

Discovering Psychology with DSM5 Update

By Don H. Hockenbury, Sandra E. Hockenbury

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Editorial Review

About the Author

Sandra E. Hockenbury is a science writer who specializes in psychology. Sandy received her B.A. from Shimer College and her M.A. from the University of Chicago, where she was also a research associate at the Institute of Social and Behavioral Pathology. Prior to co-authoring *Psychology* and *Discovering Psychology*, Sandy worked for several years as a psychology editor in both academic and college textbook publishing. Sandy has also taught as an adjunct faculty member at Tulsa Community College.

Sandy's areas of interest include positive psychology, cross-cultural psychology, and the intersection of Buddhist philosophy, neuroscience, and psychology. She is a member of the American Psychological Association (APA), the Association of Psychological Science (APS), and the American Association for the Advancement of Science (AAAS). Sandy is a member of the Board of Trustees of Shimer College and recently served as a volunteer with Nomads Clinic, a nonprofit organization that brings medical care to remote areas in the Himalayan regions of Nepal and the Tibetan Plateau.

Don and Sandy's daughter, Laura, is a college senior and geology major who, like her parents, has wide-ranging interests, including climate change, sustainable development, psychology, and the arts. A classical and improvisational pianist, co-director of her college comedy sketch group, and enthusiastic member of the 2011 Division III Ultimate college women's championship team, Laura has recently taken up the mandolin. **Don H. Hockenbury** is Associate Professor of Psychology at Tulsa Community College, where he has had the privilege of teaching undergraduates for more than 30 years. Although he enjoys the unique challenges of teaching online, the classroom remains Don's favorite forum for teaching students about the science and personal relevance of psychology. He is a recipient of the Tulsa Community College Award for Teaching Excellence. Don's educational background includes a B.S. in psychology and an M.A. in clinical psychology, both from the University of Tulsa. Before he began his teaching career, he worked in psychiatric facilities and in private practice.

Don's favorite research interests include the scientific study of sleep and dreaming, biopsychology, memory, psychological disorders, and the history of psychology. Don belongs to several professional organizations, including the Association of Psychological Science (APS), the American Psychological Association (APA), the American Academy of Sleep Medicine (AASM), and the Sleep Research Society (SRS). "

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