



CPSY Times • Spring 2015

Volume 9, Issue 2

March 2015

Special points of interest:

- Student Awards
- Student and Alumni News
- New Faculty and Student Interviews
- Prelims: A Lesson in Flexibility
- 2015 Great Lakes Regional Counseling Psychology Conference Flyer



Inside this issue:

Program News	2-7
Prelims: A Lesson in Flexibility	9
Student News	10-13
Alumni News	10
Faculty & Student Interviews	15-17
Publications & Presentations	18
2015 Great Lakes Flyer	21

EDITOR: Rachael Collins

Letter from the Chair

Greetings to you, wherever you happen to be right now! For some reason, the question "Where in the world is Carmen Sandiego?" is running through my head. Many of us spent last year hiding our heads and just hoping for winter to pass without completely draining our ability to pay our heating bills. Sadly, our alumni in the north-east corner of the country must be experiencing déjà vu right now; I'm not sure what incentives would have to be offered to convince me to look at a job in New England this month.

This spring we are happy to host the 2015 Great Lakes Regional Counseling Psychology Conference in March. There is mention of it elsewhere in this issue; can you believe GL is 28 years old? We are proud to host Division 17's

President Michael Mobley as the keynote speaker, following a long-standing tradition of inviting current SCP Presidents to attend the conference. We will also have speakers focused on integrated health care and military psychology. Please join us for the last weekend in March. (BTW, GL 2016 will also be held in Indiana; I'll let you guess where...)

In other news, **Dr. Brooke Wilken's** sudden departure for California at the end of fall semester 2014, opened the door for **Dr. Justin Lehmill** to join us as interim director for the social psychology program. He is a Purdue University graduate, but took a scenic route to get from the western side of Indiana to the eastern side. By all accounts, he is already having an impact in the classroom. Look for Rachael's interview with

Justin elsewhere in this issue.

Finally, spring brings change, as it does for us every year. Many of you still breathing through the first year of your program. Others can see the lights on the moving truck that will lead you to internship, a new graduate program, or a new job. As faculty and staff, we are used to this cycle by now, and always anticipate waving goodbye to familiar faces each June and July. As always, we wish you all the best as you experience the next set of transitions in your lives.

Dr. Sharon Bowman





News from the Doctoral Program Director — Dr. Donald Nicholas

As mentioned in our Fall newsletter, I took over as director of the doctoral program this past summer and am now in the full swing of the responsibilities. Also as mentioned, we are very pleased to have once again successfully completed the American Psychological Association (APA) Accreditation site visit and are fully accredited now until 2020!

Last semester we welcomed 10 new doctoral students and, as the cycle continues, we completed our on-campus interviews on January 30, when we invited 27 master’s candidates and 9 bachelor’s candidates to campus. As usual, the entire department was involved in the exciting interview day. We expect to once again welcome a new class of 10 students for 2015-2016. At present, our offers of admission are out and we are waiting to hear!

Last month our doctoral students, who are heading out to internship, ranked their internship sites. All of their interviews were completed, all eight have their rankings in and now we wait! Notification day was February 20. Keep them in your thoughts as they move on to this exciting transition. We expect all to match and I will have a list of locations for you in the next newsletter. I look forward to bragging about the exciting and prestigious locations of our 2015-2016 interns.

Another exciting upcoming event is our hosting of the 2015 Great Lakes Regional Counseling Psychology Conference on March 27 and 28.

BSU Association of Neuropsychology Students in Training (ANST)

We would like those interested in our organization to please join our Ball State ANST Facebook [page](#) to get the latest updates. This semester, we are expecting a panel of neuropsychologists on March 19, at 6 PM, in Teachers College, TC 229, as well as an election meeting (with trivia games) for future chairs on April 16 at 6 PM. All meetings will include free food and fun! For questions or more information, please contact Claire Brownson at cebrownson@bsu.edu.



News from the Clinical Mental Health Counseling Program

Welcome Back from Winter Break

Dear Clinical Mental Health Counseling (CMHC) students — welcome back from winter break and I hope you have good educational experiences this spring semester and upcoming summer. For those of you graduating in May or July 2015: Congratulations!

2015 Great Lakes Regional Conference in Counseling Psychology

Ball State University is hosting the Great Lakes conference this year, on March 27 and 28. It will be held at the L.A. Pittenger Student Center. I encourage you all to attend this conference to learn some exciting stuff happening in counseling and counseling psychology, and to network with other students, faculty, and professionals.

Content Exam

The content exam is administered twice over the academic year. The next administration will be **Friday, March 20, 2015, from noon to 4 PM, in the Ball Communications building, room BC 103**. This is a reminder that all students in the Clinical Mental Health Counseling program must pass the exam before graduation. You may take the exam once you have completed at least 30 semester hours of coursework. Please stop by the main office: Teachers College, room 605, to let us know if you plan to take the exam this semester.

American Counseling Association

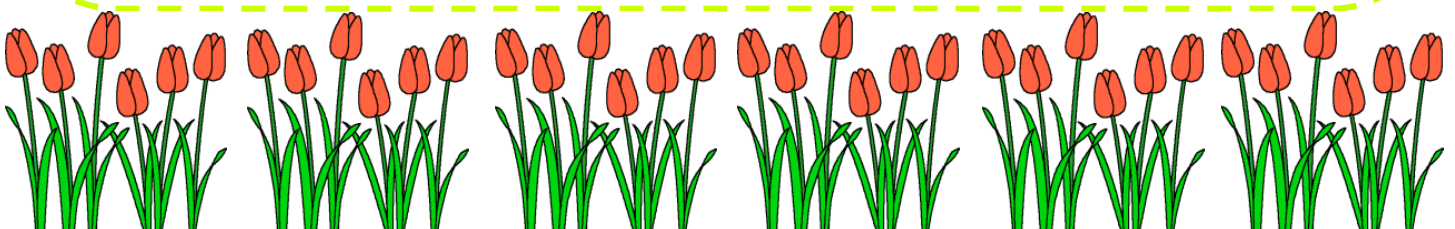
I encourage all CMHC students to become members of the American Counseling Association (ACA). It is important for future counselors to be involved in a professional organization. An added benefit to membership in ACA is that it includes malpractice insurance, which we require all students to carry once they begin their practicum and internship activities. You can enroll through their website at <http://counseling.org/membership/aca-and-you/students>.

Graduates

We always enjoy hearing from our graduates. Please email the department at CPSY@bsu.edu, or me at stefaegis@bsu.edu to let us know how you are doing in your careers and lives.

Thanks for keeping in touch and warm wishes,

Dr. Stef



News from the School Counseling Program

Upcoming Conferences and Professional Development Opportunities:

Evidenced-Based School Counseling Conference

March 26-27, 2015
Erlanger, Kentucky

ISCA Graduate Student Workshop

April 15, 2015
Indianapolis, Indiana

American School Counseling Association Annual Conference

June 29-July 1, 2015
Phoenix, Arizona

Indiana Department of Education Summer of eLearning

Summer 2015

Indiana Youth Institute Webinars

March 25 — Youth Trauma: The Real Reason They Act Out
April 29 — TBA

School Counseling Poster Session

**April 7, 2015, 4:30—6 PM,
Teachers College, 6th Floor**

Please join us as our second-year school counseling students share the results of their program evaluation of an academic intervention at their internship sites. Several of the interventions were developed and implemented by our students. Light snacks will be provided.

National School Counseling Week

National School Counseling Week, sponsored by the American School Counselor Association (ASCA), was celebrated from February 2-6, 2015. National School Counseling Week brings focus to the unique contribution of professional school counselors within U.S. school systems and how students are different as a result of what school counselors do. National School Counseling Week highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.



#BSUSC on Twitter

Are you interested in continuing the conversation about school counseling and students in K-12 schools? Join the conversation on Twitter by using **#BSUSC**! This is a place where you can share your thoughts as well as articles and resources with your fellow Ball State School Counseling colleagues. Don't have a Twitter account? Take a look at the conversation by visiting the Twitter homepage and do a search for **#BSUSC**. Looking forward to seeing you in the Twitter-verse!



Bright Achievement Intentional
 Individual Community Systemic Prevention Future
 College Solution Focused Equitable Planning #BSUSC Relationships Comprehensive
 Group Professional School Counselor Crisis Intervention
 Curriculum Community National School Counseling Week 2015
 Data-Driven Academic #NSCW15 Empowerment Potential K-12
 Stakeholders Skills Reach Higher Learning Resilience Career
 Goals well-being Partnerships Implement Success
 Prevention Personal Needs Advocate

News from the Rehabilitation Counseling Program

We would like to take this opportunity to share our program mission and objectives, as well as highlight the contributions of our current students and alumni.

Rehabilitation Counseling Program Mission and Objectives

The mission of the Rehabilitation Counseling track in the Department of Counseling Psychology and Guidance Services (CPSY) at Ball State University is to educate and train counselors to assist persons with disabilities in developing their potential across a number of dimensions: psychological, social, physical, vocational, and economical. The Rehabilitation Counseling track is dedicated to preparing counselors who possess both the skills and desire to provide quality services to persons facing barriers related to living, working, and socializing in the community. The program is designed to prepare counselors who will be strong advocates for persons with disabilities and who will assist those with disabilities to become their own advocates in order to make independent life choices.

The mission of the program is accomplished by the following objectives:

- 1. Preparing qualified rehabilitation professionals to address community needs and work across a number of settings including state and federal rehabilitation agencies, rehabilitation facilities, private rehabilitation agencies, and other organizations that are providing services to individuals with mental, emotional, and/or physical disabilities.*
- 2. Strengthening the skills and values of students in order that commitment and dedication to the highest standards of professional behavior, ethical practice, and awareness of human dignity of all persons be paramount.*
- 3. Preparing students to function as resources for persons with disabilities, their families, and communities.*

Practicum, Internship, and Alumni Employment

The first-year rehabilitation counseling students are currently serving persons with disabilities, their families, and communities through practicum work with Hillcroft Services and the Ball State Practicum Clinic. Our second-year students are making valuable contributions in diverse internship sites including Hillcroft Services, Meridian Services, Outside the Box, and Indiana Vocational Rehabilitation Services.

We would also like to offer congratulations to two of our alumni who have recently accepted positions with Indiana Vocational Rehabilitation Services. **Brett Crehan** (MA '14) is now employed with the Area 11 VR Office in Muncie as a Vocational Rehabilitation Counselor specializing in working with individuals who are deaf and hard of hearing. **Darci Wilson** (MA '13) is now employed with the Area 21 VR Office in Anderson as a Vocational Rehabilitation Counselor specializing in working with individuals with visual impairments and blindness. Best wishes to Brett and Darci in their new positions!

Happy Spring to All!

Dr. Tschopp



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Upcoming Conferences

National Rehabilitation Association Governmental Affairs Summit

35th Annual Government Affairs Summit

March 22-24, 2015

Hilton Old Town Alexandria

Alexandria, Virginia

National Council on Rehabilitation Education

Spring 2015 Conference

April 22-24, 2015

Newport Beach Marriott Hotel & Spa

Newport Beach, California

National Association of Multicultural Rehabilitation Concerns

22nd Annual Training Conference

July 23-25, 2015

Renaissance Charlotte Suites

Charlotte, North Carolina

Congratulations to our recent graduates!

December 2014

- **PhD in Counseling Psychology** — David Adams, Jackie Engebretson, Alicia Harlow, Björg Hermannsdóttir, Desiree Howell-Gilpin, Erica Hurley, Kathleen Niegocki
- **MA in Counseling**
 - Clinical Mental Health Counseling — Lauren Floore, Marianne Foust, Kayla Lighty
 - Rehabilitation Counseling — Brett Crehan
- **MA in Social Psychology**
 - General — Ashley Begley, Brett Crehan



Congratulations,
graduates on all
of your hard
work and
achievements!



Fall 2014 Doctoral Graduates

Pictured above are the Fall 2014 PhD in Counseling Psychology graduates with their dissertation chairs. From left: **Dr. Sharon Bowman, Jackie Engebretson, Alicia Harlow, Desiree Howell-Gilpin, Dr. Donald Nicholas, Dr. Kristin Perrone-McGovern, David Adams, Kathleen Niegocki, Dr. Lawrence Gerstein, Erica Hurley, Dr. Molly Tschopp, Björg Hermannsdóttir,** and Dean of Teachers College, Dr. John Jacobson.



Prelims: A Lesson in Flexibility

By: April Krowel, MA,
current doctoral student

Have you been dreading thoughts of studying and completing prelims? Or, are you like I was and already actively planning your study strategy? Perhaps you have no idea there is a prelim process and I am sorry to break the news to you—you must successfully pass prelims to continue your journey through doctoral school. No matter where you fall on the prelim study strategy spectrum, I am hoping to offer some insight and useful tips on balancing your study strategy with quality self-care (however YOU define it).

I made a distinct effort to balance studying and enjoying my summer. Believe it or not, it can be done. My daughter, who turned four last May, had tee-ball and soccer practice several times per week. I went to a lot of concerts, including the Backstreet Boys (hey, don't judge me!), and spent quality time with family and friends. I took a trip to Chicago for a leadership conference,

celebrated my husband's graduation, and worked at the VA. Somehow, I found time to study.

Did I mention that my prelim study strategy did not work out according to plan? On June 30, I was admitted to the hospital for emergency gallbladder surgery (i.e., I was in a good amount of pain and severely jaundiced). I spent four days in the hospital and ended up having two surgeries during my stay. Needless to say, MY recovery was not so smooth. I tired easily, which made studying much more difficult, and spent more time resting than originally planned. I stressed about prelims and contemplated taking them later in the semester. Ultimately, I decided to complete prelims at the scheduled time, not because I didn't have the support to hold off but because I am a hard-charging, Type A personality who wanted everything to work out as planned. And I failed.

I learned a tough, yet valuable lesson, and I am sharing my story so you might learn from my

mistakes. I did not fail because I had fun during the summer. I did not fail because I spent time with friends and family. I did not fail because I went to too many concerts or took a trip to Chicago. I did not fail because my gallbladder crapped out on me. I failed because I could not be flexible with my plan and could not bring myself to ask for or accept a later examination date.

Please take care of yourself. Study by the pool, go to concerts (I hear New Kids on the Block are coming to town!), spend time with family and friends, take trips, and have fun. Create a study plan and stick to it, but be flexible, especially in emergency situations. Do not be afraid to ask for help or request a later examination date. In this department, you will be supported.

Fortunately, my story does not end with failure. I passed my oral defense and requested to retake the core exam 10 days later. And I passed.

"I learned a tough, yet valuable lesson, and I am sharing my story so you might learn from my mistakes."





Student News & Awards

- **Aaron Esche** (current doctoral student) was invited by the Center for Deployment Psychology (CDP) to attend their inaugural Summer Institute program, *Preparing for a Military-Focused Career*, in Bethesda, Maryland, this June.
- **Tacianna Indovina** (current doctoral student) placed second in the Case Study Competition during the third Annual Unity Connections Conference at Ball State University, and was also awarded the Merrell Thomas Marshall Memorial Scholarship last fall.
- **Katie Rice** (current doctoral student) placed second in the Case Study Competition during the third Annual Unity Connections Conference at Ball State University.

Alumni News & Awards

- **Brett Crehan** (MA '14) was hired in January 2015, by the Indiana Family and Social Services Administration as a Rehabilitation Counselor for the Deaf and Hard of Hearing.
- **Lu Dale** (MA alumna) was elected Vice Mayor of the city of Huber Heights, Ohio. She also serves on city council as City Commissioner of Ward 1 in Huber Heights. She has served on Huber Heights City School Board and retired from Huber Heights City Schools after 31 years of service.
- **Betty Jo Day** (MA '74; PhD '83) writes, "retired eight years ago. Living in Southern Dunes (a golf course community) off of Southport and St. Rd. 37 in Indianapolis. Work as a ranger at the golf course and play lots of golf. I have a timeshare in Oyster Bay, near Phillipsburg, Nevada, and go every year with my niece. Play lots of cards with friends during the winter and belong to several lunch groups. I celebrated my 50-year high school class reunion 2 years ago and 50 years in Zeta Tau Alpha social sorority last year... wow. Just generally enjoying life."
- **April (Schuster) Nelson** (MA '12) is working at Lampion Center, which is a not-for-profit, trauma-focused agency for child through adult populations. April also recently received training in EMDR (eye movement desensitization and reprocessing) and loved it!
- **Jill Salsman** (MA '02; PhD '07) and Ken Leer had a baby girl, Sophie Lyn, on September 6, 2014. Jill currently works at Park Nicollet Health Services in St. Louis Park, Minnesota. She works as a psychologist at the Bariatric Surgery Center and Melrose Center for eating disorders.

• **Beverly (Hummer) Stoskus** (MA '83) wrote, "I enjoyed reading the CPSY Times November 2014 issue. **Dr. Ronald Ballenger** (PhD '79) was my professor when I was working in Germany with the Department of Defense Dependents school from 1981-1983. After leaving Germany with my degree from Ball State, I returned to New Jersey and worked as a school counselor until retiring in June of 2014. With my training from Ball State I was able to earn my license as an Licensed Professional Counselor (LPC). During the past five years I worked part-time for an agency as an IIC (Intensive In Community Counselor). I look forward to reading about the development of the programs at Ball State and their training of current and future counselors."

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and what you
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Students Present at 2014 Indiana School Counselor Association (ISCA)

Samantha Lamb, **Natalie Sachs**, and **Bethany Sinkhorn**, current second-year school counseling master's students, presented together at the 2014 ISCA Conference in November. They presented on: "The School Counselor's role in the IEP (Individualized Education Plan) Process" and how they can incorporate technology. They did this by demonstrating how to make a YouTube video series targeted at parents to help them understand the complex IEP process. As an example, they created one video to demonstrate its simplicity and how beneficial it could be. They also discussed the need for parents to have a better understanding of the IEP process and how incorporating a strengths-based approach will yield optimal outcomes for all!

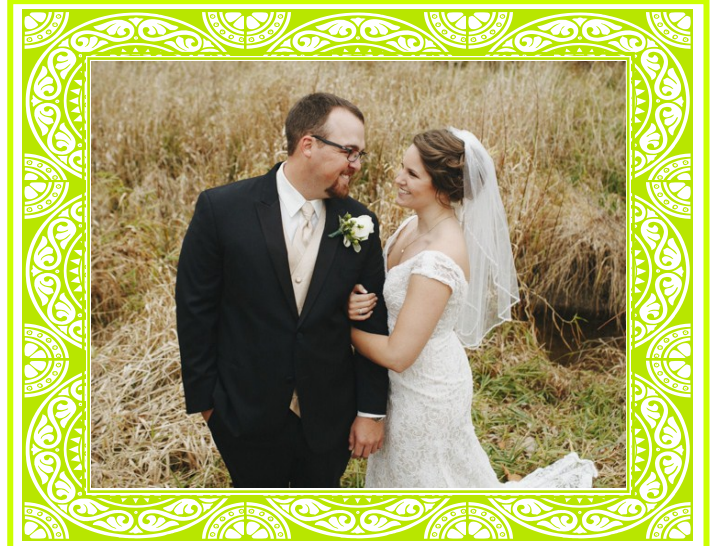
Pictured right: (from left) **Samantha Lamb**, **Bethany Sinkhorn**, and **Natalie Sachs** deliver their presentation.



Pictured left: school counseling master's students at the 2014 ISCA Conference. From left: **Kaylee Wilson**, **Megan Fizer**, **Samantha Lamb**, **Bethany Sinkhorn**, **Sarah Sargent**, and **Natalie Sachs**.

Congratulations!

Below: **Alyssa (Arnett) Brown** (current doctoral student) married Tyler Brown on December 27, 2014.



Rich Usdowski (current master's student) and Lynne Mirabella were engaged to be married in 2014. The couple are planning a wedding for July 31, 2015.



Above: **Laura Huber** (MA '14) and her husband, Josh Stevens, married in November 2014. They now reside in El Paso, Texas.



Left: **April (Schuster) Nelson** (MA '12) married Ryan Nelson in May 2014. The couple is residing in Evansville, Indiana, while Ryan completes his doctorate.

Right: **Joshua Staples** (current master's student) proposed to Alicia Orr on December 21, 2014, in downtown Indianapolis. She said yes!



Congratulations continued... ◆ ◆ ◆ ◆ ◆

Right: **Carrie (Hill) Steckl** (MA '94) shared, "Ettalyn Marie Steckl was born on January 31, 2015, at 1:16 AM, weighed 9 pounds, 10 ounces, and measured 21.5 inches long. My husband, Dave, and I are ecstatic!"



"It is spring again. The earth is like a child that knows poems by heart."
Rainer Maria Rilke



Below: **Scott Fernelius** (current doctoral candidate) and family welcomed the birth of Alexander James on March 10, 2015. He weighted 8 pounds, 4 ounces.



Kory Carey (PhD '12) and her husband, Kevin, welcomed Kadence Carey on February 18, 2015, weighing in at 7 pounds, 7 ounces. Everyone is home and doing well.

Dissertation Defenses



Left: **TaeSun Kim** (current doctoral candidate) with (from left) **Dr. Lawrence Gerstein**, **Dr. Yui Chung (Jacob) Chan** (on Skype), **Dr. Stefania Aegisdottir**, and Dr. Kenneth Holland (professor of political science and executive director of the BSU Center for International Development).



Right: **Matt Jackson** (current doctoral candidate) with **Dr. Theresa Kruczek** (left) and **Dr. Stefania Aegisdottir** (right).



Faculty Interview: Dr. Justin Lehmler, **CPSY Instructor and Acting Director, Social Psychology Program**

Where is your hometown? I was born in Canton, Ohio, and spent my entire life there until I went off to college.

Where did you obtain your bachelor's, master's, and doctoral degrees, and what were your majors? I received my bachelor's degree in psychology from Gannon University, followed by a master's degree in experimental psychology from Villanova University, and a PhD in social psychology from Purdue University.

What led you to social psychology? I had the opportunity to take a couple of general psychology courses while I was in high school, and I distinctly remember how captivated I was whenever we talked about social psychology, especially the classic studies by Zimbardo, Darley, Latane, and others. I was absolutely fascinated by all of the ways in which our social environments influence our behaviors. That is what initially sparked my interest in this area. Also, the more I learned about it in college, the more I came to realize that social psychologists just have way more fun.

What brought you to Ball State? I was living in Boston, Massachusetts, for the last three years and teaching in the Department of Psychology at Harvard University. However, my partner was recently offered an incredible job opportunity in Indianapolis, Indiana, so I was on the lookout for an academic position in the central Indiana area. When the position at Ball State became available, it was a perfect match for me both personally and professionally. Ball State is a great fit because I have the ability to teach courses that I am very much interested in, as well as work closely with graduate students. I am very happy to be here!

Please describe your role within the department. I am currently the Acting Director of the Social Psychology graduate program. I am responsible for teaching the core social psychology courses (e.g., Attitudes, Social Cognition, Group Processes, etc.) and advising students. I am also very actively involved in research.

What are your research and teaching interests? My primary teaching and research interests revolve around interpersonal relationships and human sexuality. Most of my work on relationships has examined factors that influence relationship commitment and stability, as well as they way our relationships influence our physical and psychological health and well-being. Most of my work on sexuality has focused on describing the nature of "friends with benefits," including communication processes, safer-sex practices, and the longitudinal time course of these relationships. I have also conducted research on the role of smartphone "hook-up" applications in risky sexual behavior.

Outside of academia, what are your favorite activities and interests? I would have to say spending time with family, friends, and our Australian cattle dog rescue mutt, Brianna. I also try to stay fit and travel as much as possible.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be? As a sex researcher, I would have to say Alfred Kinsey. He is such an important (and controversial) figure in the history of sex research and he led a pretty fascinating life.

If you could have one superpower, what would it be? I used to read comic books all the time as a kid, so I know pretty much every superpower there is—but I'm not sure I'd actually want all of the burden and responsibility that comes along with having one! That said, I do think time travel would be a pretty cool power. I would love to be able to go back in time and see how much we think we know about the past is actually true.

Favorite TV show: I think "Breaking Bad" is perhaps the best TV series I've ever watched. I haven't found anything else that quite compares, but I will say that I am currently enjoying "House of Cards" very much.



Student Interview: Tori Farber, BS (MA, Clinical Mental Health Counseling)

Where is your hometown? Columbia City, Indiana

Where did you obtain your bachelor's degree, and what was your major? I earned my bachelor of science in psychology, with a minor in human development and family studies, from Purdue University in 2014. I completed my degree in three years.

What led you to counseling? I didn't really know what I wanted to do as an undergraduate student. I knew I didn't want to do as much research, but wanted to use what I was learning, so I decided to pursue a master's degree instead of a PhD. I worked at the Cary Home for Children in Lafayette, Indiana, with the day-reporting program and with children who were court-ordered. I helped them with their homework, social skills, and to adapt to a life that would be a little better than their home lives. We helped the youth to obtain part-time employment, do community service hours, and be involved with peer mentoring or tutoring. I had a really good experience there which led to me pursuing my MA in counseling.



Why did you choose Ball State? I wanted to stay in Indiana. My boyfriend did his undergraduate work here, which is how I first became interested in checking out the program. I saw how awesome this program was and was really excited when I got accepted. It just kind of flowed and made sense. The practicum experience we get here really stood out to me. I talked with people who were already in the program and they mentioned that this program is highly ranked in the nation, which was cool to hear. I liked how applied the program was and the fact that we get to see clients right away.

What do you think of your experience at Ball State as a master's student so far? It has been time-consuming, not necessarily harder than my undergraduate education, but the program does involve more time. The BSU campus is really nice, I've had a really good experience so far, and I've learned a lot. Being here a semester and a half so far, everyone has been really welcoming and friendly. I really liked that first-year students were given a second-year mentor to talk with and get support.

What are your clinical interests? I really want to work with children and adolescents. I would like to work in a private practice setting (but not necessarily a court-ordered setting). I would like to do play therapy, sand therapy, and maybe even family therapy. I am currently in Dr. Spengler's family therapy class; he is a really good teacher and it has been a really interesting class so far.

What are your future plans and career goals? First, I want to secure my internship for next year and then complete my master's degree. My boyfriend is in sports administration so I will follow him to wherever he gets a job. I have been looking at different state licensure requirements. I want to work in private practice, or maybe a community mental health center. I am keeping my options open right now.

What are some of your favorite activities and interests? I am really into fitness and working out. I also enjoy baking, camping, going trail-riding (my family has horses), arts and crafts, being creative, and watching documentaries.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be? I would have dinner with my great-grandfather. I would want to see his take on the world and how different it is now and back then. It would be really interesting to interview him about family; they had a farm growing up, so it would be interesting to talk with him and hear about his experience.

If you could have one superpower, what would it be? I would want to be able to fly.

Favorite book: Plain Truth by Jodi Picoult

Favorite TV show: Criminal Minds

Favorite movie: *Shooter*

Student Interview: Alyssa (Arnett) Brown, MA (PhD, Counseling Psychology)

Where is your hometown? Fishers, Indiana

Where did you obtain your bachelor's and master's degrees, and what were your majors? I went to Purdue University for my bachelor of science in psychology, with two minors in women's studies, and art and design. I got my master of art in clinical mental health counseling here at Ball State University!

What first interested you in counseling psychology? To be honest, I was a "late bloomer" for counseling psychology. My senior year of high school I was in an AP Psychology class which I enjoyed, so I put psychology as my major at Purdue (yes, it was as simple as that). Then, I decided during the summer between my junior and senior year of undergraduate school that I would try for my master's. During the second year of my master's, I decided I would go ahead and try for a PhD, and here I am.

Why did you choose Ball State? There are a few, mostly practical reasons I chose BSU. First, my dad was battling cancer when I was deciding which PhD program to attend, and BSU was the closest to home (he is happy and healthy now!). Second, I believe this program gives me the most "bang for my buck!" Lots of great experiences, incredibly knowledgeable and driven professors, and an average graduation time of only 4 years (with great internship placement rates)!

What do you think of your experience at Ball State as a doctoral student so far? Well, I can't say it has been like anything else I've ever experienced! In all seriousness, I have been stretched and challenged more than ever before, but I am confident that these experiences are leading me closer to my goals. More importantly, having the privilege to work toward a PhD is something that I am grateful for. It's all about the journey!

What are your research interests? I am interested in love! Couples of all kinds are my primary passion, and the impact of our relationships on our quality of life is particularly fascinating to me. I desperately want to make the world a better place by teaching others that loving others and being loved is even *more* important than we make it out to be. A little more specifically, I am currently interested in divorce prevention and marriage maintenance, as well as the health benefits of healthy and secure relationships.

What are your future plans and career goals? When I am Dr. Alyssa Brown (oh, that sounds good), I would love to own my own private practice and continue teaching (probably as an assistant professor) at a university. More long-term, dreamy goals are 1) to travel the nation giving presentations on the importance of love and how to rebuild relationships, 2) to own a relationship rehabilitation facility in the mountains out west where people would come to rejuvenate and invest in their relationships in practical ways, and 3) to have a ceramics studio in the back of my house. Throughout all of this, I will of course be deciding with my husband, Tyler, how to pursue our combined dreams and have some children.

What are some of your favorite activities and interests? My number one favorite activity would probably be spending time with Tyler. Together we seem to have a lot of fun, whether we are just watching Doctor Who in our living room or going to Cancun, Mexico. I also love art, specifically doing ceramics, although I don't get to spend much time on that these days (I can't imagine why...). I also love playing the drums, and have been blessed to get to play at our church here in Muncie. Other random interests: dancing, strategic games, backpacking, entrepreneurship, getting good deals on anything, bonfires, baking, Imgur, and puppies.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be? I would like to have dinner with Mother Teresa. I would love to talk with her about the challenges she faced, following her heart and what she felt called to do, boldly helping those who were shunned and dismissed by others, and fighting for what she felt was right despite feeling a pervasive "darkness." She is a fascinating and inspirational woman, for sure.

Favorite book: [Charlotte's Web](#) **Favorite TV show:** The Golden Girls **Favorite movie:** *10 Things I Hate About You*

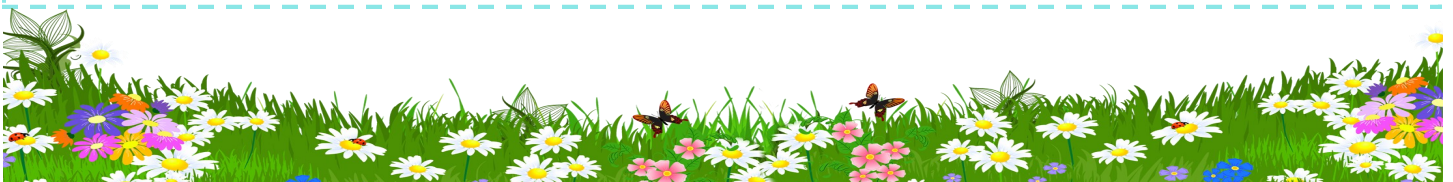


Recent Publications

- Goncalves, O., & **Perrone-McGovern, K. M.** (2014). A neuroscience agenda for counseling psychology research. *Journal of Counseling Psychology, 61*, 507-512.
- Krowel, A.** (2014). Creating meaning in treatment: A significant events approach to process. *Psychotherapy Bulletin, 49*(4), 38-41.
- Lefdahl-Davis, E. M., & Perrone-McGovern, K. M.** (In Press). The cultural adjustment of Saudi women international students: A qualitative examination.
- Perrone-McGovern, K. M.,** Simon-Dack, S. L., & Nicollai, L. M. (In Press). Prenatal and perinatal factors related to autism, IQ, and adaptive functioning. *Journal of Genetic Psychology.*
- Perrone-McGovern, K. M.,** Simon-Dack, S. L., **Smith, K. N., Williams, C., & Esche, A.** (In Press). Emotions, cognitions, and well-being: The role of perfectionism, emotional overexcitability, and emotion regulation. *Journal for the Education of the Gifted.*
- Zanardelli, G., Shivy, V., & **Perrone-McGovern, K. M.** (In Press). Predicting behavioral and attitudinal career commitment with attachment and separation. *Journal of Employment Counseling.*

Recent Presentations

- Hess, R. A., & Perrone-McGovern, K. M.** (2014). *Traumatic brain injury (TBI) survivors and their romantic partners: An adaptation of a model of posttraumatic growth.* Presented at the 122nd Annual Convention of the American Psychological Association, Washington D. C.
- Howell-Gilpin, D., & Perrone-McGovern, K. M.** (2014). *Life satisfaction of college-student mothers.* Presented at the 122nd Annual Convention of the American Psychological Association, Washington D. C.
- Lefdahl-Davis, E. M., & Perrone-McGovern, K. M.** (2014). *Cultural adjustment of Saudi women international students.* Presented at the 122nd Annual Convention of the American Psychological Association, Washington, D. C.
- Kalayjian, A., & **Sofletea, G.** (2015, August). Women's human rights violations in Africa: Lessons from Kenya, Rwanda, & Burundi. In Kalayjian, A. (Chair), *Violence and social justice: women's perspectives from Africa, prison, and social media.* Symposia to be presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.
- Krowel, A.** (2014, November). *Suicide and prevention within military and veteran populations.* Poster presented at the 77th Annual Indiana Psychological Association Conference, Indianapolis, Indiana.
- Sofletea, G.** (2015, March). Collaborative voices in action: Arts-based approaches & action research in psychology. In **Sofletea, G.** (Chair), *Qualitative research in psychology: Unsilencing the marginalized voices.* Symposia to be presented at the 2015 Great Lakes Regional Counseling Psychology Conference, Muncie, Indiana.
- Sofletea, G.** (2015, March). Helping invisible beings: Implications for working with victims of sex-trafficking. In **Gerstein, L.** (Chair), *Silenced minorities: IPV and sexual violence in women and the LGBT population.* Symposia to be presented at the 2015 Great Lakes Regional Counseling Psychology Conference, Muncie, Indiana.



Spring 2015 Calendar Information

March 16 — Course withdrawal period ends

April 27 — Last meeting day for regular classes

April 28-May 1 — Final examination period

May 1 — Spring semester ends

May 3 — Commencement

May 11 — First summer session begins

June 15 — Second summer session begins



Attention: Graduating Master's Students!

You must apply for graduation through the Ball State University Graduate School by the deadline within the semester you intend to graduate. Please see the Graduate School's [website](http://www.bsu.edu/gradschool) at www.bsu.edu/gradschool for forms and more information.

Spring 2015:

- April 7 — Deadline to submit research papers, creative projects, theses, and dissertations
- May 3 — Commencement

Summer 2015:

- June 2 — Graduation application deadline
- June 25 — Deadline to submit research papers, creative projects, theses, and dissertations
- July 19 — Commencement



Upcoming Workshops & Conferences

2015 Indiana Counseling Association Conference

March 13, 2015
IUPUI Campus Center
Indianapolis, Indiana

American Educational Research Association

2015 Annual Meeting
April 16-20, 2015
Chicago, Illinois

Midwestern Psychological Association

87th Annual Meeting
April 30-May 2, 2015
Chicago, Illinois

American Counseling Association

2015 Annual Conference & Exposition
March 12-15, 2015
Orlando, Florida

15th Annual National Rehabilitation Educators Conference

April 22-24, 2015
Newport Beach, California

American Psychological Association

2015 Annual Convention
August 6-9, 2015
Toronto, Ontario, Canada

Evidenced Based School Counseling Conference

March 26-27, 2015
Erlanger, Kentucky

2015 Diversity in Research and Practice

April 25, 2015
Columbia University
New York, New York



2015 Great Lakes Regional Counseling Psychology Conference

March 27-28, 2015
Ball State University
Muncie, Indiana

American School Counselor Association Annual Conference

June 28-July 1, 2015
Phoenix, Arizona



Keep in Touch!

We are always very curious about what our current students and alumni are up to, so keep those announcements coming! The Keep in Touch Form is now [online](#) at www.bsu.edu/counselingpsychology.

Check us out on [Facebook](#) (www.facebook.com/CPSYatballstate) and [LinkedIn](#) (Counseling Psychology and Guidance Services at Ball State)!

Contact Information:

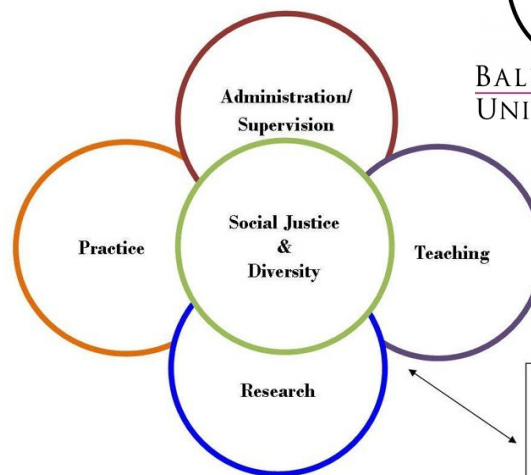
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- Friday afternoon social hour, Saturday lunch, snacks, and refreshments



Friday-Saturday,
March 27-28

Hosted by
Ball State University
Muncie, IN

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