



A MESSAGE FROM YOUR FRIENDLY DA'S

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Welcome to another exciting issue of Psychobabble. The theme for this month is Valentine's Day, known to some as Single Awareness Day. Inside you will find some interesting perspectives about what it means to love and be in a relationship, and not just romantically. We caught some students off guard with this month's campus quotes asking to define what love means to them—a concept that can be studied for a lifetime. We also have a very interesting opinion article this month regarding the APA Ethics Code. For those of you wondering how to get on Dr. Puopolo's good side, we've asked her everything you need to know; check out her interview on page 4. All this and more inside. Have a great February everybody.



Unbeknownst to most students of psychology, Pavlov's first experiment was to ring a bell and cause his dog to attack Freud's cat.

-Psychology DA's

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PASSION, INTIMACY, AND COMMITMENT: THE KEYS TO A SATISFYING RELATIONSHIP

Well, it's that time of year again. Cupid, everyone's favorite flying baby, has returned to celebrate Valentine's Day. But before you rush out and spend your entire paycheck on a dozen red roses for that special someone, take a moment to really examine your relationship. Are you satisfied? Is your partner satisfied? Will your relationship still be going

strong next Valentine's Day?

According to Sternberg there are three components to love: passion, intimacy, and commitment. These elements combine in a variety of ways to create many different love experiences. Passion is typically characterized by feelings of being in love. You are physically attracted to your partner,

feel euphoric just thinking about them, and desire to be close to them all the time. Passion is highest at the beginning of the relationship, but often decreases as the relationship progresses. Intimacy is best described as feelings of friendship. It involves aspects of liking, trust, and emotional closeness.

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## MEET YOUR PSYCHOLOGY DEPARTMENT ASSISTANTS

Since Anne and Sarah graduated last semester, we have two new Department Assistants to welcome.



**Cory Tripp**

*I'm an anime, cute animal, martial arts, and mind-numbing video game freak. My area of interest is psychopathology and forensic psychology, so don't worry: I've heard it all. Stop by some time and say hi, and I'll*

*sneak you some of the candy that Bekka keeps here.*



**Lisa Brodigan**

*Hi. My name is Lisa Brodigan and this is my first semester as a DA. I'm a senior psychology major, which means I'll be graduating in May! I plan on continuing on to graduate school to receive my Ph.D. in social psychology, but if that*

*doesn't work out I'll be applying to law school next fall.*

## LOVE ARTICLE CONT.

Intimacy increases over time, as the partners disclose personal information to each other. Commitment refers to the decision to remain in the relationship for an extended period of time. Healthy commitment includes the desire to nurture the relationship, fix any problems that may arise, and a sense of security.

The first type of love involves only passion and is typically thought of as "love at first sight." You often do not know the person well, but have a strong desire to be near them and cannot get them out of your mind. This type of love also involves a high degree of physical attraction. Love that only includes intimacy, on the other hand, is typically referred to as friendship. You feel a sense of trust and warmth surrounding your relationship, but there is no passion

and little sense of commitment. A relationship that is based solely on commitment is often seen in married couples who are unhappy, but decide to stay together for certain reasons, typically children. This type of relationship is rarely satisfying.

The combination of intimacy and commitment is seen in the relationships between best friends. They share everything with each other, but there is no passion. The combination of passion and intimacy create what is known as romantic love. You love and trust your partner and feel emotionally close to them. You are able to disclose your innermost thoughts without fear of rejection, yet you have not established a lasting commitment. Passion and commitment combine without intimacy to create a whirlwind romance. This type of relation-

ship usually starts quickly and passionately. The couple will jump into a long-term commitment, often before they truly know their partner. This type of love ends fairly quickly and painfully.

The final type of love involves all three aspects of love. It is the ultimate love relationship, and is typically the best predictor of satisfaction and stability. Both partners are committed to making the relationship work, they like each other, have a high degree of passion, and feel a sense of emotional closeness. It is the ultimate relationship and the one most likely to be successful.

**-Lisa**

***"There are three components to love: passion, intimacy, and commitment."***

**A NEW ERA FOR PSI CHI**

As you may have noticed, we've been working hard lately to revitalize CLU's chapter of Psi Chi. In the past, Psi Chi has been known only as the National Honor Society in Psychology, and many people on campus were unaware of its existence at all. By next fall, this will all change. Dr. Diriwaechter and active student members of Psi Chi want to use our chapter of Psi Chi to spread the campus' interest

in matters of psychology in a context outside of the classroom. On February 21st, students interested in bringing Psi Chi into a new era at CLU will be meeting at 7:00 in F-2 to elect officers and lay the groundwork for what we want to do with our chapter. Look for updates in the next issue of Psychobabble. We want Psi Chi to be active in creating and coordinating campus programs, seminars, and fun club ac-

tivities (through our very own club). We hope that this will present an opportunity for students to get to know some other people with similar interests and discuss those interests through personal motivation rather than with the goal of simply getting a good grade.

**-Darren**

**CAMPUS QUOTES: "WHAT IS YOUR DEFINITION OF LOVE?"**



Holland Trueblood: Junior  
*Love is a deep emotional attachment and putting another before yourself. It is a unique feeling of friendship and attraction*



Amy Bates: Senior  
*A connection with another that transcends anyone else which includes passion, friendship, romance, and loyalty.*



Michelle Kraus: Sophomore  
*Love between two people is ignited by an impulsive physical and psychological gravitation which is kept alive by a conscious decision.*



James Singler: Junior  
*Respect, loyalty, and pure sexual magnetism*

**OPINION**

In Dr. Kuehnel's Counseling and Psychotherapy Practicum, we've been discussing the limitations of therapist-client confidentiality. The main section in the APA Ethics Code that applies to breaking confidentiality is 5.05a, which states:

*"Psychologists disclose confidential information without the consent of the individual only as mandated by law, or where permitted by law for a valid purpose, such*

*as... (3) to protect the patient or client or others from harm...."*

Sure, it seems pretty obvious that if a client were at risk of harming himself or others, you would need to contact the proper authorities to prevent any harm from taking place. But court cases involving this part of the Ethics Code have clarified that the harm mentioned must be "imminent." This means that the harm must be either on

going or about to take place. Past harms, with the exceptions of child and elder abuse, never fall under the limitation to confidentiality. It doesn't matter if your client killed or raped someone, whether the police are still investigating or not, whether he's bragging or remorseful. You are obligated to keep quiet and only focus on what is in the best interests of your client.

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# Psychology Club!

Looking for some fun times during the spring semester? Well you don't have to look anymore! The psychology club has a number of fun and interesting events planned for the remainder of the school year:

**Monday February 27th: Eating Disorders Screening** This screening will be conducted in Overton Hall from 10-11am and 7-8pm on Monday February 27<sup>th</sup>. If you or someone you know may have an eating disorder please come and get some crucial information.

**Friday March 3<sup>rd</sup> thru Sunday March 5<sup>th</sup>: Leo Carrillo Campout** We will be camping at Leo Carrillo campsite (which is right across the street from the ocean) for the weekend and enjoying GREAT food and FANTASTIC company. It should be a blast and the more the merrier so please come! (You must RSVP by Feb. 21st)

**Thursday March 16<sup>th</sup>: Psychology Grad Program Fair** There will be representatives from a number of graduate psychology programs available to answer questions and give handouts. If you are planning on going to grad school in psychology this is a must do event for you.

**Monday April 3<sup>rd</sup>: Psi Chi Initiation and Officer Presentation** Officers for next year's Psi Chi and Psychology Clubs will be recognized along with the newest members of Psi Chi. Come support your fellow students. There will be pizza and drinks provided!

**Saturday April 22<sup>nd</sup>: Bowling versus football players, Potluck, and entertainment** Watch psych club students and professors bowl against football players and coaches, have fun bowling, and eat. Good times.

**Saturday April 29<sup>th</sup>: Psych Hike and lunch at the beach** Hike down Sycamore Canyon to the ocean and then have lunch while playing in the water or relaxing in the sand. What better way to relax right before finals?

Questions? Call X3440 or email Bekka at renke@clunet.edu

## FUN FACTS ABOUT FACULTY: MINDY PUOPOLO



What classes are you teaching this semester?

Research Methods, Human Cognition, Psychology of Love (with Dr. Kissinger), and Survey of Psychological Assessment which is a grad class. So am I too busy? Yes I am!

Tell us about your research.

We currently have a group that meets once a week with students looking at mental health services within the BDSM community. Our feeling is that this is a stigmatized group and we hope to improve the mental health services offered to them by increasing awareness.

What do you look for in your students?

Since I am so passionate about psychology what I really love is students who share that same curiosity and passion. I also like students who challenge the status quo, can consider alternate perspectives, and use psychology as a way of helping to improve lives.

## OPINION CONT.

Is this sounding any moral alarms for anybody else? At least half the students in my class practically jumped on Dr. Kuehnel in disbelief and shock, and a few were muttering that they would send anonymous tips to the police despite the Code. We've been raised in a society that preaches the virtue of helping the helpless, that creates laws to protect the good Samaritans. Yet as psychologists-in-training, we are being advised to go against these social tomes and aid the criminal instead of the victim(s). Talk about internal conflict.

But it gets worse. Even though it may not sit well with me, I can understand the idea behind the specification of an "imminent threat of harm," which is of course to allow for full disclosure

and honesty in the therapeutic relationship without fear of repercussion on the client's part. However, this next part really threw me for a loop.

Say your client is an angry manic-depressive. Now that he's in his manic state, he tells you that he has bought a couple guns and plans to go out sometime tomorrow and shoot people. No one in particular, just anyone who happens to have the misfortune to cross paths with your client.

If you follow the Ethics Code, there isn't much you can do to protect the community from your client's rampage. "How can this be?!" you might ask? Again, case law has set the precedent that, in order to ethically break confidentiality, the victim(s) of the threat of harm must be specifically

identified.

To me, and most of my classmates seemed to feel the same, this is ridiculous. How can anyone sit by and have the deaths or injuries of who knows how many people resting on their consciences when all you had to do was warn the police of this threat? In my opinion, my client's right to confidentiality is null and void the moment he becomes a serious threat to others. Guess I'll have to take that up with the APA.

-Cory Tripp

**Do you want to be heard?** E-mail your own opinion article to the any of the DA's and you may see it published in the next issue!