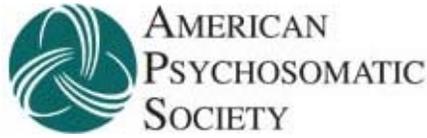


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## President's Message

**Suzanne C. Segerstrom, PhD, APS President**



In the past few months, APS entered into some exciting partnerships. You probably already know that we partnered with the March for Science. I marched in Chicago with APS member Judy Moscowitz (pictured), our friends and family, and 60,000 other supporters of science (not all pictured). If you have pictures from the March, don't delete them yet! A forum to post your March for Science pictures on the APS website is now on the [Members Only section](#).

We joined the Behavioral Medicine Research Council, led by Ken Freedland.<sup>1</sup> The Council's mission is to "identify and prioritize strategic research goals and to catalyze concerted, multidisciplinary efforts to achieve them." All of you likely appreciate that behavioral interventions could improve the public health to a much greater degree than they currently do. Stronger evidence for behavioral interventions should lead to more utilization of such interventions, more third-party endorsement of and compensation for interventions, and wider integration of interventions into practice. APS, along with the Academy of Behavioral Medicine Research, the Society for Health Psychology, and the Society for Behavioral Medicine, will send two representatives to the Council, initially serving 3-year and 2-year terms. The Nominations Committee has selected Elissa Epel (3 years) and yours truly (2 years) to serve as our first representatives. The Council will identify important preclinical and clinical research questions, produce scientific statements, form strategic research networks, and ultimately put the "evidence" in "evidence-based behavioral medicine". You can appreciate that this is not a quick or simple process, but the cause is just, and the goal is critical. Many thanks to Ken for investing so much of his time and energy in forming the BMRC. I'm excited to be involved in this initiative, and I'm looking forward to working with Elissa, Ken, and the other representatives on the Council.

APS also partnered with the NIH Science of Behavior Change initiative, supported by the NIH Common Fund. For those of you who did not get a chance to hear APS member Lis Nielsen's<sup>1</sup> presentation in Seville, the SOBC seeks to bridge insights from basic and clinical behavioral science and to connect the various silos of problem behaviors, such as smoking, drinking, diet, physical activity, and non-adherence. Its vision: "Infuse the study of mechanisms of behavior change across Institutes, behaviors, diseases, and translational stages on a large scale." Taking an experimental medicine approach, the SOBC seeks to identify measurable, malleable, and causal processes that lead to behavior change in interventions. That is, what basic processes mediate behavior change in interventions? You can read more about SOBC at <https://scienceofbehaviorchange.org/>.

The current SOBC target processes are self-regulation; stress resilience and reactivity; and

interpersonal and social processes. Of course, APS members recognize the importance of these processes, and a glance at the SOBC research network finds many APS members. For all of us in and outside the network, an important resource on the website is the Measures page. This page provides access to dozens of SOBC-validated measures relevant to the three target processes. The measures can be filtered by process, time for administration, and type of measure. Want a self-report measure of interpersonal process that can be completed in less than 5 minutes? How about an observational measure of self-regulation? (Note: the page will be in constant development, so keep checking back.) Another interesting resource is the SOBC Grand Rounds (look on the News page). This month, Santosh Kumar, Ph.D., will present his work on digital mHealth biomarkers and sensor-triggered interventions. You can subscribe to the mailing list (at the bottom of the SOBC webpage) to get SOBC news and information sent to your email.

In contemplating these two networks, I am struck by the importance of concerted, cooperative efforts to move psychosomatic and behavioral medicine forward. As concerns about replicability in science mount, we should strive to do work that at minimum employs reliable and appropriately generalizable measures (including biomarkers!), large sample sizes, and valid statistical inference. We need to be running multiple replications of our own work and that of others. In psychology, only 3% of journals state in their aims or instructions that they accept replications, but that translates to 33 journals.<sup>2</sup> Replications can find outlets! We need to start preregistering our analyses and our replications. If you've written your IRB application, you've pretty much already done your preregistration work. Why not get credit for it?<sup>3</sup>

I, too, remember the days when  $N = 100$  was considered a large sample - and it might still be considered large for a rare disease sample or an early-stage trial. But the research methods bar has been raised, and we can work individually and together to reach it. Is there still a need for smaller-scale research efforts? Certainly. Large-scale, high-impact projects are based on smaller, exploratory studies. But there's always a next step that makes an initial result more credible or more useful. Consider the lowly correlation. For a correlation of .30, you can achieve minimal 80% power with  $N = 82$ .<sup>4</sup> But you won't get an accurate (within .10) estimate of the *magnitude* of the correlation until  $N > 200$ .<sup>5</sup> These days,  $N = 100$  is just the beginning. If, consequently, psychosomatic and behavioral medicine scientists cooperate and collaborate more, that is surely not a bad thing.

1 Thanks to Ken and Lis for sharing their materials with me.

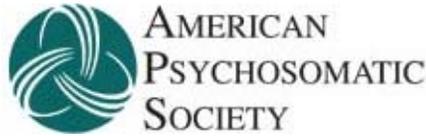
2 Martin, G.N., & Clarke, R.M. (2017). Are psychology journals anti-replication? A snapshot of editorial practices. *Frontiers in Psychology*, 8, 523.

3 You can see sample preregistrations online at <https://osf.io/e6auq/wiki/Example%20Preregistrations/>

4 Calculated with G\*Power, two-tailed alpha = .05.

5 Schönbrodt, F. D., & Perugini, M. (2013). At what sample size do correlations stabilize? *Journal of Research in Personality*, 47, 609-612.

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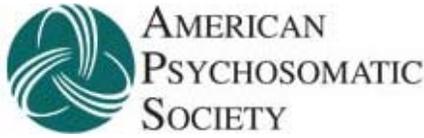
From the Editor's Desk  
**Aric A. Prather, PhD, APS Newsletter Editor**



Summer has passed and Fall is upon us. The world is being rocked by natural disaster after natural disaster, not to mention the man-made disasters at every turn. Despite such chaos, I still find a sense of rebirth at the dawn of a new academic year. So many studies to run, so many papers to write, so many students to teach and reteach. There are many exciting things on the horizon for APS as well, many of which will be highlighted in this newsletter. Immediately upon us is the midyear meeting, with the theme "Emotions in Social Relationships: Implications for Health and Disease", which is taking place in Berkeley, CA on October 20th and 21st. I'm certainly biased, as it is the home of my alma mater, but historical links between Berkeley and the field of Psychosomatic Medicine are strong (heard of Richard Lazarus?). Anyway, I'm thrilled that so many scientists will be making their way West for an incredible midyear meeting. After the meeting, of course the next event on the calendar is the annual meeting, taking place in Louisville, Kentucky. Beyond the traditional fare of cutting edge science there so much to be absorbed in the "bluegrass state." What you ask? Well, my friend, just a read the comprehensive, and I mean Comprehensive (with a capital C), piece provided by Dr. Sandie Sephton and APS president Dr. Suzanne Segerstrom, with help from Dr. Liz Cash, Kala Phillips, and Dr. Chelsea Siwik. Honestly, I can't wait! But just to appease your appetite for the annual meeting, I am grateful that Dr. Sarah Pressman, your Program Committee Chair, provided a teaser about what we can expect at the meeting this year...be sure to read on.

Also in this edition of the Newsletter, please be sure to read the compelling entry by our president Dr. Segerstrom, who lays out many of the exciting collaborations on the horizon for APS. It truly is an exciting time. As per usual, our fearless Journal editor, Dr. Wijo Kop provides an update of the goings on in the Journal and highlights recently published work. Finally, I am pleased to provide interviews with two esteemed members of our APS family. In our Meet the Lab section, we travel to UCLA to talk shop with Dr. Naomi Eisenberger and meet her posse- the Social and Affective Neuroscience Laboratory. We also travel across the Atlantic to spend some time with, and soak up some wisdom from, Dr. Andrew Steptoe in our Getting to Know section. I hope you enjoy the newsletter and if you have any comments or feedback (constructive or otherwise), please feel free to drop me an email ([aric.prather@ucsf.edu](mailto:aric.prather@ucsf.edu)).

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## Meet the Lab

In our latest edition of "Meet the Lab" we travel to sunny Los Angeles, California, home to movie stars, people who want to be movie stars, regular people, and scientists. Specifically, we visited with Dr. Naomi Eisenberger and her group at UCLA, who have been making incredible advances at the intersections of neuroscience, social psychology, and physical health.

### Meet the Social and Affective Neuroscience Laboratory

Lab Director: Naomi Eisenberger, PhD

APS: Congratulations on the well-deserved and prestigious award you will receive at the APS midyear meeting! We know that you are the brains of the operation, but so many people play important roles to carry out your innovative research. Can you tell us a little about yourself and what you study in the SAN Lab?

NE: I received my BS in Psychobiology and PhD in Social Psychology from UCLA. I then went on to do a postdoc in Psychoneuroimmunology at the UCLA Cousins Center. After I completed my postdoctoral work, I started a position as an Assistant Professor in the UCLA Department of Psychology in 2007 and am now a Full Professor.

My research hovers around the puzzle of why social relationships are so important for mental and physical health. In some of our work, we have used neuroimaging methods to examine the powerful emotions that arise in some of our closest relationships—exploring questions such as "why does rejection hurt?" and "why does it feel so good to be connected to others?" Here, we have found evidence showing that experiences of social rejection rely on some of the same neural regions that process physical pain and that experiences of social connection rely on some of the same neural regions that process basic rewarding experiences. We are also very interested in trying to understand the links between social ties and physical health. Here, we have shown links between the neural regions that process social pain and enhanced inflammatory responding. We have also shown that an experimental inflammatory challenge can lead to drastic changes in social experience—resulting in feelings of depressed mood, social disconnection, and a heightened neural sensitivity to negative social stimuli.

APS: How is the lab structured?

NE: Perhaps because my research straddles several disciplines—including both social and health psychology as well as cognitive and affective neuroscience, I have a kind of mixed model with regards to how research gets done in the lab. Thus, from a more typical "social



psychology lab” perspective, I work with each of my graduate students and postdocs on their own individualized projects. So, each student has at least one, if not more, projects that they are working on running themselves, and I work with them to help cultivate and develop their own independent line of research so that they can become independent principal investigators (PIs) by the end of their time with me. However, from a more “cognitive neuroscience lab” perspective, I will also often have one larger, grant-funded project that I have several of my students working on. This larger project may not be any particular student’s primary focus, but it allows them to obtain authorship on additional papers, get more opportunities for training experiences, and it allows me to get these projects done.

Now, in order to get all of this done, I tend to meet regularly with everyone. Our lab, as a group, meets about once a week. Here, students present their latest ideas or findings or we give feedback on papers or grant applications. I also meet with each of my students and postdocs on a weekly basis to check in on the status of current projects and papers and make sure that things are moving along. And then, finally, for larger studies, we tend to have regular meetings to check in and make sure that the project is running smoothly and deal with whatever issues inevitably arise.

APS: Are there any unique aspects of the SAN lab?

NE: One unique aspect of the SAN lab is that we rely on an apprenticeship model and so my students learn a lot from each other. I like to have students who span several different years of graduate school. That way, the more senior students can train the more junior students on all of the different skills that are needed to run neuroimaging and physiological studies. For instance, a new student coming in will typically be added to an ongoing neuroimaging project so that they can learn how to run the fMRI scanner and begin learning how to analyze fMRI data. That new student will then go on to teach the following year’s student how to run the fMRI scanner. So, the model is “learn a skill, then teach a skill.” There is an incredible learning curve when it comes to neuroimaging data and so having more senior students there to impart their knowledge to more junior students is critical; our lab could not survive without it!

APS: Can you give us a sneak peek on the types of questions your lab is tackling in the near future?

NE: One interesting question that we will be exploring in the next few years (this is my postdoc, Mona Moieni’s work) is whether your standard over-the-counter anti-inflammatory drugs (non-steroidal anti-inflammatory drugs: NSAIDs) can actually reduce loneliness. Over the past decade or so, there has been mounting evidence that lonely individuals tend to have elevated levels of proinflammatory activity. Moreover, in our own research, we have seen that an experimental inflammatory challenge can lead to increases in feeling lonely and that the brain patterns of those individuals exposed to an inflammatory agent look remarkably similar to the brain patterns of lonely individuals. Based on this, we are interested in seeing if reducing the symptoms of inflammation with an NSAID can actually reduce loneliness in a sample of middle age adults.

APS: Do you have any advice for junior faculty about the “dos and don’ts” for setting up a lab and nurturing the research dreams of eager graduate students?

NE: Yes, first, a “do” for setting up your lab: Delegate. I remember being a first year professor and feeling like I wasn’t actually doing anything because I wasn’t running everything myself. I was used to being a graduate student and postdoc, where I ran and knew the ins and outs of every study myself. But, if you want to run a successful lab, where there are always multiple projects going on at the same time, you really can’t be involved in

all of these projects at that same level of granularity. So, get good graduate students and postdocs and delegate—allow them to develop their own project management skills.

Next, a “do” for nurturing the research dreams of eager graduate students: Let them be first author. Unless, there is a paper that I need to be first author on because it is a theory development piece or a larger review piece, I tend to let my students be first author. This is really important for their career development because, now that you are a professor, you will get all the credit for any research you do, regardless of whether your student is first author on the publication. Because there is a bias to give credit for research ideas to the professor, it is more helpful to your students if you allow them to be first author. You will still get the credit, but your students will be given a bit more credit too.

And one last, more general piece of advice: You have to advocate for yourself! As a junior faculty member, I used to think that all of those academics who won awards were just nominated or picked because they were clearly the best in their area. While there is certainly some truth to that, part of even being on the radar for these various awards comes from advocating for yourself. If you see an award that you think you might be a good fit for, don't hesitate to ask your former mentor or senior collaborator to nominate you. These people won't necessarily think to make a nomination, and there is no harm in asking. But making the request for someone to nominate you may make the difference between getting the award and not even being considered.

APS: Ok, no more delays. Let's meet the lab!



Erica Hornstein

I am a second year Postdoctoral Scholar in the UCLA department of Social Psychology, where I also earned my PhD. My research centers on the intersection of social support and fear-learning processes, with a focus on the ways in which social support stimuli may alter expected Pavlovian fear-conditioning outcomes. Specifically, my doctoral work demonstrated that social support figures function as prepared safety stimuli—a distinct category of safety signals that require no training in order to inhibit the fear response—and have the unique ability to enhance fear extinction while also signaling safety. For my postdoctoral work, I am examining the neurobiological mechanisms underlying these unique safety benefits and hope to follow-up this work by testing these effects in clinical populations, shedding light on the potential of social support to improve treatment outcomes for individuals with fear-related disorders.

Mona Moieni

I recently received my PhD in Psychology from UCLA, where I also earned my BS and MA. Currently, I am a Cousins Center for Psychoneuroimmunology Post-Doctoral Fellow working with Dr. Eisenberger, who I also did my doctoral work with. Broadly speaking, my research is at the intersection of social psychology, health psychology, and psychoneuroimmunology. I am interested in understanding the bi-directional relationships between social psychological processes and immunological processes and how these relationships may be relevant to health. For example, some of my early work in graduate school examined the impact of experimental inflammation on affect and social psychological outcomes. My more recent dissertation work looked at how generativity – or feeling that one has contributed to the well-being of younger generations – can influence self-reported and biological markers of health.





I am currently a third year doctoral student in UCLA's Social Psychology program. I earned my BA in Psychology, Sociology, and Criminology at the University of North Carolina Wilmington in 2015. Broadly speaking, my program of research focuses on understanding the bidirectional relationship between social relationships and physical health. I plan to follow up my Masters thesis to explore how olfactory cues may play a role in human social relationships, and the implications of this association for physical health. Additionally, in one current line of work, I am investigating how providing social support, as well as engaging in other prosocial behaviors, might buffer stress responding. I am also interested in how we perceive sickness cues from others, and how our own immunological state might affect such perceptions.

Michael Parrish

I am a third year doctoral student in UCLA's Social Psychology program. I received my BS in Psychology from UNC-Chapel Hill and my MA in Psychology from UCLA. I currently use social and affective neuroscience approaches to investigate the fundamental mechanisms underlying self-related (e.g., self-evaluation, self-knowledge, self-regulation) and personality processes, as well as to examine how these processes are affected by social contexts (e.g., social relationships) and how they are related to mental/physical health. For example, some of my current research has been examining the neural circuit basis of self-esteem and self-compassion (i.e., being kind to oneself during difficult life circumstances). In the future, I hope to explore how these specific neural mechanisms relate to long-term health consequences and how they may be influenced by early life close relationships as well.



Razia Sahi

I am a first-year doctoral student at UCLA's Social Psychology program. Before joining the lab, I earned my BA from New York University in Psychology and Philosophy, and my MA in Neurophilosophy from Georgia State University. My primary interests are emotion and emotion regulation – particularly as they interact with social cognition and behavior. How and why do we regulate our emotions, and how are these processes influenced by our social environment and interactions? I am interested in taking a multi-modal approach to investigating both intrapersonal and interpersonal regulatory processing, with a focus on the neural mechanisms underlying these processes. I am furthermore interested in expanding this research to consider implications for health and learning.

Kate E. Byrne Haltom

I am the lab manager of the Social and Affective Neuroscience and Social Cognitive Neuroscience Labs. I began this role in 2008 after earning my BA in Psychology at University of California, Los Angeles. Broadly speaking, I am interested in the interplay between physical health and psychological health. I am fortunate to work with so many amazing collaborators in the SC/AN Labs and beyond. Because our labs touch on so many topics using numerous methodologies, my unique position as lab manager allows me to explore the dynamic exchange between multiple domains of both physical



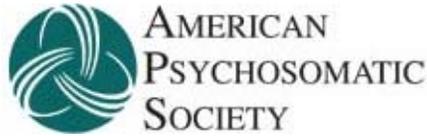
and psychological health in a variety of ways.

Want to learn more about the Social and Affective Neuroscience Laboratory? Check out their website: <https://sanlab.psych.ucla.edu>.

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## Getting to Know You... **Andrew Steptoe, DPhil DSc FAcSS FMedSci**



Andrew Steptoe is Professor of Psychology and Head of the Research Department of Behavioural Science and Health, part of the Institute of Epidemiology and Health Care in the Faculty of Population Health Sciences at University College London. He graduated from Cambridge in 1972, and completed his doctorate at Oxford University in 1975. He moved to St. George's Hospital Medical School in 1977, becoming professor and chair of the Department in 1988, where he remained until his appointment in 2000 to UCL as British Heart Foundation Professor of Psychology, a position he held until 2016. He became Deputy Head of the Department of Epidemiology and Public Health at UCL in 2005 and subsequently Head of Department before being serving as Director of the Institute of Epidemiology and Health Care between 2011 and 2017.

APS: Thank you for taking the time to speak with APS. Given your long-standing commitment to Psychosomatic Medicine and substantial contributions to the field, I know our readers would be interested in learning about how you got your start. Were there meaningful events that shaped your research trajectory?

AS: As with many of my contemporaries, I was excited by the field of biofeedback and self-regulation in the 1970s, and the opportunities it seemed to offer for major contributions to health care. That potential was not realized, but by then I had caught the psychophysiology bug, and moved to work on stress and cardiovascular disease. Through that I became involved in international behavioral medicine and health psychology. But a big change came in the late 1990s when I became more involved with the epidemiological and population health perspective. Having spent more than 20 years teaching and researching in a psychology department, I moved to a research professorship in epidemiology to work with Michael Marmot at University College London, freeing up much more time for the work I enjoy doing.

APS: You are well-known for your work with the Whitehall II cohort and the English Longitudinal Study of Aging. In your opinion, what have you found were the most striking observations to come out of those studies?

AS: The most exciting part of working with Whitehall II has been the possibility of carrying out biobehavioral research within an epidemiological framework, leading to studies linking socioeconomic factors, psychosocial factors, biological processes and health outcomes. We have been able to carry out fairly substantial studies of hemodynamic, inflammatory, neuroendocrine and metabolic responses to mental stress. The wonderful thing is that since these participants were drawn from the epidemiological cohort, we can follow them up over many years in order to assess the prospective significance of individual differences in

reactivity and recovery.

I took on the English Longitudinal Study of Ageing (ELSA) nearly 10 years ago because it provides fantastic opportunities to study social and psychological processes in a large nationally representative longitudinal cohort. This has allowed me to work on subjective wellbeing, social relationships, loneliness, health literacy, dementia, and many other topics. It hasn't all been plain sailing though; I must say that when I started, I did not appreciate quite what a large job it is being PI of a cohort like this.

APS: What do you see as remaining gaps in the biobehavioral medicine literature? How do you see future researchers addressing these gaps?

AS: Biobehavioral medicine has always fed off developments in other disciplines, and it's essential that we continue to do this. There are many exciting opportunities provided by big data, omics techniques, mobile technologies, and methods like Mendelian randomization that have yet to be used extensively in our field. Another major gap is developing interventions that can be used at scale. Too often, biobehavioral scientists are devise interventions and treatments that may be effective, but are far too costly and cumbersome for widespread application in the healthcare system.

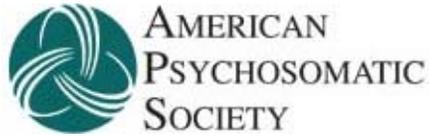
APS: I know many of our readers, particularly those in the early stages of their careers, would appreciate any "words of wisdom" regarding how to sustain an academic career and where to concentrate their efforts. Any thoughts?

AS: For me, the key attributes are passion and pragmatism, which might seem contradictory. But it's clear that the most effective researchers and practitioners are passionate about their work, and this is essential to help us overcome obstacles and keep going when things are not going well. So it's important to work on issues that you really enjoy. By pragmatism, I mean that researchers in particular need to be flexible, and take opportunities when they come along. I can't tell you how much effort I have wasted reworking cherished projects that never got funded. We all need advice from senior colleagues about the likelihood of funding, preferably from those who have experience on study sections and funding bodies. They can often tell us that, rightly or wrongly, some projects just don't have a chance of getting through, and it's best to cut your losses.

APS: One last thing. If we believe what we see out in Hollywood (California), people sure seem to love trilogies. With that in mind, will we ever get to see Whitehall 3? If not, are there new adventures on the horizon for you and your work?

AS: Another Whitehall study is a nice thought, but I'd have to leave that to younger people! And remember that sequels sometimes don't live up to the original. As it happens, my own work is moving in a somewhat different direction at present. My wife and closest collaborator Jane Wardle died in 2015, leaving thriving groups researching cancer early detection and screening, health behavior and cancer prevention, and obesity. I am determined to try my best to ensure her legacy is sustained, so have been working with these teams on new grant applications to develop these fields. So you can expect me to turn up to APS in a slightly different guise in the future.

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## Highlights from *Psychosomatic Medicine* **Willem (Wijo) Kop, PhD** Editor-in-Chief

*Psychosomatic Medicine* is promoting new initiatives on Social Media. The journal is looking for energetic volunteers who will work with Victoria White, Managing Editor, to send out Facebook messages and tweets about cutting-edge articles and new initiatives - and to encourage authors to actively raise awareness of their work via social media channels. If you are interested in learning more about the backstage of publishing and promoting our science, please contact Vicki White at our editorial office: [EditorialOffice@psychosomaticmedicine.org](mailto:EditorialOffice@psychosomaticmedicine.org). This is a unique opportunity to make a difference, contribute to the impact of psychosomatic medicine, and network with prominent scientists and clinicians in our field.



*Psychosomatic Medicine* receives approximately 600 manuscripts each year. The Associate Editors and the Editorial Board of the journal play a critical role in the review process of the papers we receive. We are therefore very pleased to welcome our new Statistical Editor, Dr. Ben P. Chapman, from the University of Rochester, NY. He brings a rich knowledge base to the journal and will, together with our other Statistical Editor Dr. Jonathan Shaffer, work with us to update our statistical guidelines and help promote our "Methods and Statistics" section of the journal.

In addition, this year we have appointed several new members to the Editorial Board: Matthew Burg, Judith Carroll, Peter Hall, LaBarron Hill, Kurt Kroenke, Eric Loucks, Bernd Löwe, Aric Prather, John Ryan, Richard Sloan, Irina Strigo, Rebecca Thurston and Lawson Wulsin. I also would like to take this opportunity to thank Editorial Board members who have served the journal for many years and now have retired from their board duties, including: Michael Andrykowski, Joan Broderick, Ying Guo, Peter Henningsen, Shawn Kneipp, Jane Leserman, Debra Moser, Carmine Pariante, and Ronald Rozensky. These scholars have helped move our field forward by sharing their expertise and knowledge in multiple ways and I am very grateful for their remarkable contributions.

We also created a new group of colleagues who will contribute to our editorial team as "Consultant-to-the-Editor." These colleagues have a long-standing reputation in our field and will advise the editorial team on various issues relevant to optimizing the quality and impact of the journal. The following people have generously agreed to serve in this capacity: Jan Born, Karina Davidson, Douglas Drossman, Nancy Frasure-Smith, Ilene Siegler, Michael Thase, and Mary Whooley. To get a complete overview of the Editorial Board and all individuals in making *Psychosomatic Medicine* successful, please look at the first page of the

printed journal or visit the [Editorial Board page](#) on our website.

One of the new journal initiatives is the upcoming Special Issue of *Psychosomatic Medicine*, focusing on the interaction between the brain, gut, and microbiome, under the guidance of Guest Editors Dr. Emeran Mayer and Dr. Elaine Hsaio. This fast-growing research area has various important theoretical and clinical implications as outlined in the White Paper by Olga Aroniadis, Douglas Drossman and Magnus Simren based on a joint meeting by the American Gastroenterology Association and the American Psychosomatic Society (see selected references below).

*Psychosomatic Medicine* will also publish a Special Section in the upcoming November/December issue on conditions characterized by persistent physical symptoms, such as Irritable Bowel Syndrome, Fibromyalgia and Somatic Symptom Disorder. The DSM5 defines Somatic Symptom and Related Disorders as longstanding somatic symptoms that are associated with disproportionate thoughts, feelings, and behaviors, irrespective of the presence or absence of an identifiable medical cause for these symptoms. The journal received several articles relevant to this topic in a relatively short period of time and we compiled six of these articles in a Special Section of *Psychosomatic Medicine*. Articles address diagnostic issues, the role of the central nervous system and recent developments in treatment evaluation.

Several impressive papers have been published over the past few months, a few of them are listed here as they reflect the innovative nature of our field:

Aroniadis OC, Drossman DA, Simren M. A Perspective on Brain-Gut Communication: The American Gastroenterology Association and American Psychosomatic Society Joint Symposium on Brain-gut Interactions and the Intestinal Microenvironment. *Psychosom Med*. 2017 Jan 17.

<http://dx.doi.org/10.1097/PSY.0000000000000431>

Hemmings SMJ, Malan-Muller S, van den Heuvel LL, Demmitt BA, Stanislawski MA, Smith DG, Bohr AD, Stamper CE, Hyde ER, Morton JT, Marotz CA, Siebler PH, Braspenning M, Van Criekeing W, Hoisington AJ, Brenner LA, Postolache TT, McQueen MB, Krauter KS, Knight R, Seedat S, Lowry CA. The Microbiome in Posttraumatic Stress Disorder and Trauma-Exposed Controls: An Exploratory Study. *Psychosom Med*. 2017 Jul 11.

<http://dx.doi.org/10.1097/PSY.0000000000000512>

Tillisch K, Mayer E, Gupta A, Gill Z, Brazeilles R, Le Nevé B, van Hylckama Vlieg JET, Guyonnet D, Derrien M, Labus JS. Brain structure and response to emotional stimuli as related to gut microbial profiles in healthy women. *Psychosom Med*. 2017 Jun 28.

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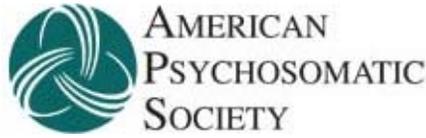
This is just a selection of the many excellent articles published in *Psychosomatic Medicine* of the past few months. A very efficient way to keep up to date with recent developments in our field is to check out the Article Summaries, at the [beginning of each issue](#) of the journal. If you open the PDF that goes with these summaries, you will find links that directly access the articles to which the summary refers.

This update highlights the exciting science published in our journal. Please continue to send your work to *Psychosomatic Medicine* at:

<http://www.editorialmanager.com/psymed/default.aspx>

With best wishes.

Members Only



# Newsletter

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## A Time for Resilience

***An update from the 2018 Program Chair Dr. Sarah D. Pressman***

As I write this message, the world is in chaos. Hurricane Irma has flattened multiple islands in the Caribbean and has left millions reeling in its destructive wake. The strongest earthquake to hit Mexico in a century has killed hundreds, toppled buildings, and the aftershocks are still going. Texas residents are picking up the pieces of their lives after Hurricane Harvey ripped through the area causing massive flooding and devastation. Closer to home for me, wildfires have been raging for a month on the West Coast of the US, destroying beautiful



ancient forest ecosystems, homes, and creating toxic pollution for those that live there. This is on top of the tinderbox of political turmoil around the world right now with rampant regulatory, emotional and physical attacks on minority groups and immigrants, ongoing wars, and threats of nuclear attack.

With this in mind, it seems like there has never been a more important time to focus on resilience. While many at APS research stress and the downstream consequences of negative environmental and psychosocial factors, it is also critical for all of us to have an excellent grasp on how to protect people against the poisonous effects of stress, bounce back after trauma, and possibly even grow following these experiences. For this reason, our 2018 meeting theme will be "Optimizing Health and Resilience in a Changing World: Celebrating 75 years of the American Psychosomatic Society".

The APS Program Committee has been hard at work coming up with thematic events around this important topic. We have already secured several stellar plenary speakers who will highlight different aspects of resilience. First, Dr. George Bonanno, one of the world's authorities on the topic of resilience and author of "The Other Side of Sadness", will speak to us on his important work, as well as participate in a vigorous panel discussion on the meaning of the construct, if, how, and when resilience can be increased via intervention, as well as other important topics. Next, given the hostile environment for minorities these days, we thought it critical to have a discussion about resilience to discrimination as well as a discussion about whether there is anything we can do to help people facing this form of stress. We are fortunate to have a world expert on health inequality, Dr. David Williams joining us as a plenary speaker, as well as a team of authorities on this topic speaking together on different forms of discrimination (e.g., LGBT issues, racism). Finally, with an eye towards how this stress is affecting the next generation, we are thrilled to have Dr. Mary Dozier teach us about her important physiology and health-protecting intervention work to help children faced with extreme adversity. These talks will be complemented by stimulating workshops, roundtables, and symposia on relevant resilience and health topics. We hope by the end of the meeting to have engaged our society to think deeply about resilience in the

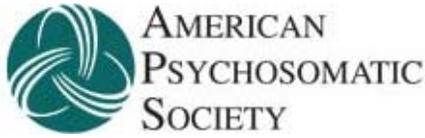
context of Psychosomatic Medicine and spurred our group to incorporate resilience-framed ideas into their research, clinical practice, and possibly, into their own lives.

As our title indicates, this meeting will also mark the end of our year-long celebration of APS's 75th anniversary. Keep your eyes peeled at the conference for posters documenting intriguing historical facts about the society, video interviews with former APS leaders, and an invited symposia documenting how our society has changed from its first meeting on Fatigue, to our current focus on Resilience. There will also be opportunities for YOU, the attendees, to help mark this historic event! Specifically, when submitting to the conference this year, you will be able to indicate that your abstract or symposium is historically-relevant so that it can be highlighted as anniversary content. We also hope to have multiple ways for attendees and members to record their favorite APS memories and anniversary-relevant thoughts for posterity.

On a more personal note, I am so thrilled to be your APS program chair for the next two years. As a wide-eyed young graduate student at my first meeting in 2003, it was my absolute DREAM to some day get to organize this incredible conference. I hope to continue the tradition of making it a welcoming and inspiring meeting for the stellar researchers and trainees that attend in 2018 and 2019.

Hope to see you all in Louisville, KY this March!

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## APS, Meet Louisville



Perhaps you've already heard that [Louisville is the new Portland](#)? No? Maybe an introduction to Louisville and the bluegrass region of Kentucky is in order...

Louisville is more than just a world class city brimming with art, culture, food, bourbon, and the friendliest people you'll meet anywhere. It's a big city with a small town feel, as the locals like to say. It's a place where the question isn't what to do ... it's what to do first. A city loaded with possibilities. Named for King Louis XVI of France in appreciation for his assistance during the Revolutionary War, Louisville was founded by George Rogers Clark in 1778. Situated beside the [Falls of the Ohio](#), the only major obstruction to river traffic between the upper [Ohio River](#) and the [Gulf of Mexico](#), the settlement first grew as a [portage](#) site. It was the founding city of the [Louisville and Nashville Railroad](#), which grew into a 6,000-mile system across 13 states. Today, the city is known as the home of the [Kentucky Derby](#), the [University of Louisville](#) and its [Louisville Cardinals](#) athletic teams, [Louisville Slugger](#) baseball bats, and three of Kentucky's six [Fortune 500](#) companies. Its [main airport](#) is also the site of [United Parcel Service's worldwide air hub](#).

## NEIGHBORHOODS

Since the 1980s, many of the city's urban neighborhoods have been [revitalized](#) into areas popular with young professionals and college students: the [Bardstown Road/Baxter Avenue](#) and [Frankfort Avenue](#) corridors, the [Old Louisville](#) neighborhood, and in recent years, the [East Market District](#) (NuLu) and [Downtown](#) have experienced significant residential, tourist and retail growth, and have added major sports complexes ([KFC Yum! Center](#), [Louisville Slugger Field](#)), converted waterfront industrial sites into [Waterfront Park](#), opened varied museums, and created the bustling entertainment complex, [Fourth Street Live!](#), which opened in 2004.





Historic Old Louisville is the city's urban jewel! Boasting the largest contiguous collection of Victorian mansions in the United States, it's an exceptional heritage tourism destination. This historic preservation district has 45 square blocks with a rich array of architectural styles from the 19th century. Come and revel in

this celebrated neighborhood. The heart of Old Louisville is Central Park, which was designed by Frederick Law Olmsted. The Historic Old Louisville Neighborhood and Visitors Center is situated in the park in a beautifully restored, 110 year old mission style building located at 1340 S. 4th Street, Louisville, Kentucky 40208.

<https://oldlouisville.org/>

## FOOD AND DRINK

Kentucky Fried Chicken? Please. Don't waste your time. These and [many more restaurants](#) make Louisville [one of the most under-rated food cities in America](#). Foodies will appreciate TV food star (Top Chef, Mind of a Chef) Edward Lee's [610 Magnolia](#). Southern-Korean fusion? Believe us, it works. Or try Lee's new endeavor, [Milkwood](#) (Southern Inspiration + Asian Flavors + Bourbon Cocktails). His whiskey bar, [Whiskey Dry](#), also serves burgers. Make your reservations for the restaurants well in advance.

## The Highlands



A showcase of Southern food is Jack Fry's located in the bustling Highlands district. Established in 1933, this restaurant has long been a staple of Louisville's fine dining scene. Across the street is another gem, The Holy Grale

<http://holygralelouisville.com/>. Known for its unique beer selection and food pairings, this repurposed church has loads of character. Seating options include an outside patio and the upstairs, a.k.a., "The Choir Loft." Just up the road is Louvino <http://louvino.com/> a chic wine and small plate stop with tasting flights named after Kentucky's most famous residents like Muhammad Ali, George Clooney and Jennifer Lawrence (and no, not Colonel Sanders).

## Frankfort Avenue



Another neighborhood full of charm, food and shops is located on Frankfort Avenue. Establishments of note include Vint, a coffee, wine and beer stop with a great patio, The



Manhattan Project, a bourbon lounge + sports bar with great food and \$1 oysters during happy hour. Additionally, the Silver Dollar is a well-known spot to have brunch and try some chicken and waffles.

## Downtown

The Mussel and Burger Bar

may sound eccentric, but is well worth a visit. Handcrafted cocktails complete this one-of-a-kind experience. If you are looking to get fancy and spend a little more, consider reserving a spot at either Jeff Ruby's or Eddie Merlot's, whichever you choose you can't go wrong.



Known for their steak, seafood and wine selections both of these restaurants are first class.

Â The Thirsty Pedaler is a pedaling pub-crawler going to bars in downtown **Louisville**, [www.thirstypedaler.com/](http://www.thirstypedaler.com/).



A little further East will land you in the Butchertown area, where processing plants still exist amidst a flurry of



new art and food establishments. Be sure to check out Butchertown Market, home to some of the best small businesses in town, including Work the Metal home accents, Cellar Door Chocolates, Moss Hill Bath and Body, and Bourbon Barrel Foods

Â ([www.thebutchertownmarket.com](http://www.thebutchertownmarket.com)). After you work up an appetite from all that shopping, head one block over to Butchertown Grocery for a delicious dinner ([www.butchertowngrocery.com](http://www.butchertowngrocery.com)).

## Distilleries

You can sample a wide range of bourbon drinks at any of the 35 restaurants and bars on Louisville's Urban Bourbon Trail. Many of the establishments, which all serve at least 50 brands of bourbon, are located downtown.

<https://www.bourboncountry.com/>

Until the 1920s, a portion of Main Street was known as "Whiskey Row," with as many as 50 distilleries operating along downtown's colorful main thoroughfare. After a long dry spell, bourbon distilling has returned to downtown



Louisville with new projects completed and others in the works. Today, Bourbon tasting at the Woodford Reserve Distillery always includes a tour and a bourbon ball. The smoky, sweet taste of autumn.



The Evan Williams Bourbon Experience offers tours of their facilities along Main Street. The facility celebrates the legacy of Evan Williams, namesake of Heaven Hill's flagship brand, who set up one of Louisville's first distilleries nearby in 1783. The Louisville facility is a stop on the Kentucky Bourbon Trail.

Angel Envy's \$12 million distillery on East Main Street

has redeveloped a portion of a 19th century manufacturing building known as the old Vermont American Complex. The new distillery for Angel's Envy bourbon includes a column still, a bottling line, grain handling equipment and barrel storage areas. The distillery is also designed for a unique and attractive experience for public tours ([www.angelsenvy.com](http://www.angelsenvy.com)).



Michter's Distillery is renovating the historic and architecturally significant Fort Nelson Building at 801 West Main Street to house a new distillery. The plant, located across Main Street from the Louisville Slugger Museum and Factory, offers tours and tastings ([www.michters.com](http://www.michters.com)).

Not into bourbon? Louisville is also home to Copper & Kings American craft brandy. Seated in the characteristic Butchertown, your visit to Copper & Kings distillery will be sure to liven your day, as you learn how American music truly makes American Whisky rock (<http://www.copperandkings.com>).

## THE UNIVERSITY OF LOUISVILLE

Though University of Louisville boasts impressively large and modern sports complexes such as the Yum! Center and Papa John's Stadium, it includes enough southern historical charm to earn it a solid spot on the list of most beautiful college campuses. Located in Old Louisville, U of L is surrounded by the largest grouping of Victorian homes in the United States - many of which



are occupied by students. The university has continued to purchase large tracts of Louisville land to preserve as part of the university, among which is the Speed Art Museum. Notable campus buildings are the Rauch Planetarium, the Covi Gallery of the Hite Art Institute, and the Portico at Brandeis Law School

## PARKS

Known as the "father of landscape architecture," Frederick Law Olmsted Sr. will forever be associated with such iconic landmarks as New York City's Central Park, the United States Capitol Grounds, and North Carolina's Biltmore Estate. Some consider his crowning achievement to be the 18-park Olmsted Parks System in Louisville. It is one of the Derby City's most cherished resources, and has been an integral part of the city's natural, economic, and social life for more than a century.



A more recent addition is marked by vast green lawns, beautiful cityscapes, and biking

paths that run along the Ohio River at Waterfront Park

(<https://louisvillewaterfront.com>). Reliably gorgeous at sunset, the 1/4 mile Big Four pedestrian bridge links Louisville Waterfront Park to Jeffersonville, Indiana over the Ohio River. The Big Four was built as a railroad bridge in 1895, and decommissioned in the 1960s. Recently reopened as a pedestrian and bike bridge, it has an LED lighting system that wraps designated areas of the bridge fretwork in vibrant colors that can be programmed into a rainbow of effects. While the park closes at 11 PM, the ramp at River Road and the bridge itself are open 24/7.



## Falls of the Ohio



thousands of years in the rushing Ohio river. Visit the information center to learn all about the history of the Falls, and then hike down to the river bed to spot ancient fossils!

In 1803, explorers [Meriwether Lewis](#) and [William Clark](#) organized their [expedition across America](#) in the town of [Clarksville, Indiana](#) at the present-day Falls of the Ohio opposite Louisville, Kentucky. The historic [Falls of the Ohio State Park](#) is a rich fossil bed that has been preserved for



## MUSEUMS AND THE ARTS



Greater Louisville has a diverse and thriving art scene. East Market Street in the NULU neighborhood has developed into the region's main Art Zone. The area is lined with galleries that specialize in painting, photography, sculpture, and the avant garde. At the other end of downtown Louisville, art lovers will find textiles at the Kentucky Museum of Art and Craft and glass artists at the Glassworks glass-blowing complex and the Flame Run Gallery. The restaurant at the [21C Museum Hotel](#), Proof on Main, offers the opportunity to eat great food and enjoy the modern art displayed in the bar, restaurant, lobby, and galleries. In addition to the 21C collections,



Louisville's downtown [Museum Row](#) includes something for everyone, including the Louisville Slugger Museum for the sports fan, the Kentucky Museum of Arts and Crafts for the artsy, the Frazier History Museum, the Louisville Science Center, and the Muhammed Ali Center for culture. For more fine art, visit the [Speed Art Museum](#).

## The Muhammad Ali Center



Guided by Muhammad Ali's [six core principles](#), the Muhammad Ali Center features an [interactive museum](#), [educational programming](#), and [special events](#) to inspire young adults and adults to pursue greatness in their own lives, communities and countries. The Muhammad Ali Center is a great place for life-long learning, and the hope is that each opportunity to participate in the programming at the

Center is a step toward developing a greater sense of self, a greater sense of others, and a greater sense of purpose.

## The Frazier International History Museum

The Frazier is located in the West Main District of downtown. In March of 2018 the museum will host ***The Great War: Highlights from the Frazier World War I Collection***. The exhibit will feature photographs, postcards, uniforms, and personal stories from the Great War. Items on display include a very rare experimental M1 Helmet made by the Ford Motor Company and WWI Trench Art made by soldiers out of found objects. (September 2, 2017 - Winter 2019).



If you are a history buff, take a ride on the Belle of Louisville, a steamboat built in 1914 that offers food, drinks and spectacular views as you cruise along the Ohio River.



Or, visit the Conrad-Caldwell House Museum. The beautiful restored Victorian home is open for daily tours. The home is filled with personal possessions of the former residents. Beautiful Old Louisville is home to gorgeous turn of the century Victorians as well as some chilling stories of their former inhabitants. You can get all of the spine tingling details on the [America's Most Haunted Neighborhood Tour](#) or Louisville Ghost Tours offers. Both offer a unique perspective on local history <https://www.louisvilleghosttours.com/>. Â

Horse racing fans may want to visit Churchill Downs, the home of the Kentucky Derby and the



Derby museum. In what may be bad timing, there won't be horse racing at Churchill during the meeting. However, if you've ever looked at hotel prices in Louisville during Derby weekend...

The *best* timing puts the APS meeting in Louisville at the same time as the [Humana Festival of New American Plays](#). The lineup has not been announced as of this writing, but keep your eyes peeled.

## THE BLUEGRASS



Louisville is on the western edge of the Kentucky Bluegrass, home to horses and bourbon. You might want to see a little more of the area! Although you're too early for the Kentucky Derby, you'll have perfect timing for touring the Thoroughbred horse farms around Lexington (about 80 miles to the east) because it will be foaling season. Maybe you'll see the 2021 Triple Crown champion frolicking in the pasture or napping in the grass. Horse farm tours are offered by [a number of companies](#). It is possible to arrange a visit to farms yourself, but much more difficult than letting the tour guide do it for you, and some farms only allow guided tours. If you're headed to Lexington for the horses, stop by the [Keeneland Racetrack track kitchen](#) for breakfast, then walk up to the track to watch horses training.



Between Louisville and Lexington, you'll find the [Kentucky Bourbon Trail](#). In addition to the distilleries included on this list, your esteemed President also suggests a great tour at [Buffalo Trace Distillery](#) in Frankfort and excellent boutique bourbon from [Willett Distillery](#) in Bardstown.



Fun fact: Many of Kentucky's distilleries are in "dry" counties. Check out Mint Julep Tours ([www.mintjuleptours.com](http://www.mintjuleptours.com)) and R&R Limousine Service ([www.rrimo.com/packages/kentucky-bourbon-trail](http://www.rrimo.com/packages/kentucky-bourbon-trail)) for group, chauffeured tours.

## Shaker Village of Pleasant Hill



Shaker Village of Pleasant Hill is a landmark destination that shares 3,000 acres of discovery in the spirit of the Kentucky Shakers. Home to the third largest Shaker community in the United States between 1805 and 1910, the vibrant site offers experiences designed to ignite



curiosity, expand imaginations and inspire generations. This is where discovery starts—but it doesn't end until your hands are dirty and you've tried something new. Plan a visit to Shaker Village and find the explorer in you. Spirited hospitality, fresh-air adventures and great discoveries are just around the corner. <https://shakervillageky.org/>

## NATURAL WONDERS

There are plenty of beautiful sights to see and things to do in Louisville, but sometimes you just need to get away for a day and explore our beautiful state! These incredible natural wonders show off some of the most scenic views (both above and below ground), stunning waterfalls, and amazing spots around Louisville. Some are right on our doorstep and others require a little more of a road trip, but all are close enough for single-day adventure!

### 1. Tioga Falls Trail

We were pretty worried that we might never see this natural wonder again when it was closed down several years ago for maintenance work, so we were overjoyed when this beautiful trail opened up again in 2015. Tioga Falls is located only 35 minutes from Louisville (in West Point), so there is no excuse to miss out on this beautiful trail (having it closed for so long definitely motivated us to get out and see it as often as possible!)

It's only a 1.9 mile hike through a beautiful hardwood forest to get to Tioga Falls, which drops in several sections totally over 130 feet. The largest single drop is about 30 feet, and the full cascade is lovely!



## 2. Broad Run Park



This lovely park within The Parklands at Floyds Fork is only 25 minutes from downtown Louisville and offers beautiful lakes, overlooks, and waterfalls along several wonderful hiking and walking trails. The Limestone Gorge is a popular spot in Broad Run Park, as it is only a short walk to a cool stone bridge that offers a view of a waterfall flowing through

the gorge during the wetter winter and spring seasons.

## 3. Mammoth Cave National Park



Head south on I-65 for just over an hour and you will discover one of the most incredible National Parks in the nation! The Mammoth Cave system is considered the longest in the world and has more than 390 miles of passageways crisscrossing through the limestone rock. You can tour some of the magnificent sections of the caves through the National Park Service that range from one to

six hours and vary in difficulty.

Some features, like the Frozen Niagara, can be seen on easygoing lighted tours, while other "wild" tours travel away from the more popular areas and into areas and lead you through tighter, darker tunnels if you are looking for a more difficult adventure!



## 4. Natural Bridge State Park



This stunning State Park is located near Stanton in the Daniel Boone National Forest. The star of the show here is the natural sandstone arch that the park was named after. It stands 65-feet tall and spans a 78-foot gap and is definitely an amazing sight to behold.

Natural Bridge State Park is adjacent to the incredibly Red River Gorge, which brings us to

our next natural wonder...

## 5. Red River Gorge



This incredible canyon system is in the Daniel Boone National Forest, two hours east of Louisville. The stunning scenic views, waterfalls, and natural



bridges found here are definitely worth the drive. The beautiful sandstone cliffs are considered one of the best rock climbing locations in the entire world! With over 60 miles of hiking trails to explore, Red River Gorge is a great destination for a day trip!

## 6. Diamond Caverns



This amazing limestone cave is just over an hour south of Louisville and is considered one of the most beautiful in the state! The incredible rock formations were formed over millions of years and fill the massive caverns. Some of the larger caverns are lit by bright, colorful lights that make a tour through this underground natural wonder feel positively magical!

## 7. Anglin Falls

Anglin Falls is located in Berea, about one hour and 45 minutes southeast of Louisville. The 75-foot tall falls is absolutely lovely, but can dry up significantly during the hot summer months. Anglin Falls is part of the John B. Stephenson Memorial State Forest Nature Preserve and it's near enough to Cumberland Falls to make it a fun side trip on your way!



## 8. Cumberland Falls



This hiker's paradise has 15 miles of trails to explore! Perhaps the most famous feature of Cumberland Falls is the incredible Moonbow that forms in the mist on bright nights - it's the only phenomenon of its kind in the entire world! The 125-foot wide falls is sometimes called the "Niagara of

the South" for its sheer magnificence. Cumberland Falls is located near Corbin, about two and a half hours from Louisville. It's a little further out than some of the other natural wonders on this list, but can still be explored on a single-day adventure!

Anyone who thinks that Kentucky is only filled with bourbon and horse racing needs to take a closer look at some of the stunning spots in nature. Louisville is lucky to be close to so many of these, so whether you are looking for a quick afternoon escape or a mini-adventure road trip that you can do in one day, these eight amazing natural wonders definitely deserve a spot on your list.



TRAVELLING TO LOUISVILLE

You have three airports to choose from. Fares can vary dramatically among the airports, so it's possible that one of the more distant airports might offer a fare that would make up for the cost of a rental car or shuttle. Uber and Lyft are easily accessible to get you in and around the city and suburbs.

[Louisville International Airport](#)

[Cincinnati-Northern Kentucky International Airport](#) (96 miles from Louisville)

[Blue Grass Airport](#) (Lexington) (72 miles from Louisville)

See you in March!

