

The Freudian Slip

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Psychological Study of the Month

By Andrea Wise

A recent study from the University of Colorado Boulder could help us to better understand the brain's functions, and could eventually lead to better treatments for disorders of the brain, such as Schizophrenia and Attention-Deficit Disorder. According to Scripps Howard News Service, researchers have found that the neurotransmitter dopamine is a critical ingredient in helping people make choices that lead to positive outcomes while avoiding those with negative consequences. The study was lead by Michael Frank, a graduate student at the University of Colorado Boulder. He chose to study the effects of dopamine on decision making in patients with Parkinson's Disease (whose levels he'd previously measured). "Patients with the disease do worse on cognitive tasks that require learning from both positive and negative feedback – the carrot and the stick, as the researchers put it," says Frank, he continues saying "Patients learn better on tasks that rely on negative reinforcement. However, when they're on medication that increases the levels of dopamine in the brain, their decisions go from evaluating negative effects to the positive effects their choices will have."

Most people know when and how to make the right choices based on past experience or their inner in-

stinct. "Because Parkinson's Disease is caused by lower levels of dopamine, and the medications increase concentrations of this chemical, these results provide strong evidence that dopamine levels play a critical role in developing our likes and dislikes," Frank says. Dopamine also plays a role in other neurological conditions, such as drug addictions. This research can also help us to understand brain functioning overall, at least according to Randall O'Reilly, an associate professor of psychology at the University who was also involved in the study. O'Reilly said that "by studying people with Parkinson's disease, we can better understand the functions of the brain for healthy people as well." Frank continued by saying that "with more precise understanding of the effects of dopamine on the brain, it might be possible to design drugs that more directly target beneficial actions without as many unwanted side effects on learning and decision-making." He also mentioned that other researchers have documented a sudden onset of gambling episodes associated with taking dopamine-regulating drugs. That behavior may have been caused by increased sensitivity to the positive outcomes of gambling, along with the subsequent insensitivity to negative consequences of losses.

"When (healthy-brained peo-

ple) experience a loss, dopamine levels are normally low in the brain, and the medication may prevent this from happening," Frank said. This means that even after losing money those taking the drug would still feel happy and ready to risk again.

According to Scripps Howard News Service: Frank, O'Reilly and Lauren Seeberger, of the Colorado Neurological Institute's Movement Disorders Center, have developed a computer model of the effects of Parkinson's and the medications treating it on the brain. They hope to use this model to explore the effects of various drugs on different areas of the brain, and to determine areas and circuits that might allow the drugs to restore a normal dopamine balance. They also hope that this research will somehow help patients with Attention Deficit Disorder, as that is another disorder that deals with dopamine. Current drugs used to treat ADD help normalize dopamine levels, but can also block other areas of learning in the brain. With this new knowledge it may be possible to design drugs that don't impair learning.

To learn more about the study and its findings, go to www.sciencexpress.org.

Contact us at the psychology student worker account OR

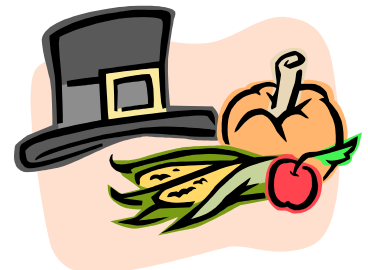
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Deep Thoughts From the Editor

If instead of Turkey as the choice sacrificial bird of the season, we used entire roast cattle (an ancient Greek tradition), would the supermarket antics become even more intense?

New Access to PsycInfo and More

By Norma Dikau

PsycINFO provides access to international literature in psychology and related disciplines. The sources include over 1,800 professional journals, chapters, books, reports, theses and dissertations, published internationally. Nearly all records contain non-evaluative summaries (abstracts), and all records from 1967 to the present are indexed using the Thesaurus of Psychological Index Terms.

Additionally, there are more than 8 million cited references in the 185,000 journal articles, books, and book chapters. It covers publications from 1840 to the present (although there are less 115 records prior to 1894). It is updated weekly with about 60,000 new records added per year.

Another new database is PsycARTICLES. It is a database of full-text articles from journals published by the American Psychological Association, the APA Educational Publishing Foundation, the Canadian Psychological Association, and Hogrefe & Huber. The database includes all material from the print journals with the exception of advertisements and editorial board lists.

The database can be searched in several ways including by specifying keywords that may occur in the article title, abstract, or the full-text, or by author names and journal titles. Each

Coordinator's Corner

Memo: Pack up the van and have an adventure!

From: Kori Fitschen, Program Coordinator

Applying to grad school? Awaiting a second interview for that dream job? Refusing to acknowledge your impending graduation? If any of the above applies to you, please read on...

My past few weeks have been filled with conversations with stressed out seniors regarding what to do after May 7/8, 2005. As a generally optimistic person and recent grad, my best piece of advice is to not fret too much. Yes, getting what you want will definitely take time, determination, and initiative; but even if you do not get into the grad school of

your choice, do not get into ANY grad school, or fail to land that dream job, you still have plenty of options. You may feel as though you "must" do that one thing (finish school, work here/there/ etc.) while you still have time, but really, you have the rest of your life! Do you see grad school as another 2, 3, 5 years devoted to books and nothing else? Were your last four years purely academic? I sure hope not. Although grad school *should* be more challenging than undergrad, it is still possible to have some semblance of a life *and* go to school. Do not worry if you take a few extra steps and time to get there. Try to not think of it as a roadblock to your goals but as a stepping stone.

Whether you choose to work, travel, volunteer, go to grad school, or bum around in the back of a

retrieved record has a link to the corresponding full-text article, which is almost always available in PDF format (so Adobe Acrobat reader is needed for viewing) and in HTML format. Each record also has a link to the Table of Contents (TOC) for the issue in which the article is published. The database can also be searched for articles of interest by browsing directly through the journal titles and then clicking to the tables of contents for the respective volumes and issues.

Another feature of both these databases is **Search History**. Using the Search History feature, you can review your current set of search strategies, re-run or combine strategies, and recall search strategies saved previously. To access this feature, click on the **Search History/ Alerts** button on the left-side navigation column. Search strategies may be [saved](#) and recalled at a later time. Search strategies may also be saved as **Alerts**. These strategies will be used to search for new content every week. When new content matching your strategy is found, you will receive an email message containing up to 250 new records.

truck—you are going to benefit from your real world experience. Remember, you are young and you do have options. How many times in the last four years have you been tested and things always worked out?

Good luck!



Psychology Joke

15 Warning Signs Of Insanity:

1. You start out each morning with a 30-minute jog around the bathroom.
2. You write to your mother in Germany every week, even though she sends you mail from Iowa asking why you never write.
3. You wear your boxers on your head because you heard it will ward off evil dandruff spirits.
4. You begin to stop and consider all of the blades of grass you've stepped on as a child, and worry that their ancestors are going to one day seek revenge.
5. You have meaningful conversations with your toaster.

6. Your father pretends you don't exist, just to play along with your little illusion.
7. You scream "I've got a knife!" to people at your family reunion.
8. You put tennis balls in the microwave to see if they'll hatch.
9. Your dentist asks you why each individual tooth has your name etched on it, and you tell him it's for security reasons.
10. You argue with yourself about which is better, to be eaten by a koala or to be loved by an infectious disease.
11. You think that exploding wouldn't be so bad, once you got used to it.
12. You begin to start almost every conversation with the "Wheel of Fortune" theme song.
13. You sit in your room for hours on

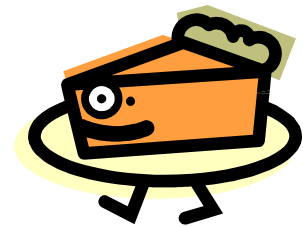
end listening to Peter, Paul & Mary and playing solitaire on your computer.

14. You try to make a list of the Warning Signs of Insanity. (cough)

15. You read a list of the Warning Signs of Insanity. (cough some more)

The Psychology Joke is supplied by Dylan Thomson

Originally Printed on www.about.com

**Spotlight on Clinical Psychology**

By Amy Nordstrand

Clinical psychology is an ever growing discipline. Clinical psychologists are involved in providing therapy to their patients and prescribing medicine. Thus, clinical psychologists must go to graduate school to receive a PhD

which takes about five years of college, beyond an undergraduate degree. The PhD helps to prepare the students to conduct research, to give treatments, to diagnose and to find the cause of mental disorders. This includes the

diagnosis of many diseases such as Depression, Substance Dependency, Schizophrenia, and Obsessive Compulsive Disorder to name a few.

Deep Thoughts from the Editor

How to make your Thanksgiving Memorable:

1. Rent a few live turkeys to have running round to add to the ambience.
2. Dress up as pilgrims and Native Americans.
3. Baste your turkey in Habanera pepper sauce
4. Cook everything in hot pepper sauce
5. In fact you should serve glasses of hot pepper sauce and tell everyone they're tomato juice.

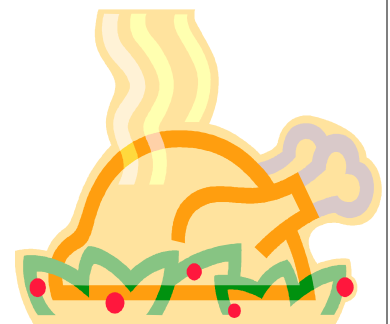
Spotlight on Social Psychology

By Amy Nordstrand

Most social psychologists study how people influence, think about, and relate to one another. Social psychology emphasizes four main points: the power of the person, the power of the situation, the applicability of social

psychological principles, and the power of cognition. Social psychologists' main goal is to see how people interact with one another and with their environment. Within the realm of social psychology, many studies are conducted

to detect the influences of situations on individuals, as well as the effect of individuals on other individuals.



Famous Psychologist of the Month

By Amy Nordstrand



Alfred Adler was one of the most prominent psychologists in recent history. Born in Vienna on February 7, 1870, he lived during a time in which Psychology was just a budding theory. His main interest began with a desire to become a medical doctor who specialized in deadly diseases. In 1902, Adler was invited to join a discussion circle lead by Sigmund Freud.

He attended it faithfully until 1911.

In 1912, he published a book entitled *The Neurotic Constitution* where he emphasized his system of "Individual Psychology." This system refers to the personality as being indivisible in its structure. In 1932 he became the First Chair Visiting Professor of Medical Psychology at Long Beach Medical School, a post he kept until his death on May 28, 1937 where he

collapsed in the streets of Scotland.

Alfred Adler's work lives on and contributes many insights into the modern theory and practice of Psychopathology and Psychology.

Information from: <http://ourworld.compuserve.com/homepages/hstein/adler.htm>

More Deep Thoughts from the Editor:

*Never drown without an ocean map handy.
Never wax your shoes before playing chicken on the railroad tracks.
Never jump into flames without flame retardant clothing on.
Never sing in the shower when you have a plugged nose. You could drown.*

The Psychological Movie Review

This month's film review is *Memento*. *Memento* is another psychological suspense thriller. It stars Guy Pierce (*L.A. Confidential*), with special appearances by Carrie-Anne Moss (*The Matrix*) and Joe Pantoliano.

Memento starts off with a frozen shot of a troubling Polaroid photograph. There is a dead body, face down with a bullet wound in the back of the head. The Polaroid then begins to fade and lighten. The hand that is holding the picture then shakes the picture a little. When the blank picture shoots back into the camera, the flash goes off and the audience realizes that they are watching a scene in reverse. The gun is put back into the hand of the man with the camera and the dead man stands up. The audience has just seen a murder...in reverse.

Although the rest of the movie is in a forward motion, it does not get any less confusing. The movie is told in a very unique fashion. The main character, played by Guy Pierce, has short-term memory loss and is trying to find out who killed his wife. The movie starts with the end and ends with the beginning,

with chunks of the middle throughout the entire movie. In the film, Guy Pierce must write himself notes, take Polaroids, and put tattoos on his body to make sure that he remembers everything he has learned throughout the film.

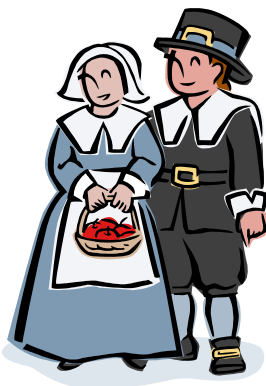
This movie is a slow unwinding murder mystery that really has no mystery to it, because you know who did it from the first scene. Do not fret though, because the suspense comes in how he figures it all out without having any short-term memory. Director Christopher Nolan wanted the film to advance backwards from scene to scene making the viewer use his own memory and logic to understand exactly what is happening through the entire movie.

This is not a movie for the popcorn eating blockbuster watcher, but it is definitely a great film to watch on a dark night when you can really be attentive and watch every second of the movie. There are moments of confusion, but those questions are soon answered with the next scene or scene before, depending on how you look at it.

This movie is very innovative and brings in a whole new perspective on film making. Christopher Nolan tried to shake things up a bit, and he succeeded with flying colors. The director takes in the manipulation of his main character and the audience, injecting touches of irony and self-derision and taking advantage of the situation.

This film is a real testament to Guy Pierce's abilities as an actor. He shows a lot of versatility with this role and I know that we will see a lot more of him, which we have since this movie was released in 2000.

Much is offered with this movie, and I recommend that all see it. When the movie ends, the only thing that I thought was "I have to see this again." *Memento* is one of those movies that only gets better every time you see it. You see more, and get more out of the film the second and third time you see it. At the end of the day, this guy here gives "*Memento*" 4.5 out of 5 stars. By Dylan Thomson



Germ Phobias: Are They Killing Us?

Psychologists treat many types of phobias, including spiders, snakes, frogs and many other normally harmless things. You may have even seen television shows in which people's intense phobias (that cause them to cry and scream when they see the object of which they are afraid), are magically cured in half an hour by a famous pop psychologist.

However, research is suggesting that we are over-looking a major phobia that many of us have... **germ phobias**. Products like instant hand sanitizer, disinfectant spray, and antibacterial soap cater to our sometimes irrational fear of germs. Interesting to note is that as countries become civilized and more developed (i.e. more sterile) the rates of childhood illnesses, asthma and Crohn's disease increase...why? Well, many researchers would suggest that it's because we don't eat enough dirt.

It may sound far fetched that your kindly mother's parental habit of keeping you from eating dirt is what gave you asthma, but bear with me. Dr. Graham Rook explains that city kids aren't exposed to enough bacteria... specifically Mycobacteria

which tend to hang out in dirt. Kids get most of their exposure to dirt from childhood grubbing around in it, such as the age old game of making and eating mud pies (something I never got to do as a child...and I did develop asthma). My ridiculous case example aside, researchers have done experiments with this in which they gave Japanese children a tuberculosis vaccine that contained mycobacteria, the results showed a significantly lower rate of allergies and asthma in those children.

You're saying "Well that's fine and dandy, but I didn't eat dirt as a kid, and didn't get a TB shot with mycobacteria. If I develop Crohn's disease should I just order a side of dirt next time I'm out to eat or what?" Well, scientists have also been researching ways to counteract our immune system deficiencies retroactively as well. In the case of Crohn's disease (which is a painful inflammation of the intestines, that sometimes requires surgery to remove affected pieces), there are retroactive treatments. Only in this case it isn't mycobacteria...it's worms.

Prior to the 1930's, nearly 70% of

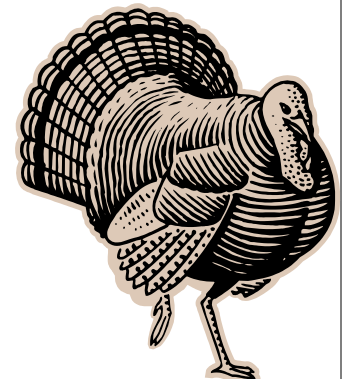
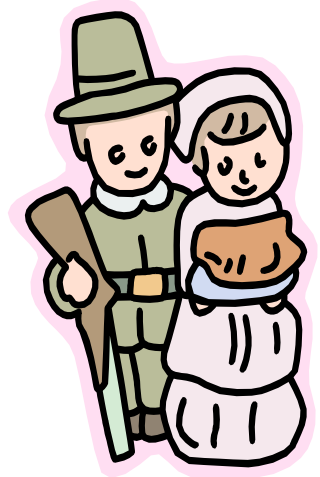
children had some form of worms...gotten from eating dirt which contained worm eggs, or playing with dogs who had worms. Coincidentally Crohn's disease was never heard of until 1930's. After researchers found that giving rats worms cleared up their Crohn's disease people like Dr. Joel Weinstock went in search of human participants. You'd be surprised how many people are undisturbed by the idea of drinking juice laden with worm eggs...as he did get enough participants for his study. The Crohn's disease of all his participants went into remission, and stayed there with the repeated administration of helminth worms (non-communicable pig worms).

However before you go and embrace all bacteria and crawly creatures, remember that it's only exposure to some bacteria that will help you. It is still a good idea to avoid playing with raw chicken and things like that. The point is that we need to relax our germ phobic ways and embrace the ten second rule.

Xena Kaiser Johnson

Derived from a May 4th 2000 article by Susan McCarthy, written for Salon.

*Deep Thoughts from the Editor:
If you want to cause serious problems in a public place...I would suggest pouring a bag of super balls off a balcony at the public mall. It would add to the effect if you sang "Born Free" while you dumped them off the 2nd floor.*



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Deep Thoughts from the Editor:

If Lemmings run off of cliffs, do the cliffs ever feel guilty for enabling their suicidal behavior? If so, why don't cliffs just stop letting the lemmings run off?

Amusing Psychology Quotes

Provided by Dylan Thomson

A Freudian slip is when you say one thing but mean your mother.

~Author Unknown

The aim of psychoanalysis is to relieve people of their neurotic unhappiness so that they can be normally unhappy.

~Sigmund Freud, attributed

Just because you're paranoid doesn't mean they aren't after you.

~Anonymous

Behavioral psychology is the science of pulling habits out of rats.

~Dr. Douglas Busch

There is no psychiatrist in the world like a puppy licking your face.

~Ben Williams

I don't know what apathy is and I don't care!

~Anonymous

But my dear man, reality is only a Rorschach ink-blot, you know.

~Alan Watts

A neurotic is a man who builds a castle in the air. A psychotic is the man who lives in it. A psychiatrist is the man who collects the rent.

~Jerome Lawrence

I'm beside myself with schizophrenia.

~Anonymous

A psychiatrist asks a lot of expensive questions your wife asks for nothing.

~Joey Adams

Mental health problems do not affect three or four out of every five persons but one out of one.

~William Menninger

The hypothalamus is one of the most important parts of the brain, involved in many kinds of motivation, among other functions. The hypothalamus controls the "Four F's": fighting, fleeing, feeding, and mating.

~Unknown psychology professor