

March 2022 Issue



BALLYHOO

*Behavioral Health
Family Medicine Newsletter*

Recently hired faculty & intern
Intern, practicum, post doc Interview
season
Spring time!
Weird Science – facts about human
behavior



Recently Hired Psychology Faculty and Intern



Aaron L. Bergman, PhD – Lone Tree

Dr. Bergman is a new faculty psychologist in the Department of Family Medicine. He completed his fellowship at the University of Massachusetts in the Departments of Emergency Medicine and Psychiatry, specializing in suicide prevention and perinatal mental health.

He completed his Internship with the National Psychology Training Consortium at Central Washington Family Medicine. He is a proud Pacific Northwest Native and attended graduate school at Pacific University near Portland, OR. He enjoys all manner of outdoor activities and is a new dog dad to a goofy pit, Stringer Bell.



Maira Birrueta, Psychology Intern - Westminster

Maira Birrueta is a Doctoral Candidate in the Counseling Psychology program at the University of Oregon where she also earned her Master of Science in Counseling, Family, and Human Services. She earned her Bachelor of Science in Psychology and Bachelor of Arts in Foreign Languages and Cultures with an emphasis in Spanish from Washington State University. Maira is currently completing her Pre-Doctoral Psychology Internship at the University of Colorado School of Medicine.

Maira is passionate about increasing access to mental health services for all people. As a second-generation Mexican immigrant, she is especially passionate about



increasing access and resources to behavioral and mental health to the Latino/a/x population. Maira's research interests include racial identity development, Latino/a/x academic achievement and outcomes, and topics in counseling Latino/a/x individuals and families.

Maira has practiced in private, university, trauma-focused, and primary care settings. She has provided services to children, adolescents, and adults with diverse presenting concerns. Maira is excited to learn from the various professionals at UC Health Westminster and to continue learning about integrated health care during her internship.

Primary Care Psychology Fellowship, Internship and Practicum Trainees

We are enthusiastic to announce that the behavioral health program will now offer a fellowship program for psychology post docs. This year we are offering two positions for the 2022-2023 training year. These positions will be 50% clinical, 40% research, and 10% didactics. We have matched with two of our current interns.

We recently finished interviewing 19 applicants for our internship site at A.F. Williams. We have matched with three of our applicants and we are excited to have them join us this upcoming training year. We recently applied for a HRSA grant to host Depot Hill as an internship site. Depot Hill is considered a HIPSA site, meaning demand for services outweighs services provided. More to come!

We have finished interviewing for our practicum and identified externs for A.F. Williams, Westminster, Lone Tree, and Centennial/Landmark This is a non-paid training opportunity for students.

We will feature all of our new trainees in an upcoming Ballyhoo issue

Psychology Internship

<https://medschool.cuanschutz.edu/family-medicine/education-and-training/fellowships-internships/internship-in-clinical-psychology>

Psychology Fellowship

<https://medschool.cuanschutz.edu/family-medicine/education-and-training/fellowships-internships/primary-care-psychology-fellowship>

Externship

<https://medschool.cuanschutz.edu/family-medicine/education-and-training/fellowships-internships/psychology-externship>



Best stress reduction strategies in Spring

- ❖ Get some sun!
 - Sunlight generates the release of serotonin, which is the brain's natural mood stabilizer. Serotonin acts as a neurotransmitter and has been linked to calmness and low levels of depression.
- ❖ Go for a walk in Nature
 - Being outside and experiencing nature can help reduce negative and repetitive thoughts. Even if you can't get into nature, just getting out to a local park can help.
- ❖ Gardening
 - Reduces stress and builds self-esteem.
- ❖ De-clutter/Spring clean
 - Organizing and cleaning can help when we are anxious about things that are out of our control.
- ❖ Start a gratitude diary
 - Gratitude can enable you to see positivity in your life and is a useful tool for stress reduction.

Weird Science Facts about Human Behavior



Did you know that if we have a plan B, our plan A is less likely to work? Researchers at the University of Pennsylvania found that when volunteers thought about a backup plan before starting a task, they did worse than those who hadn't thought of a plan B. When they realized they had options, their motivation for succeeding the first time dropped. Thinking ahead is a good idea, but you might be more successful if you keep those plans vague.

Yawning is contagious, why do you yawn when someone else does? one of the leading theories is that it shows empathy. People who are less likely to show empathy-such as toddlers who haven't learned it yet, are less likely to yawn in reaction to someone else's.

