

# PSYCHO BABBLE

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February 28, 2010

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### ***Psi Chi 2009-2010 Officers***

*Amanda Danielson – President*

*Thalia Flores – Vice President*

*Heather Dial – Secretary*

*Lee Edlund – Treasurer*

*Cindy Nguyen – Historian*

*Peyton Hill – Academic Affairs*

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## **“It’s Not About Food:” A New Approach to Understanding Eating Disorders**

**By: Sarah C. Turner**

Let's lay a foundation for understanding eating disorders from a psychological point of view. Anorexia nervosa, bulimia nervosa, and binge eating are usually discussed as being byproducts of a fear of being fat and/or the perceptions of the media's view of beauty. But, there are so many issues beyond numbers on a scale or sizes on the clothing rack.

There is also an emotional component that perpetuates the cycle of the disorder. “These patients use food for numbing, for love, anger, escape, and coping. If we can help these patients be mindful and find healthy coping mechanisms for their emotions--then the weight will hopefully take care of itself,” said Caryn Honig, an adjunct faculty member at the University of Houston, in reference to obesity and binge eating. “There is not enough food in the world to fill emotional voids.”

The theme of this year's National Eating Disorder Awareness week is “It's time to talk about it.” From February 21 to 27, people across the country joined to discuss and work toward understanding the raw and complex emotional, interpersonal, psychological, and social issues that influence the development of eating disorders and how to help people on their journey toward recovery.

Clinically, cognitive behavior therapy (CBT) is the most tested treatment for eating disorders. Treatment using dialectical behavior therapy (DBT) is also effective for eating disorders. “Both CBT and DBT involve the patient being in the present and challenging unhealthy, distorted thoughts and practices,” said Honig.

So what can we do to help? As students, we can listen and walk alongside the struggling friend or family member. We can encourage him/her to find a treatment option that meets his/her needs, be it psychotherapy, a support group, or an intake appointment for an inpatient or outpatient program. Remember, though, we're not psychologists (yet) and we aren't the food police. To paraphrase Anna Quindlen, “We can show up. We can listen.”

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more information

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*UH Cougars for Haiti" has teamed up with Partners in Health, in their "Stand With Haiti Fundraising Challenge". They are currently working in Haiti creating temporary settlements, sending supplies, and providing medical care to those in need.*

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## Relief for Haiti

**By: Toni Smith**

On January 12, 2010, Haiti endured an immense earthquake, measuring 7 on the 10 point Richter scale- the strongest to hit the country to date. Nearly 100,000 people have lost their lives and many more are in dire need of help.

The Student Government Association is pitching in on the fundraising effort to aid the people who were devastated in Haiti. The goal is to raise \$37,000. "UH Cougars for Haiti" has teamed up with Partners in Health, in their "Stand With Haiti Fundraising Challenge." They are currently working in Haiti creating temporary settlements, sending supplies, and providing medical care to those in need.

Visit the following link and give at least \$1 to contribute to the \$37,000 goal on behalf of the University of Houston. Though the current economic situation in America is adverse, there is a nation who is faring much worse. Thousands of our small individual contributions will bring much relief to the Haitian people.

<http://act.pih.org/page/outreach/view/haitiearthquake/UHSGA>

## Class Clues

**By: Elizabeth Tran**

### PSYC 4321: Abnormal Psychology

When you hear someone talk about abnormal psychology, what do you think about? Many people will focus on the distinction between what behaviors are considered normal and abnormal, but the real focus should be on the levels of distress or disturbance that is troubling someone's daily life. Whether we are psychology majors or non-psychology majors, many of us are probably curious about the causes and behaviors of psychology that handles psychopathology. This includes a broad range of disorders such as depression, obsession-compulsion (OCD), mood disorders and many more. This is a great class to take if you are interested in learning about the behavioral, biological, and cognitive aspects of psychopathology and the different treatment approaches mental health professionals use to help those in need. It not only covers adult disorders but children/adolescents as well. For those students who are majoring or minoring in psychology, the prerequisites for this class are PSYC 1300 and 6 additional hours in psychology. This will also fulfill the required 3 hrs Advance psychology elective. In my own opinion, I took this class online and I was dedicated from beginning to end. It's not because it was a very demanding class (all college classes are like that), but rather that the material you learn keeps you intellectually entertained. I highly recommend this class for those interested in learning about psychological disorders.



## Fun Facts Presents A Fun Personality Quiz!

By: Claudia Guardiola

Answer the questions truthfully then find what the answers reveal about your personality.

Do not peek until you have answered all the questions!

**1. You are walking in a beautiful field and the wind is blowing gently upon your face when suddenly you see a box in the middle of the field. It is**

- a. Open
- b. Closed

**2. As you walk near the box, you notice a horse chewing grass patiently. What color is the horse?**

- a. White
- b. Brown
- c. Black

**3. A magical flight of steps appears before your eyes. Enchanted, you notice that the staircase is leading**

- a. Up
- b. Down

**4. Unable to fight your curiosity, you take the flight of steps and enter a forest. The weather is hot and you realize you have to cross a river to continue with your journey. The river flow is**

- a. moving extremely fast
- b. moving at a normal pace
- c. moving slowly

**5. After you finished your meal, you feel very tired and sleepy. So you walk through the forest path until you see a cottage. When entering the cottage, you see a glass with wine. How much wine is in the glass?**

**6. You spend a night in the cottage and after waking up the next morning; you step out into the bright day and see a pond in the distance. How many swans are in the pond?**

- If you are a girl, go to the next question. If you are a guy, go to question 8.

**7. As you approach the pond to feed the swans, you see a knight in armor.**

**As the knight takes off his helmet to greet you, you realize it is someone you know. Who is it?**

**8. As you approach the pond to feed the swans, you see a princess in royal robes. As the princess unveils herself to greet you, you realize it is someone you know. Who is it?**

### RESULTS

**1. This describes your personality.**

- a. You are open-minded and extroverted. You have no trouble talking to people.
- b. You are reserved and quiet. You do not like to share secrets.

**2. This is the way you choose your partner.**

- a. You care about looks and personality
- b. You do not care about looks, only personality.
- c. You do not care about personality, only looks.

**3. This is how you view life.**

- a. Optimistic
- b. Pessimistic

**4. This is your sex drive**

- a. Wild
- b. Average
- c. Tame

**5. This refers to how much of your part you put into a relationship; the fuller the glass the more dedicated you are.**

**6. The number of true loves you'll have in your life.**

**7 and 8. The person you will never get over or ever forget.**



Personality Quiz From:  
<http://www.personalityquiz.net/relational/midevial.htm>

**Textbook for Sale!!**

Textbook for PSYC 4343  
 Sensation and Perception, Second Edition  
 by Jeremy M. Wolfe, Keith R. Kluender,  
 Dennis M. Levi, and Linda M. Bartoshuk  
 Selling Price: \$70  
 Contact Jesse for Info  
 713-402-8909



**Sara Velasquez**  
Spotlight Member for the  
Month of February



#### Word Association Game!

**PB:** Love

**SV:** Miguel

**PB:** Red

**SV:** Roses

**PB:** Heart

**SV:** Beat

## Spotlight Member of the Month

By: Milena Gemignani

**Psycho Babble:** Where from?

**Sara Velasquez:** I was born and raised in Houston, Texas. My father is from El Salvador and my mother is from Mexico.

**PB:** Favorite hobbies?

**SV:** I love to read books, especially romantic novels, and I love to shop.

**PB:** Favorite quote?

**SV:** "A lady's imagination is very rapid; it jumps from admiration to love, from love to matrimony in a moment." (From Book *Pride and Prejudice*)  
Jane Austen

**PB:** Tell us something fun/embarrassing about you.

**SV:** I am afraid of cockroaches (like seriously afraid)

**PB:** Which was your favorite Psych class and why?

**SV:** Psychology of Human Sexuality It was a class all about sex!!! LOL

**PB:** What do you plan on doing once you graduate?

**SV:** I plan on entering a college where I can get a degree in Theology and afterwards go into a master's program from psychology and theology.

**PB:** Favorite movie displaying a psychology disorder?

**SV:** I don't have one. :(

**PB:** Why did you join Psi Chi?

**SV:** I joined Psi Chi because I thought it would be a great way to meet people and to create a social life (which I was lacking, btw).

**PB:** Where do you see yourself in 10 years?

**SV:** Helping my father in Church as a counselor and preacher and also having my first child

**PB:** Are you currently working? Where?

**SV:** Yes. I am a part-time teller at Wachovia Bank.

## Get to Know Your Officers

We all see them, but now we can really get to know them! The 3 questions the officers answered this month are:

1. Why did you join Psi Chi?
2. What is your favorite psychology-based movie?
3. What's your favorite band?

### ANSWERS:

#### Amanda Danielson – President

1. I joined Psi Chi because I wanted to be in an honor society, first and foremost. I wanted to find my place at UH and thankfully I did! I wanted to meet people with common interests, and I wanted more information about graduate school.
2. Gosh, I like little miss sunshine and the shrink....Oh, and girl interrupted...
3. No Doubt, Black Eye Peas, Muse and Pearl Jam... I can't pick one!!!

#### Thalia Flores – Vice President

1. I was interested in getting into graduate school and joining would give me the opportunity to learn how to get into graduate school, and information about it. I also wanted to get to know people with similar interest as me.
2. Good Will Hunting
3. Beethoven, Bach, Handel, Gustav Mahler, Vivaldi.

#### Heather Dial – Secretary

1. I wanted to become more involved with psychology and help promote what I feel is a very positive network for undergraduate psychology students.
2. V for Vendetta
3. Bad Religion, The Beatles, Entombed, NIBIRU

#### Lee Edlund – Treasurer

1. To gain experience in a non-profit organization to prepare me for social work
2. Donnie Darko
3. Deftones, Tool, APC, Glassjaw

#### Cindy Nguyen – Historian

1. I joined Psi Chi because I wanted to be part of an active organization that is recognized on an academic level. After I became a member, I have made great and intelligent friends who have opened my eyes to the diversity of the University of Houston.
2. Of course, "The Notebook!"
3. Lifehouse - Best band ever!

#### Peyton Hill – Academic Affairs

1. I joined Psi Chi to learn about opportunities at UH for psychology majors. I did learn about Psychology, but I met a lot of great people too, become a part of something bigger than me, and decided it was something I wanted to give back to - so here I am.
2. "Silence of the Lambs" which is also my favorite movie of all time. It's little out there, but so am I.
3. Metallica - hardcore. I love these guys so much! I have seen them live twice

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*If you have a question you'd like the officers to answer for the next issue drop it in the suggestion box or email us at [UHPsychoBabble@gmail.com](mailto:UHPsychoBabble@gmail.com)*

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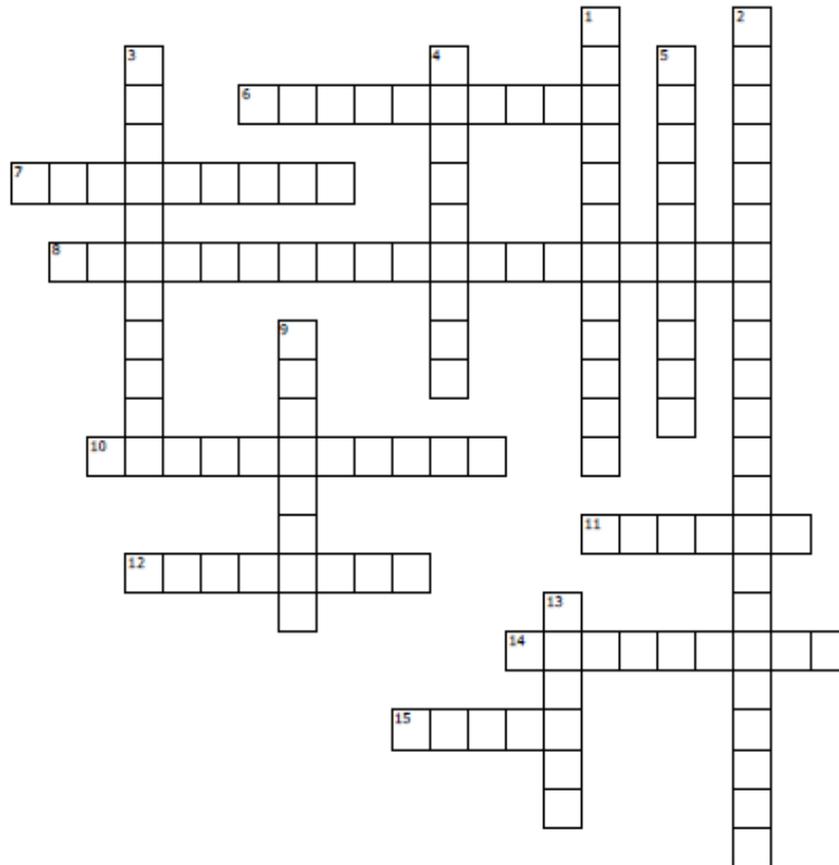
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## Psycho Babble Crossword Puzzle

# February Psychobabble Crossword Puzzle

Victor Tran



- Across**
- 6 The study of mind and behavior
  - 7 Also referred to as male erectile disorder
  - 8 External stimuli invades our dreams
  - 10 short-cuts that give us information about the world and other people
  - 11 Founded clinical psychology at the University of Pennsylvania in 1896
  - 12 Conducted the Stanford Prison Experiment in 1971
  - 14 Apply psychology to the fields of criminal investigation and law
  - 15 Accredited with making psychology an empirical science

- Down**
- 1 Physicians who specialize in helping people through medication
  - 2 Refers to your ability to understand both your own emotions and those of other people
  - 3 The idea that global evaluations about a person bleed over into judgments about their specific traits
  - 4 Also referred to as the lie-detector test
  - 5 The psychological perspective that focuses on learned behaviors
  - 9 Branch of psychology that covers depression to obsession-compulsion to sexual deviation
  - 13 Area of the brain that is most affected by Alzheimer's Disease

*See answers on last page*

# Psi Chi/Psychology Club Calendar

By: Christina Kowalski Rosser

## Birthdays

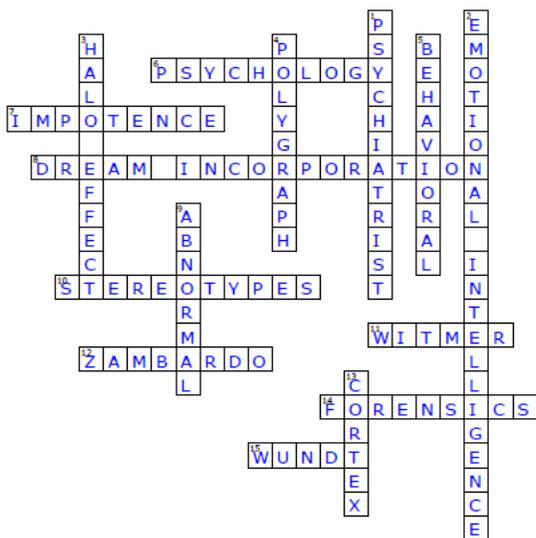
Juanita Barnes Feb. 4  
 Cindy Nguyen Feb. 5.  
 Andrew DeLancey Feb. 22

## Upcoming Events

General Meeting Feb. 18  
 Rockets Game Mar. 3  
 General Meeting Mar. 4  
 General Meeting Mar. 25  
 Field Day Mar. 28

- General meetings – Psi Chi Meetings! Be sure to wear your shirt for an extra 10 points!
- Rockets game – Join Psi Chi to see the Rockets face the Kings. Tickets \$15 for members, \$20 for guests
- Field Day – Get ready to take it back to the elementary days and enjoy a day of outdoor fun!

Crossword Answers



FEBRUARY 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL 2010						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	