, A. M., & Pressman, S. D. (2024). Affect variability and cortisol in context: The moderating roles of mean affect and stress. *Psychoneuroendocrinology*, 166, 107064. https://doi.org/10.1016/j.psyneuen.2024.107064
- **Robinette, J. W., Jenkins, B. N.**, Duran, N., & **Frederick, D. A.** (in press). Perceived neighborhood cohesion and well-being during the COVID-19 pandemic in the U.S. *Journal of Health Psychology*.
- **Robinette, J. W**., & Smith, J. A. (2025). Accelerated molecular aging in socioeconomically disadvantaged neighborhoods: A racial/ethnic comparison. *Health & Place*, 93, 103446. https://doi.org/10.1016/j.healthplace.2025.103446

Additional Achievements

- **Dr. Jennifer Robinette** earned the Chapman University Unit Excellence Award (Spring 2025)
- On Monday, 10/1/25, **Dr. David Pincus** followed through (after two years of procrastination) on his personal commitment to go to an open-mic night and do stand-up comedy at the Left Coast Brewery Tasting room in San Clemente. He went about 90 seconds over the allotted six-minute time limit. “Yes,” he says, “it was pretty bad. #outofmysystem.”

ALUMNI ACCOMPLISHMENTS

- **Morgan Albert** started the MFT at Chapman this academic year
- **Bijou Allard,** a recent graduate of Chapman's psychology program, had some of her research published in *Journal of Health Psychology*
- **Amber Sharma** was awarded Honorable Mention for the National Science Foundation Graduate Fellowship competition for her research proposal on experiences of colorism, stress, and binge eating behaviors
- **Kayla Queen** has started the PsyD program at Loma Linda University
- **Christine Chang** has started the Clinical Psychology Ph.D. program at University of Washington, the #5 ranked program in the country
- **Jenna Alley** earned her Ph.D. in Developmental Psychology and started a Post-Doctorate program at Stanford University
- **Debbie Nguyen** has started the Social Psychology Ph.D. program at University of Maryland
- **Yasmin Akbari** has earned her PsyD from the Palo Alto - Stanford program, one of the top programs in the nation
- **Sharon Cohen** has started the PsyD program at Touro University
- **Stephanie Yanes** has started the J.D. program at UCI
- **Shannon Gerdt** started the MFT program at Chapman University
- **Laney Logue** has started the MSW program at University of Washington
- **Megan Flores** is enrolled in the School Counseling program at CSULA
- **Caitlyn Oh** is enrolled in the MSW program at USC
- **Sara Henry** is enrolled in the MFT program at Cal State East Bay





CONTACT US:

psychology@chapman.edu

Stay Tuned: Newsletter Archive Coming Soon!



