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EDITOR:

Alexandra Robinson-Norris

CPSY Times Spring 2016



Notes from the Chair

There are two major news items to report today. First, as some of you know, we have been on the hunt for a new social psychology program director. The search is over. I am ecstatic to report that current interim social psychology program director Dr. Justin Lehmiller has accepted a tenure track position with the department. We look forward to great changes in the program once Dr. Lehmiller gets settled into this new role.

The second major news item was first announced to the department in December 2015. Best that I repeat it here, in deference to the newsletter's wider distribution. After two years of collaboration, Ball State will launch the new College of Health in fall 2016; the CoH will showcase undergraduate and graduate education related to health and wellness under one figurative "roof." The inaugural units include Nursing, Speech Pathology and Audiology, Nutrition and Dietetics, Health Science, Kinesiology, the Fisher Institute for Health and Wellness, and Social Work, along with their respective clinics and centers (as applicable). The CoH provides multiple opportunities for interprofessional engagement within and beyond the College (e.g., community partnership and grant options).

CPSY has participated in most of the planning discussions for the CoH in the past two years, though we were initially hesitant about realigning. We generally agreed that psychology should be a part of the CoH; of the three current units on campus, we are the logical ones to make the move. The future is NOW, as many students in our applied programs are heavily involved in integrated health care; thus, at minimum we would be allied with the new College even if we stayed in Teachers College. Finally, in December 2015, we voted to become an inaugural unit in the CoH.

The decision to realign was not made lightly, and it may take some of our alumni and long-time supporters by surprise. Teachers College has always supported us, and we were not unhappy here. As individual faculty, we are quite attached to our TC home. But we can see that the future lies with integrated health care, so we are making the leap of faith. It will be rocky for a while, as changes often are, but the doors this change will open will be worth it in the end.

Among the first of many changes ahead will be a name change for the Department of Counseling Psychology and Guidance Services (with a name to be determined). In a second huge change, all of the department's current programs will move to the CoH, with one significant exception. The school counseling program (and the school counseling leadership certificate) will remain in Teachers College, along with our colleagues Drs. Renae Mayes and Jungnam Kim. As a professional education program, connection to other education programs is crucial to their success; they would not gain anything from a CoH realignment. Believe me, we have considered plenty of creative ways to hold the family together, but professionally the split makes sense.

This summer the change will be anti-climactic – we won't physically move into our "still-in-the-design-phase" new building until Fall 2019. Stay tuned; there is always more to come. The future's so bright, we gotta wear shades!

Best,

Dr. Sharon Bowman

Spring 2016 Calendar Information

Certified Rehabilitation Counselor Exam Test Dates

- July 8-16, 2016 (Registration is closed)
- October 7-15, 2016 (Register by May 16, 2016)
- March 3-11, 2017 (Register by October 17, 2016)

Spring 2016

- May 7 — Spring semester commencement



Summer 2016

- May 16 — First summer term begins
- May 31 — Summer semester graduation application deadline
- June 29 — Deadline to submit research papers, creative projects, theses, and dissertations
- July 22 — Second summer term begins
- July 23 — Summer semester commencement

Interested in scholarship opportunities? Please visit: <http://cms.bsu.edu/admissions/scholarshipsandfinancialaid/typesofaid/scholarships/ballstatescholarships>





NEWS OF THE DOCTORAL PROGRAM

DR. DON NICHOLAS, PROGRAM DIRECTOR

As usual, Spring is a busy time for activities of the doctoral program. Students are interviewing for our class of 2016-17, internship Match Day occurs, and others begin their preparation for prelims later this summer. Here are some of the highlights:

We are honored to announce that, as a result of an extensive and detailed application process, our BSU doctoral program was chosen to be the site of the Student Affiliates of Seventeen (SAS)-- a membership organization of the Society of Counseling Psychology, Division 17 of the American Psychological Association—for the next few years. See more details elsewhere in the Newsletter.

On January 29th, we interviewed 9 bachelors and 23 masters candidates for our next doctoral program class (2016-17). As always the entire department was involved in an exciting and invigorating day. Our offers have been out since Feb. 1 and we currently have a class of 10. We are excited to welcome these individuals.

The APPIC Internship Match day was February 19 and we have eight students match. Internship sites are the Virginia Treatment Center for Children (Richmond, VA); Wright-Patterson USAF Medical Center (Dayton, OH); Gulf Coast Veterans Healthcare System (Biloxi, MS); VA Illiana Health Care System (Danville, IL); J. Lovell VA Medical Center (Chicago, IL); Jefferson County (KY) Internship Consortium; Virginia Commonwealth University Counseling Center (Richmond, VA) and University of New Mexico Health Sciences Center (Albuquerque, NM). We did very well, particularly at highly competitive hospital settings.

Best,
Dr. Nicholas



News From the Social Psychology Graduate Program

Congratulations are in order for **Joshua Smith, Devan Vaughn, and Sarah Wheat**. All three are first-year students in the Social Psychology Program who recently had posters accepted for presentation at the upcoming Association for Psychological Science convention in Chicago! Please wish them the best for successful presentations and a great time in the Windy City!



Did you know the Social Psychology program has its own Facebook page? Please consider “liking” it in order to receive occasional reports about some of the most interesting social psychological research happening around the globe today: <https://www.facebook.com/thesocialpsychologyprogramatballstateuniversity/>

The Social Psychology Program will be hosting a forum soon on the topic of what you can do with a degree in social psychology. Be on the lookout for information on the date and time of this event.

Wishing everyone a happy, healthy, and successful semester,

Dr. Lehmler



News from the Rehabilitation Counseling Program

Practicum and Internships

The first-year rehabilitation counseling students are serving persons with disabilities/chronic illnesses, their families, and communities through practicum work with Hillcroft Services and the Ball State Practicum Clinic. These students will begin their internships in Fall 2016. Thus far they have accepted internship offers from Centerstone, Meridian Health Services, IU Health Ball Memorial Hospital Pastoral Care and Chaplaincy Department, and the IU Health Ball Memorial Hospital Family Medicine Residency Center. We look forward to sharing all of their successes in the next newsletter. Our second-year students are currently making valuable contributions in the following diverse internship sites:

- IU Health Ball Memorial Hospital, Pastoral Care and Chaplaincy Department, Muncie, Indiana (**Chloe Brattain and Marlene Devia**)
- Richard L. Roudebush VA Medical Center- Vocational Rehabilitation Department, Indianapolis, Indiana (**Ido Heller**)
- Family Service Society Inc., Marion, Indiana (**Shari Mathews**)
- Indiana Vocational Rehabilitation Services, Muncie, Indiana (**Meganne Wheeler**)

Thank you to all of the agencies and supervisors hosting our students during their training!

Raising Rehabilitation Counseling Awareness

We have been busy this semester building awareness of the field of rehabilitation counseling and our BSU graduate program. On March 18 the rehabilitation counseling program held an information session in collaboration with the BSU Graduate School. Thank you to second-year rehabilitation counseling students, Ericka Kelley and Marlene Devia, and alum Brett Crehan for assisting with this event. Thanks also to first-year student, Sheryl Maupin, for speaking about the rehabilitation counseling program in the BSU Department of Psychological Science. You have all been excellent representatives for our program!

Professional Organizations

Professional counseling organizations provide many resources and participation in such organizations can be a valuable part of developing one's professional identity. Counseling and rehabilitation organizations to consider:

- American Counseling Association (ACA) <https://www.counseling.org> and divisions, including the American Rehabilitation Counseling Association (ARCA) <http://www.arcaweb.org>
- National Rehabilitation Association (NRA) and divisions, including the Rehabilitation Counselors and Educators Association (RCEA) <https://www.nationalrehab.org>
- National Rehabilitation Counseling Association (NRCA) <http://www.nrca-net.org>
- National Council on Rehabilitation Education (NCRE) <https://ncre.org>

Congratulations!

Congratulations to all of the students who recently passed the national Certified Rehabilitation Counselor (CRC) Exam!

Best Wishes to our Spring and Summer 2016 Graduates! Please stay in touch so we can celebrate and share your many future accomplishments!



Happy Spring Semester!

~Dr. Tschopp

Upcoming Rehabilitation Conferences



Psychiatric Rehabilitation Association 2016 Recovery Workforce Summit *The State of Recovery in the World of Psych Rehab: Our Collective Vision Put Into Action*

Boston, Massachusetts, May 22-25, 2016

The 2016 Recovery Workforce Summit offers a comprehensive line up of in-depth psychiatric rehabilitation training and enhanced networking opportunities and special events to provide attendees with the tools they need to help others more effectively. The Summit provides high-level education sessions for the entire psychiatric rehabilitation workforce; including agency executives, educators and researchers, practitioners and peer support providers with a specific focus on best practices, evidence-based practice, integrated healthcare, wellness, supported housing, and supported employment.

<http://psychrehabassociation.org/events/2016-recovery-workforce-summit>

National Association of Multicultural Rehabilitation Concerns (NAMRC) New Orleans, Louisiana, July 14-16, 2016

National training conference 2016, "Changing the Game: Equity, Innovation & Opportunity". NAMRC invites submissions of proposals from rehabilitation practitioners, administrators, educators, students, researchers, and consumers. <http://namrc.org>

Proposal Submission Deadline: April 20, 2016

Visit changingthegame2016@gmail.com for symposia, concurrent and poster sessions submissions

National Council on Rehabilitation Education (NCRE) Fall Conference

October 16-18, 2016

Conference Theme: "Rehabilitation Education, Research and Service: Meeting the Needs of our Contemporary Counseling Practice"

Proposal Submission Deadline: July 6, 2016 by 9:00PM PT.

Visit <https://ncre.org/fall-2016-conference-overview/>



News from the School Counseling Program

#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 twitterverse!

National School Counseling Week

National School Counseling Week, sponsored by the American School Counselor Association (ASCA), was celebrated from Feb. 1-5, 2016. 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 importance of professional school counselors. Here's how we celebrated this year!



Upcoming School Counseling Conferences and Professional Opportunities

[American School Counseling Association Annual Conference](#)

July 9-12

New Orleans, LA

[IN Dept. of Ed Summer of eLearning](#)

Regional Conferences & Professional Development

Summer 2016

[Postsecondary Counseling Institute](#)

June 16-17

Indianapolis, IN

[IN Youth Institute Webinars](#)

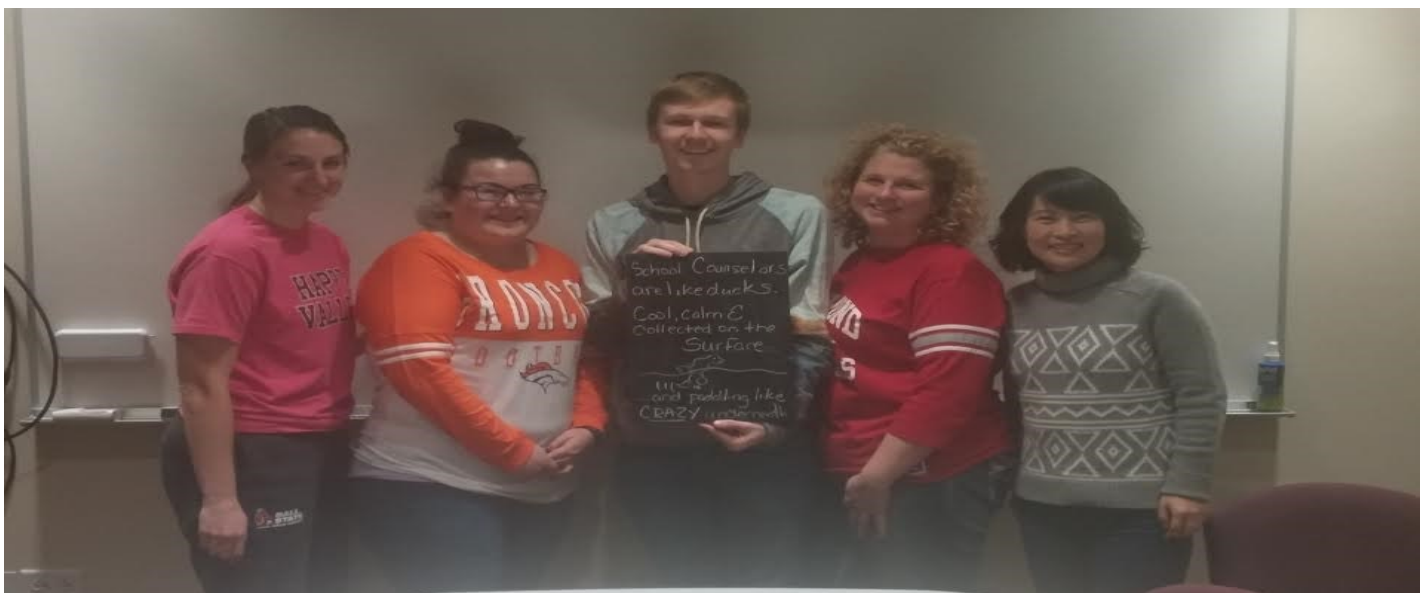
April 27: The Psychology of College Readiness and Persistence

May 18: Student Toolkit for College and Career – A 48 month HS Curriculum

[CollegeBoard Webinars](#)

Free webinars (some offered on demand). Find more webinars on website.

May 26, 2PM: College Awareness for Middle School Counselors



School Counseling Spotlight

Mrs. Sadie Wright (Class of 2015)



Tell us about your current position.

I am currently a school counselor at Driver Middle School in Winchester, Indiana. We are a rural school, with around 325 students in grades 6-8. I am the only counselor for the middle school students, but our building is connected to Winchester Community High School so I am able to collaborate with the High School counselor for certain tasks. We have a great team of faculty and staff members, which I think comes along with living/working in a small town!

What excites you about your current position?

I love my job! Since we are a smaller school, I have been able to build relationships with the majority of the students. I have had the opportunity to take charge of several school clubs (6th grade Ambassadors and SADD Club) and have also been able to get involved with some community activities. I am excited that I am able to do a lot of individual counseling with students – many of these are by student requests, so it is encouraging that students feel comfortable enough to come talk to me on their own accord.

What is unexpected about your current position?

We are in a new building this year, so it has been a transition for everyone including myself. I did not have a lot to go on from the previous counselor, so it has been a process of discovering what works, what is expected, and what I hope to accomplish. Some of the older students were slow to warm up to me because there had been a high turn over for counselors the past few years, but so far I have been a consistent presence in the school and I have been able to see a change in how comfortable they are asking me for help with various things.

I have been thrown in to many tasks and had to go with the flow – I have been in charge of several fundraisers and fieldtrips throughout the year, which was intimidating and stressful at first, but ended up going well which was a great confidence booster.

What advice would you give to pre-service school counseling students?

Don't be afraid to ask questions, try new projects, and build relationships! Even if you are only going to be at your current practicum/internship site for a short time the relationships you build are priceless. You never know when you may need a letter of recommendation or an outside perspective for some school related advice. Be brave and ask the questions you have, even if you think they might be silly questions. Supervisors and co-workers like it when you ask questions because it shows that you care and are invested in making a difference!

School Counseling Spotlight

Mrs. Grace Shockey (Class of 2014)



Tell us about your current position.

I am a middle school counselor at Northside Middle School. I am one of two school counselors and I see students across all grade levels (6-8). I am also the faculty sponsor for Student Council and Fellowship of Christian Athletes (FCA)

What excites you about your current position?

The most exciting thing about working in a school is when I can tell what I have told a student has made an impact on them. Seeing a student learn coping skills or conflict resolution is very rewarding as it can be a challenge, especially at the middle school level. Every day brings something new, which in itself is exciting.

What is unexpected about your current position?

I did not expect to learn so much about myself through working with students. My students challenge me as much as I challenge them so it keeps me on my toes. Because of this, I am constantly growing in my skills as a school counselor.

What advice would you give to preservice school counseling students?

I will echo what Sam Fitzjarrald said in the last newsletter: "treat your self." Not just with indulgent things like a massage or chocolate but also with a good laugh or cry. Sometimes spending time with a person you can trust and lean on is what you need to get through the week.



Dr. Paul Spengler

Professor, Counseling Psychology



Where is your hometown? Rochester, NY

Where did you obtain your bachelor's, master's, and doctoral degrees, and what were your majors?

BA of Psychology from State University of New York at Potsdam

MA in Clinical Psychology from The University of Dayton

PhD in Counseling from The State University New York at Albany

What brought you to Ball State? I was looking for a position that would allow me to teach and to conduct research. My wife also preferred a small town for raising our sons. So the position at Ball State made the most sense and seemed like the perfect fit for me.

What are your research/and teaching interests? My research interests pertain to clinical judgement and mental health clinical decision-making. I also study emotion focused therapy (EFT) and its effectiveness. Two of my students, Nick Lee and Amy Mitchell, have been conducting various studies in this area. Nick performed an excellent task analysis of change event for withdrawer re-engagement. And Amy assessed how EFT could work more naturally as a technique. I've also conducted meta-analyses to help better organize extant literature and findings related to EFT.

Outside of academia, what are your favorite activities and interests? I love spending time with my family, being outdoors, going to the farmer's market, gardening, producing my own food, roasting coffee, cooking, and traveling to my cottage in the Adirondack Mountains.

What is something that most people don't know about you?

Before psychology, I thought my career was in the field of music. I attended the Eastman School of Music and was classically trained. I played both the flute and saxophone. Nowadays, I enjoy performing in my jazz group. Music and psychology are actually very similar in my mind. Both require the ability to scrutinize techniques for increased effectiveness and performance.

If you could have any super power, what would it be? I'd want to possess the ability to hover down sidewalks. For some reason, I've had dreams about it and think this would be something fun to experience.

Favorite Book? *Psychoanalysis, Behavioral Therapy, and the Relational World* by Dr. Paul Wachtel

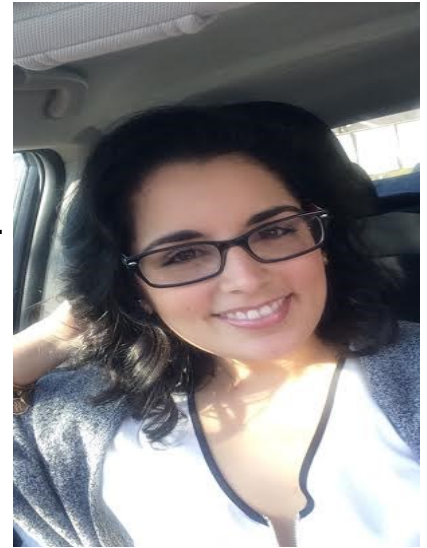
Favorite Shows? *Big Bang Theory, Mash, Modern Family*

Favorite Movie? *Mary Poppins* (I saw it three times as a child.)

Favorite Animal? My dog Stella. I rescued her from the Animal Rescue Fund (ARF).

Wendy Gonzalez-Canal

Doctoral Student, Counseling Psychology



Where is your hometown? I was born in Cuba, Pinar del Rio. It is a province in Cuba. I lived there until I was thirteen. I moved to Port Charlotte, Florida soon after.

Where did you earn your bachelor's degree and what was your major?

BA: University of Florida in Gainesville.

MA: University of West Florida

Undergrad Majors: Entomology and Nematology.

What led you to counseling? I was initially pre-med and wanted to be a pediatrician. I had the usual identity crisis in college. So what do I become? I had a mentor who told me to take random classes and see what I liked. I took a psychology class and that was it. I'm committing. It aligned with my values and things I wanted to do. I felt at home in the field of psychology, and I didn't feel like I needed to hide who I was. Psychology also helped me make sense of the role that my culture played in society as a whole. Ultimately, this area of study helped me learn about myself and better understand life's complexities.

Why did you choose Ball State? I like to dip my toes into a lot of activities so I can figure out what interests me. This program allowed me to try out numerous things and to choose my own track. I also really like the people and the collaborative nature of the program.

What do you think of your experience at Ball State as a doctoral student so far?

It took some adjusting, but the environment and people here have helped make the transition a lot smoother. In terms of academics, I really like the variety I've gotten in my first year (research, teaching, etc.) It's also been stressful but motivating. I feel energized by everything that is expected of me.

What are your research interests?

I'm interested in looking at how culture influences coping mechanisms and help seeking mechanisms in victims of sexual assault.

What are your future plans and career goals?

Right now, I'm thinking a training director at a college counseling center. It combines my values of mentorship with practice. I really like the day to day interactions with clients. From my experiences, there's also the opportunity to teach—maybe 1-2 courses a year. I like administrative roles as well; I've been in leadership positions and like having some influence on change.

What are some of your favorite activities and interests?

I love to travel. My friends know me as the person who never says no to a trip. I enjoy anything with friends and family, from watching TV to taking a road trip. I'm a fantastic TV binge watcher. In addition, I love cooking and feeding people. It's my relaxation and creativity outlet. Basically, I go rogue and make changes to various recipes. Food makes people happy, so cooking is hard to pass up. I also like working out as long as someone is with me. Dancing interests me as well.

Alex Wallace, Master's Student, Counseling and Physical Education



Where is your hometown?

Yorktown, IN

Where did you earn your bachelor's degree and what was your major?

B.A. Psychology, Butler University #GoDawgs

What led you to counseling?

When I was younger, I used to be moved by the profound impact that a simple hug and a positive mood could have on people. These were things that came naturally to me and I loved helping people to have a better day by simply bringing these to every interaction. Unfortunately being a professional hugger wasn't really an option for me, thus I decided to pursue a similar route: counseling. In this role, I strive to embrace (hug) people with unconditional positive regard and love.

Why did you choose Ball State? Concurrently, while pursuing my M.A. in Counseling, I am also pursuing an M.S. in Physical Education (Sport and Exercise Psychology). When I was younger, besides loving to help people smile, I also really enjoyed nearly everything about athletics. Then, after injuries helped to lead me to decide to step away from Division 1 football, I was inspired by the idea of counseling athletes. Ball State uniquely answered the call by allowing me to pursue both of my interests at the same time. These opportunities, combined with the dynamic and wonderful professors whom are employed here, are what inevitably helped me to heed the call to enroll at BSU.

What do you think of your experience at Ball State as a master's student so far? love it! The immense amount of collaborative support I have received has had a profound impact on me as an individual, as well as a pre-professional. From the financial support I have received, thus allowing me to travel and present at a conference in Switzerland, to the words of wisdom that have come from so many people, including Dr. Bowman, Dr. Tschopp, Dr. Spengler and many others, I have been immensely blessed.

What are your research interests? I am currently working on various projects associated with the long-term exercise behavior enhancement of various electronic devices. For example, I'm working with others to assess wearable activity (step) trackers and their impact on affect, as well as long-term exercise behaviors. I'm also researching the impact that video games may have on these same outcome variables in unique populations (e.g., elderly). In addition, I also have an interest in assessing the current usage and opinions of imagery in weight training applications.

What are your future plans and career goals? Moving forward, I'm looking forward to graduating from BSU in May of 2017. During the year prior to graduation, I plan to use my various experiences, specifically internship, to help uncover the best path for moving forward. I currently maintain an undeniable desire to obtain the advanced education that comes from fulfilling a PhD curriculum (most likely in Counseling). My long-term goal is to work as a counselor, providing Catholic/Christian centered services to those seeking faith-focused support.

What are some of your favorite activities and interests? My world revolves around a strong spiritual and faith center, which is the driving force behind my desire to love, support and embrace others. Thus, I spend most hours each week in prayer, meditation and in intentional interactions with others. My current strivings are to maintain this passion throughout my other activities and interests, such as in my dating relationship, my studies and while weightlifting. I love spending time with my girlfriend Sarah (See Picture), who provides me with so much joy, energy and life! Also, to this day, weightlifting is a significant aspect of my life that I maintain much enjoyment for. Finally, on occasion, I love to hop on my motorcycle and explore the beautiful landscapes of the surrounding states.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be? Jesus Christ. Regardless of whether one maintains faith or not, the impact that Jesus has and continues to have on the world is undeniable. It would be an honor to share simply a second with this profound being, to embrace a glimpse of His soul.

What is something most people don't know about you? Most people don't know that I'm passionate about singing.

Student News & Awards

April Krowel was awarded the Student Leader of the Year award by the Indiana Psychological Association in November 2015. She will also be joining the Division 29 Education and Training Committee.

Kerry Beduna and **Tacianna Indovina** have been named as committee members for the Indiana Psychological Association's (IPA) newly formed Diversity Committee.

Rebecca Kinsey is this month's Featured Member of Division 17 Section on Positive Psychology.

Don C. Locke (Ed.D., 1974) of Weaverville, NC, received a LEGACY AWARD from the Association for Counselor Education and Supervision at its annual meeting in Philadelphia in October 2015. Locke is Distinguished Professor Emeritus at North Carolina State University.



Scott Fernelius (BSU alumnus) is doing his postdoc at the VA in Murfreesboro, TN.

Kodee Walls (current doctoral student) is a counseling center therapist and coordinator of the anxiety and stress management program at Kansas State University in Manhattan, KS.

Dr. Beverly Vandiver, a BSU alumna, is the new Editor-in-Chief of The Journal of Black Psychology. Congrats!



Student News

The Cleveland State University SAS Executive Board, along with the Society of Counseling Psychology Executive Board, has selected Ball State University as the next Student Affiliate of Seventeen Host Institution for the 2016-2019 term. Congratulations!

What is SAS?

"The Student Affiliates of Division Seventeen (SAS) is the student membership organization that is associated with Division 17 (Society of Counseling Psychology, or SCP) of the American Psychological Association (APA). The mission of the organization is to enhance engagement and communication between leaders of the Counseling Psychology profession and counseling psychologists-in-training. Ball State University has been honored to be elected as the Host Institution for the next 3 - year term, beginning in August 2016. As an institution, we are committed to furthering the mission set forth by the Society of Counseling Psychology (SCP), through the promotion of the following pillars: 1) Scholarship, Collaboration, and Engagement, 2) Multiculturalism, 3) Social Justice and Advocacy, and 4) Prevention and Promotion in Mental Health. Through the implementation of the aforementioned pillars, we intend to increase membership and professional participation of both undergraduate and graduate students. Our pillars are congruent with SCP's organizational mission as delineated by current President Dr. James Lichtenberg."



Students can become involved in SAS by serving as various committee members. More information will be provided as the fall term approaches. Stay tuned!

Faculty Awards and Other Events

Renae Mayes won the Robert O. Foster Faculty/Professional Staff Award during The BSU Multicultural Center's 29th Achievement Awards Ceremony, given to someone who has provided significant support to the mission of the Center through their time, knowledge and support.

Congrats!

Dr. Gerstein has been reappointed for a second five-year term as a George and Francis Ball Distinguished Professor of Psychology-Counseling. He has brought a significant amount of attention to the department and the university in his first five years in this role; we look forward to even greater achievements in the second five years.

Some of us got up and out for the "We Run This for Mental Illness 5K Color run/Walk" to benefit the local NAMI chapter (NAMI – National Alliance on Mental Illness). We had a blast!





Alumni News



Dustin Shepler completed his MA in 2008 and his PhD in 2012 from BSU's CPSY dept. He has made it half way through his first year as chair of the Division 17 Section on LGBT Issues and hopes to see some BSU students and alumni at the Section Cabaret at the next APA convention in Denver!

Jesse Piehl graduated in 2015 from the School Psychology program, but completed cognates in neuropsychology and counseling. He is currently completing his post-doc and working with **Dr. Rochelle Manor** (graduate of the doctoral program and classmate of Dr. Strader's) at BRAINS, in Grand Rapids, Michigan, a multi-disciplinary practice which Dr. Manor co-owns. They will also be having **Dr. Scott Strader**, also a 1994 graduate, joining them this summer to receive additional training in neuropsychology. It seems that even in a different state, Ball State grads with ties to the department can connect and work together.



Mindy Willard recently moved from Phoenix to Milwaukee. She is now a High School Counselor at Franklin High School in Franklin, WI after 11 years at a K-8 School in Glendale, AZ. Also, she just returned from the School Counselor of the Year events at the White House in Washington DC where the First Lady recognized the 2016 School Counselor of the Year! Mindy will also be welcoming baby boy #3 this June.



Congratulations and Welcome!



Barb Irvin (CPSY graduate admissions coordinator) welcomed her granddaughter Virginia Dylan Miller on February 16th, 2016.



Tyler and **Alyssa Brown** (current doctoral student) are so happy to announce Flynn Michael Brown was born on December 23rd at 4am! He weighs 7 lbs 12 oz. and is 21.5 inches long.

Weddings!



Dustin Shepler (BSU alumnus) and his partner Steve will be getting married in August.



John (BSU alumnus) and Lauren McConnell got married on June 7th, 2015.



Josh Staples (current doctoral student) and Alicia got married on November 15th, 2015 in Zionsville, IN.

Recent Publications and Presentations

- Allen, R. S.** (1994). Predicting Attrition in the Treatment of Substance Use Disorders. *International Journal of Mental Health and Addiction*, 6 (3), 1-15.
- Allen, R. S., & Olson, B. D.** (2015). Validity of the Adult Needs and Strengths Assessment with Substance Abuse Populations. *Journal of Addiction Research and Therapy*, 6(3), 1-10.
- Balzarini, R. N., Campbell, L., Holmes, B. M., **Lehmiller, J. J.**, Harman, J. J., & Atkins, N. (2016, January). *Polyamorous relationships: Understanding relationship acceptance and romantic secrecy with primary and secondary partners*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Bellare, Y., & Gerstein, L.** (2016, April). *The Systematic Test of Equivalence Procedure and Everyday Stranger Harassment*. Poster presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Cannon, K. T., & Ægisdóttir, S.** (2016, April). *Help-seeking beliefs, illness perceptions, and empowerment among psychiatric inpatients*. Poster presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Cannon, K. T., & Nathani, P.** (2016, April). *Mental health of mental health professionals: Burnout and the importance of personal counseling*. Poster presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Chan, J., Nickels, E., Kinsey, R., Colbert, S., & Robinson-Norris, A.** (2016, August). *Effect of employment on general mental health in patients with arthritis*. Poster to be presented at the American Psychological Association Conference, Denver, Co.
- Collins, R. M., & Walters, N. T.** (2016, April). *Promoting multicultural competencies in counselors-in-training: Reflections from an Icelandic immersion experience*. Poster presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Nathani, P., & Gerstein L.** (2016, April). *Acculturation and Help Seeking: Asian Indians in the United States*. Poster presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Rider, K.** (2016, April). *Posttraumatic Growth Following Cancer: The Critical Role of Deliberate Rumination*. Poster presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.

Upcoming Workshops & Conferences

American Mental Health Counselors Association

40th Annual Conference
July 14-16, 2016
New Orleans, Louisiana

International Conference on Positive Psychology and Mental Health

18th Annual Conference
May 26-27, 2016
Tokyo, Japan

Midwestern Psychological Association

88th Annual Meeting
May 5-7, 2016
Chicago, Illinois

Society for Personality and Social Psychology

2017 Annual Conference
January 19-21, 2017
San Antonio, Texas

American Counseling Association

2017 Annual Conference
April 5-9, 2017
Nashville, Tennessee

American Psychological Association

2016 Annual Convention
August 4-7, 2016
Denver, Colorado

Association for Applied Sport Psychology

31st Annual Conference
September 28-October 1, 2016
Phoenix, Arizona



The Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling

2016 Annual Conference
September 16-17, 2016
San Antonio, Texas

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 & Guidance Services at Ball State)!

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