



KANSAS ALUMNI

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Act II

*Playwright
Kelsey Murrell is KU's
26th Rhodes Scholar*

- HOOP DREAMS
- BIRDERS' BIBLE

controller at Evanhoe & Associates in Dayton, Ohio. She and her husband, **Tyler**, b'10, live in Fairborn.

10 Salvatore Capra, b'10, is a business analyst at BuildMyMove. He lives in Kansas City.

Mary Crandell, c'10, serves as a Peace Corps volunteer in Moldova. A photograph she took recently won first place in the Peace Corps' 50th Anniversary Photo Contest. Mary's home is in Leawood.

Michael Link, b'10, g'11, works as a staff accountant for Meers

Advertising in Kansas City.

Derreck Mayer, c'10, does software implementation consulting with Perceptive Software in Shawnee.

Mary McLaughlin, b'10, g'11, works as an accounting and finance recruiter at Cummings St. Thomas. She lives in San Antonio.

Alyssa Padilla-Esperance, c'10, is an inside sales representative for European Imports in Chicago.

Angelo Phillips, c'10, is assistant property manager at Realty & Mortgage Co. in Chicago.

Grace Sha, b'10, works as a customer service account manager at Huhtamaki. She lives in Lenexa.

Micheal Spero, b'10, is a broadcaster and the voice of the San Jose State Spartans. He lives in Cupertino, Calif.

Kelly Underwood, c'10, is a financial representative with CFG New England Financial in Wichita. She lives in Mulvane.

Samantha Danna Varnadore, j'10, works as a retail sales representative for the Hersey Company in Pleasanton, Calif. She lives in Elk Grove.

PROFILE by Lydia Benda

New app guides social behavior

While working toward her doctorate in counseling psychology, Kelly Bowers met many influential colleagues. Coincidentally, it was during a marriage and family therapy class that she met her most significant collaborator: her husband, Mark.

Years later and hundreds of miles from Lawrence, Mark, PhD'05, Kelly, PhD'06, and their two children live near Ann Arbor, Mich., where Mark has a private practice focusing on youth in the autism spectrum. Mark, an expert in social behavior, noticed that his patients often did not apply learning from their sessions to real-life situations. "Social skills don't generalize well," Mark says. "I wished I could be there with them when they're at school and these situations arise."

At home, Mark and Kelly frequently shared their professional insights about kids who struggle socially. So began the framework for Sosh (So-sh), an Apple-products application. "When Sosh came up about a year ago, we naively thought, 'Oh, this will be a fun little side project,'" Kelly says. "Our bedroom walls were covered with Post-it notes of ideas."

Since Sosh's release, their "side project" has turned their world upside down as

parents, teachers, psychiatrists and schools have embraced the application.

Sosh features on-the-spot tools for youth at any stage of the autism spectrum. With more than 60 screens, Sosh provides useful tips and encouragement for social situations, focusing on the five Rs: relate, relax, regulate, reason and recognize. Tools include a slang translator, a facial expression identifier and a shredder, which allows the user to type in a negative thought and "shred" it.

The app is so effective at providing in-the-moment counseling that many

schools approve its use among students who have difficulty focusing in class. For instance, the timer tool reminds students to pay attention at different intervals. Parents have overwhelmingly supported Sosh's effectiveness for their children, and often for themselves. "We found out that after a stressful day, parents are using some aspects of the app too," Mark says, "particularly the relaxation strategies."

Sosh is also helpful for youth with other



Mark and Kelly's 4-year-old daughter, Addy, is a fan of the shredder feature in Sosh. "It teaches her to talk about things and then let them go," Kelly says. Their son, Charlie Lawrence, 2, is named after KU's hometown.

conditions such as Attention Deficit Disorder and Obsessive Compulsive Disorder; the Bowers hope to soon market aspects of the app separately to meet specific needs.

"My hope," Marks says, "is that [Sosh] offers a really valuable tool to a population of kids who are having a hard time and a lot of people don't really know where to begin with them or how to help them."