In July 2016, Professor Dominic Abrams was elected Vice President (Social Sciences) for the British Academy.

As Vice President, Professor Abrams will play an influential role in developing the Academy’s diversity and structures. He will work collaboratively across the social sciences – and also with humanities – to help to ensure that the best UK social science is celebrated and shared.

As a member of the BA’s Council and Management Advisory Committee he will also be involved in supporting its work in higher education policy more generally.

Dr Georgina Randsley de Moura, Head of the School of Psychology, described the appointment as ‘one of the most important in UK social science’ and said it reflects Kent’s commitment to its national and international role as a leading social science university.

The British Academy is the UK’s national body for the humanities and social sciences – the study of peoples, cultures and societies, past, present and future.

In the Footsteps of Freud
Written by Sapna Gupta and Serena Kumar.

On Saturday 26th November, the Psychology Society had the wonderful opportunity to visit the last home of the infamous Sigmund Freud, founding father of psychoanalysis which led to the formation of Psychotherapy, a prominent form of psychological treatment still used by mental health organisations today.

We discovered that it was at the wish of Anna Freud, the youngest and only child to follow her father in the field of psychoanalysis, that 20 Maresfield Gardens in the Borough of Camden, was transformed into a museum of tribute that can now be visited by all those interested in his ground-breaking theories.

Seeing through the eyes of Freud was a surreal experience and provided great insight to the man behind his theories, both on a professional and personal level. It was interesting to see the difference in style and approach of Sigmund and Anna Freud and...

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Student Voice: Joseph Aina

As a third year Psychology and Law student I have learned that personal development includes what I learn from my course, but also includes engaging in activities born from “thinking outside the box”. Growing up with a slight stammer made me much more of an observer rather than a talker. Although I found this to be a drawback in many areas, this allowed me to become incredibly intuitive, creative and grew my appetite for learning more about the world. As a result, I chose my course because I wanted to learn more about the intersection between how people think/feel and the legal framework that governs how people behave.

When I first arrived at university I took the approach of focusing solely on my studies. This quickly led to me becoming very unhappy because I was neglecting the extra-curricular activities that used to make me happy – creating art! Art was my voice when I struggled to talk; the first time I learnt how to create with a pen I could finally speak. From poetry to painting, my reliance on art was what helped me to excel well beyond my peers.

Once I made the decision to keep up my creative endeavours, my speech had drastically improved. I began to rap and produce music, even making a home studio in my room where I created my very first tape. My aspirations were limited due to resources (creating art can be expensive), so I had to be innovative in my creativity and this led to designing clothes for my clothing line called JMApparel. Such activities, although not obviously related to my Psychology and Law studies, really contributed to my overall wellbeing and...

Continued on page 3

Student-Staff Christmas Party 2016 Photos

The School of Psychology’s annual student-staff Christmas party took place on Friday 9th December. The event included a Pub Quiz in KLT4 and also karaoke and DJ in K Bar until late. Thanks to everyone who came along and made this a real celebration of all the hard work put in this term. Below are photos of the Psychology at Kent community having an excellent time!

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And much more...
It became evident to me that I possessed a desire to learn about topics in cognitive psychology during my time as an undergraduate, which was further enhanced as I carried out my research project on the cognitive processes in anxiety. I decided to pursue a taught Master's in Cognitive Psychology / Neuropsychology to widen my knowledge of the most up-to-date research in this area. Kent was my chosen university for postgraduate study as I was impressed with the variety of equipment available to students for us to carry out our own research. Furthermore, the modules offered ranged across different aspects of psychology, so you could learn specifically about cognitive or branch into other related areas of psychology.

I am currently studying a module on the Current Issues in Cognitive Psychology and Neuropsychology, in which we learn from members of staff in the cognitive team at Kent about cutting edge research and areas they are interested in. I am also studying the Advanced Cognitive Neuroscience Methods in Practice, which has allowed me to undertake practical sessions where I have learnt how to use eye-tracking equipment and EEG, which my undergraduate course (at the University of Essex) did not provide me with the opportunity to do so. Alongside my taught modules, I am undertaking my own research project in which I am investigating the effect of mindfulness meditation on attentional bias to alcohol stimuli in problem drinkers.

As a result of my further study, my career options have widened as the course trains you in advanced statistics, psychology, and there are opportunities to participate in workshops aimed to improve your employability and research skills. These careers could range anywhere from an academic career to clinical based psychological work to working in marketing or carrying out statistical analyses for companies.

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**Student Voice:** Rebecca Drysdale

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**Student Voice:** Joseph Aina Cont’d

...significant improvements in my academic performance.

One of my initiatives I am most proud of is the development of a virtual space with no walls between the arts; where all artists can create, and develop their skills across a range of mediums. In “A Defence of Poetry”, Percy Bysshe Shelley states that ‘poets are the unacknowledged legislators of the world’. To me this means that an artist can create anything, once you have visualised something in your mind presenting that on our chosen canvas is our personal contribution to the world as a landscape and anyone/everyone has this ability.

So I present to my School – JMArtspace.com – a virtual space to display your artistic endeavours and/or be the audience for personal enjoyment. I encourage all of my fellow peers to pursue extra-curricular activities that inspire your creative side. Studying at university, for me, is not just learning a subject, but developing as a person.

Dr Georgina Randsley de Moura, Head of School commented “We are incredibly proud of Joseph’s proactive attitude and his taking the initiative. As a School we encourage students to pursue extra-curricular activities, like Joseph has, because these diverse experiences positively contribute to the School community, allow us all to inspire each other and spark new ideas in a range of exciting ways. Creativity is clearly complementary to the psychology curriculum, and to related issues like group productivity, mental wellbeing, and cognitive function. This diversity in skill development is what sets Psychology at Kent students apart when pursuing employment or further study, and it surely contributes to the School’s outstanding rankings in Graduate Prospects. Well done Joseph.”

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**Upcoming Events**

The **Forensic Psychology Evening Course** starts on Wednesday 22 February and runs for ten weeks. Join some of the UK’s leading experts in forensic psychology and go beyond what you see on the TV shows to learn about the psychology of victims, offenders, crime investigation and rehabilitation. Discounts are available for University of Kent staff and students. For more information and to book your place now, go to: http://bit.ly/2gLlvqb.

On 21st April 2017, Psychology at Kent will host the **British Society for the Psychology of Individual Differences Annual Conference**. Keynote speakers: Prof Dorothy Bishop (University of Oxford) and Prof Robert Plomin (Kings College, London). The staff contact for this event in the School is Prof Joachim Stoeber. Please monitor the BSPID website for developments: http://bit.ly/2gg8HCN.

The Centre of Research and Education in Forensic Psychology (CORE-FP) at Kent will host an **Innovations in Forensic Psychology Conference** in April 2017 in celebration of 21 years of the MSc in Forensic Psychology. Keep up-to-date with the latest developments by following @core_fp on Twitter.

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**Thank You Yasmin**

The School of Psychology is pleased to announce that Yasmin Ghandour, Reception and Clerical Assistant, is the number one user of Warp-It at the University of Kent. This service gets the best value out of reusable furniture by finding owners for items that would have otherwise been disposed of. Not only has Yasmin made it one of her missions to help the School recycle more but she has also made a saving of more than £3,000!

Yasmin, who said goodbye to the School earlier this month, has been a great asset to the Kent Psychology team and has left a wonderful legacy behind her. We wish her all the best for the future.

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**Kent Psychologists in the Media**

In November 2016, Dr Aleksandra Cichocka contributed to an inews.co.uk article entitled ‘You don’t have to be good to be President – you just have to believe you’re good’. In this piece Aleksandra discusses the attractiveness of over-confidence and the catch-22 for women in leadership positions. Read the article here: http://bit.ly/2fxCsiv.

Research conducted by PhD student Rotem Perach, who is under the supervision of Dr Arnaud Wisman, was featured on the International Business Times and The Daily Express websites earlier this month. The research shows that people with high levels of creative ambition and achievement are particularly likely to be more resilient to death concerns. Read more about the research here: http://bit.ly/2gYL4Qk.


Congratulations to Dr Hannah Swift who has been awarded US$4,992 by the Alfred P. Sloan Foundation for a project entitled “Aging Workers”.

Congratulations to Dr Afroditi Pina who will be the new editor of the Journal of Sexual Aggression from January onwards.

Congratulations to Professor Dominic Abrams and Dr Giovanni Travaglino who have been awarded £9,956 by the ESRC Commissioning Fund for a project entitled “Brexit on the Border”. Dominic and Giovanni have also been awarded a grant of £99,000 by the Royal Society (Newton International Fellowship) for their project “When in Rome: The Impact of Group Dynamics and Social Norms on Tax Behaviour”. The project will investigate the impact of social norms and of group dynamics in determining individuals’ decisions about paying (or evading) taxes in Italy and the UK. It will also involve a post-doctoral fellow, Dr Marika Rullo, who will join the School in April 2017.

Congratulations to Dr David Wilkinson who has been awarded $71,310 by Scion Neurostim LLC for a project entitled “A non-invasive neuro-modulation device for prevention of episodic migraine headaches. The award will allow David’s group to join the School in April 2017. Dr Marika Rullo, who will be the new editor of the Journal of Sexual Aggression from January onwards.

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Congratulations to Dr David Wilkinson who has been awarded $71,310 by Scion Neurostim LLC for a project entitled “A non-invasive neuro-modulation device for prevention of episodic migraine headaches. The award will allow David’s group to contribute to a second international, multi-site RCT that if successful will enable their non-invasive neuro-stimulation device to be clinically indicated by the US FDA and UK MHRA for episodic migraine prophylaxis.
Culture and Psychology Mini-Conference

Professor Ayse K. Uskul and Dr Nicolas Geeraert (Essex) organised and hosted the second Culture and Psychology Mini-Conference in the UK. The first one-day conference was held at the University of Essex in September 2015, the second one took place at the University of Kent in September 2016. These meetings were organised with the aim to establish a network of psychologists whose work focuses on understanding the role of culture (broadly defined) in human psychology in the UK, to provide support to postgraduate students who work in this domain, and to put cross-cultural psychology on the map in the British psychological research. The goal is to turn these meetings as the first two in a long series of similar events. Colleagues at different universities across the UK have already voiced their interest to host future meetings, which is great news. Both meetings were well attended by a diverse group of researchers ranging from postgraduate students to Emeritus Professors. As part of the School’s commitment to an outstanding research environment, the meetings were funded by the School via its Research Seed Fund.

‘Go Sober for October’ Support

Thanks

Gary Samson would like to thank everyone in the School for their enormous generosity during his alcohol-free month for Macmillan Cancer Support’s ‘Go Sober for October’ campaign. Macmillan are a constant source of support—right from the moment of diagnosis, through treatment and beyond—giving people facing cancer the energy and inspiration to help take back control of their life. Gary joined 68,060 other ‘Soberheroes’ who accepted the challenge of thirty-one long days without alcohol, raising an impressive £315. Altogether the Go Sober campaign has this year raised £3,350,624 in much-needed funds. If you think you have the willpower and sheer determination to endure a booze-free month for a good cause, Cancer Research UK has a ‘Dryathlon’ starting in January.

Farewell to Carola and Diane

The School of Psychology also bid a fond farewell to two more staff members this month - we thank them both greatly for their contributions to the School.

Following on from her role as Research Associate to the Head of School in Psychology, Dr Carola Leicht has taken up a new academic post in the Kent Business School.

Professor Diane Houston left Kent after 28 years of service. Diane was the first Dean of the Graduate School, and oversaw huge success in Kent’s postgraduate provision in terms of size, scope, and improved student experience. Before taking on the role of Dean, Diane was in the School of Psychology including as Head of School from 2006 - 2008. Diane’s work was very applied in nature, and she spent a funded secondment in the Women and Equalities Unit (part of the Department of Trade and Industry). In recognition of her huge contribution to the School, the School’s prize for the highest mark in MSc Social and Applied Psychology will from 2016 be called the “Houston Prize”.

Running for Amy

On Monday 31st October, PhD student Emma Garcia ran a charity cake sale in Keynes Atrium to raise funds to allow her to run the London Marathon in support of Headway (the brain injury association). The charity was specially chosen in memory of a former Kent Psychology student, Amy Haskew, who sadly died earlier this year.

The cake sale was a huge success with a total of £449.19 being raised on the day! However, there is still a considerable amount needed to reach Emma’s target of £1,750. If you would like to donate to this great cause, please go to: http://bit.ly/2gzqpll.

In the Footsteps of Freud Continued

...to learn more about the family’s journey as a result of the Second World War.

We also found that the furnishings and unique artefacts which filled his rooms truly reflected his persona and the vibrant atmosphere further gave insight to his inner thoughts.

The Freud Museum was most definitely a worthwhile experience that appealed to all who visited.

It has certainly been a pleasure to have walked in the footsteps of Freud.

Need Help/Advice?

If you have any personal or academic issues that may affect your ability to study you can talk to the Student Advisor for Psychology.

Please email her at: psychadvisor@kent.ac.uk

There are a range of services available to all Kent students including the following:

- Careers and Employability Service
- Disability and Dyslexia Support Service
- International Students
- Counselling
- Chaplaincy
- Medical

Plus many more...

You can find more out about Student Services from the following webpage: www.kent.ac.uk/guidance/

Any Suggestions?

If you have any comments or suggestions for the staff in the School of Psychology, then you can feed these back to us by using our suggestions box located outside the Psychology Student Office (Keynes M1.13).

Kent Psychiatrist

The School of Psychology’s Newsletter is for students and staff. We welcome contributions from both staff, students and alumni for future issues. If you would like to write an article or have any news you'd like to share, please contact Carly Turnham.

School of Psychology, 
Keynes College 
University of Kent, 
CANTERBURY, 
Kent. CT2 7NP 
Email: C.Turnham@kent.ac.uk 
Telephone: 01227 824775