

Fall Student Newsletter

OCTOBER 2020

Letter from the Chair

Normally I start out wishing folks a happy fall (or spring, depending on the time of year). I don't know if I can even do that this time. Let's just go with I hope you are staying safe and protecting yourselves during this roller coaster ride that has become 2020. Four more months, and then . . . well, who knows what.

The year started with a variety of social (in)justice concerns, on the local, national and even international level. In every case, I've watched people who don't normally speak up and speak out do so on behalf of something they found worth fighting for. Whether you like it or not, many of you have become change agents, championing something for the good of yourselves, your families, your clients, your peers. It isn't what you believe in that counts, it is that you believe in something – and you use your power to make it work. I am aware of the diversity of opinions throughout the department; that diversity is what makes us exciting, but definitely sometimes creates some tension. If we can't figure out how to manage ourselves professionally here, we will have a heck of time doing it with clients and others in the real world.

As if that wasn't enough, then we had the pleasure of COVID. When I mentioned this in the spring, I really didn't understand or comprehend that it would still be controlling our lives come fall (and on for the foreseeable future). Here we are, six months later, and consider the aspects of our work and personal lives that have changed. We still can't do official international travel, as per BSU's rules (though a lot of us don't want to get on a plane right now anyway). From late March until early July, I was only in my campus office 3 times. I still have faculty members and students who I haven't seen in person since mid-March. Being in the building right now, well even being on campus, feels like a slightly busy summer school session. I can be in the building on a Friday and not see another human. And, well, the humans I do see are wearing masks as a new fashion statement. I'm teaching a main campus class, and I am afraid that I may not recognize most of the students without their masks on. COVID has changed how we teach (online or on campus).

What have we learned? First, we see that face-to-face research is much more vulnerable than anyone would have thought. Several dissertation and thesis projects fell by the wayside as a result of our lockdown. This year will shape how we do research, and the topics of our research, for the foreseeable future. Second, we have quickly learned to teach via online methods, and some of us have become very adept at methods of distance education.



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It is one thing to just start teaching via Zoom as a substitute for main campus teaching, and quite another to learn how to adroitly maneuver video, powerpoints, extra content, and discussion groups to create a compelling course. Third, we have learned that we CAN do telehealth, or telemental health, or telemedicine – take your choice in terminology. Honestly, most of us doing therapy has to do a fast pivot to prepare for seeing clients on-screen or via phone. Truth be told, I miss seeing clients in person, but I reluctantly accede that there are significant advantages of this model for some clients. Finally, we have learned how to survive isolation, although it has challenged the best of us. Choose one (or more): books read, projects completed, new talents discovered, weird pet photos posted, houses cleaned, yardwork done, or new shows binge-watched. I've commented before that my introverted self has been pushed to want to physically see some friendly faces. This may give us a new understanding of the experiences of our clients who live isolated lives on a regular basis.

These are exciting, and scary, times for persons in our professions. Research in a variety of areas is needed, but accessing potential participants is a challenge. Advocacy is needed, as we are seeing challenges to health, mental health, social justice, you name it. Career counseling is crucial, as the job market and workforce are being shaped by this "new normal". Mental health needs are going through the roof; the isolation, the stress, the financial concerns, and the losses (of people, of livelihood, of property) is truly taking a toll. On top of all of this, there are all manner of governmental challenges happening that affect colleges, student loans, research opportunities, insurance, and the ability to practice (e.g., the affordability of mental health, the availability of telehealth). Never doubt that you are needed in the field; someone has to do this work.

Dr. Bowman



News from the Doc Program

Please note the below newsletter (pg. 3-4) references acts of violence and trauma, and may be distressing to some readers.

Dear CPSY Community –

I'll admit – I sat down to write this newsletter five times, each time finding something else to do until I exhausted my socially acceptable number of extensions. At somewhat of a loss of what to write here, I looked back on my Spring 2020 newsletter (which gave me a bit of a chuckle), which highlighted the work of Liberation Psychology and gearing people up for the 2020 CPC Conference in New Orleans. Oh my, little did we know how life would change.

I know for many of you the time since March has been complex. I've heard stories of people spending more time with those they love, taking stock of their priorities, learning new hobbies, watching terribly excellent reality TV, and finding peace in this new distant connectedness. Conversely, people have experienced tremendous loss in multiple ways, grappled with intense isolation from others, had their sense of safety and security challenged, and who they are dehumanized.

We're grappling with the continuation of COVID-19's influence on our daily lives and its disparate impact, anti-Black police brutality, continued murders of unarmed Black and Brown people, and lack of justice, economic turmoil and hardship, and a tumultuous upcoming election. All of these events, and infinite others unnamed, culminate in what many of my friends like to call our current times, the dumpster fire that is 2020.

However, the more I've thought about the events of the last, let's say ballpark 6 months or so, I realize what we are experiencing is an extended, multiple series of watershed moments. Watershed moments are those that turn the tide so to speak – there is a distinct before, and after. They are dividing points in our lives where things will never be the same, and movement is made in some direction – both forward, and backwards. The term comes from geographical watersheds, or the area of land that channels rain and snow into creeks and streams, then into rivers and bays, and eventually into our oceans.

One of the last times I felt myself in the midst of a watershed moment was on June 26th, 2015, when the Supreme Court ruled that same-sex marriage was legal in the U.S. Before that in 2014, it was the barrage of police violence against Black individuals finally being highlighted by the media – 18 year-old Michael Brown and 12 year-old Tamir Rice; Sandra Bland; and Eric Garner who's plea "I can't breathe" solidified itself as a rallying cry for reform and justice, a fight for which continues today.

News from the Doc Program

I'm naming these two specific watershed moments because they represent how watershed moments both begin with loudly calling out injustice, and can also culminate in justice finally realized.

So, in our personal lives and professional work we find ourselves at the center of multiple, colliding watershed moments. We remember the "before" of course. But how will we use the present moment to shape the "after"? My Fall semester challenge to everyone who's read this far is to fight through the exhaustion and think about, when you look back on Fall 2020 in five, or ten years, what memories do you want to create *now*? I doubt you will remember the assignments and the task lists, but rather I imagine you'll remember a particular client you helped grieve a loss, a special gesture someone made to help you feel more connected, or the actions you took in the face of our current collective angst. What role do you want to have played in this watershed moment(s), one that you can be proud of when we get to the "after"?

Dr. H



News from the Social Psychology Program

Let me begin by congratulating Jenő Millechek and Austin Podlesak who graduated this summer from our Master's in Social Psychology Program. Jenő is now enrolled in a PhD program at the University of North Carolina-Chapel Hill and Austin has an applied job in the Indianapolis area. Dr. Thiem and I are also delighted to welcome seven students who are new to our Master's in Social Psychology Program: Gabe Beratio, Rachel Campbell, Vanessa Desai, Alana Echols, Rachel Kubicki, Imara Peralta, and Leslie Remache. We also have five new students in our Master's of Social Psychology and Clinical Mental Health Program: Samantha Carlson, Hannah Ray, Brandon Miller, Adrianna Sowards, and Teagan Wilson. Welcome to Ball State! Dr. Thiem and I look forward to getting to know all of you both inside and outside the classroom. We are also delighted to have continuing students Sydney Hughes, Colette Kramer, Nathaniel Roth, and Eric Wilken in our Master's in Social Psychology Program and Hannah Drake, Sara Groth, Sean Hall, Teal Rousseau, and Nicholas Yergens in our Master's of Social Psychology and Clinical Mental Health Program. Several of our students had papers accepted at conferences this year. Those acceptances are listed elsewhere in the alumni newsletter. Although many conferences were cancelled due to Covid-19, we are still very proud of our students' work – both prior to coming to Ball State and while a graduate student in our program.

As you are all very well aware, this is an unusual year and all of us are adjusting to the realities of graduate education in the wake of the COVID-19 pandemic. We hope that you are all healthy and stay safe but also hope that you are able to develop relationships with your peers inside and outside of class. To facilitate that, Dr. Thiem and I hold a bi-weekly meeting for the students in both programs on alternate Wednesdays at 10:00 a.m. We meet in the lobby off the fourth-floor elevators or in locations (to be announced). Watch for emails! It is important that our students attend these sessions as we discuss strategies for success within our program and after graduation; the topics we address will not be covered in your courses but are essential to making the transition from undergraduate to graduate education. If you have a professional issue you'd like to discuss this semester, please email me at mkite@bsu.edu or Dr. Thiem (kthiem@bsu.edu).



News from the Social Psychology Program

For Spring semester, we expect to offer Social Cognition (SOPS 615), Social Psychology of Prejudice and Discrimination (SOPS 630), Counseling Applications of Social Psychology (SOPS 655) and Research Methods in Counseling and Social Psychology (CPSY 653). At this time, it is uncertain which courses will be in person, online, or hy-flex, but this information will be available when registration opens. You can find this out by consulting Banner, the university's course-related information system: <https://banner.bsu.edu/ssomanager/c/SSB>

Note that SOPS 630, SOPS 655, and SOPS 615 will only be offered every other year; keep this in mind as you plan your course for your degree. You can also take courses from one of our affiliated faculty, including Lindsey Blom from the Department of Kinesiology, and Andy Luttrell, Stephanie Simon-Dack, and Michael Tagler from the Department of Psychological Science. Many of you will take a statistics course from one of our affiliated faculty from Educational Psychology, Jocelyn Bolin or Holmes Finch. Larry Gerstein, a faculty member in our department, has a dual degree in Counseling and Social Psychology and his many of his courses would also be of interest to our students. Dr. Gerstein is also Director of the Center for Peace and Conflict Studies.

Please consider "liking" our program's Facebook page to learn about our students' research interests and to receive program updates:

<https://www.facebook.com/thesocialpsychologyprogramatballstateuniversity/>

You can also like our social justice Facebook page:

<https://www.facebook.com/AHAAdvocates>

Wishing everyone a happy, healthy, and successful semester.

Mary E. Kite, Social Psychology

Program Director



News from the Rehabilitation Counseling Program



News

Covid-19 surely has changed the way we conduct research, educate the next generation of rehabilitation counselors, and serve people in our community. Many of our courses are now online. We are grateful for the various online platforms that are available for our faculty and students. Covid has created many issues for people in the community, including people with disabilities. Rehabilitation counselors should be ready to respond to these challenges.

Our RC program is a CACREP-accredited program. Please let me know if you want to know more about our program. If there are people you know who are interested in getting a degree that enables them to effectively work with people with disabilities, please spread the word and let them know about our program. Please feel free to contact me and/or Dr. Tschopp with any rehabilitation counseling related questions.

Internships

The second-year rehabilitation counseling students are serving individuals with disabilities/chronic illnesses, their families, and communities at various internship sites. Thank you to all the agencies and the on-site supervisors hosting our RC students during their internship year!

IU Ball Memorial Hospital - Cancer Center
Ball State University Counseling Center
Selah House



Comprehensive Exam

Rehabilitation Counseling students have the option of completing the program-based comprehensive examination or the national Certified Rehabilitation Counselor Examination (CRCE) administered through the Commission on Rehabilitation Counselor Certification (CRCC). Please remember to review the options and contact me with your intentions. Note that the application deadline for the CRCE is approximately five months before the examination period. In addition, there may be some changes in terms of format and/or exam dates due to Covid19. See www.crccertification.com for examination information and deadlines.

News from the Rehabilitation Counseling 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>

American Rehabilitation Counseling Association (ARCA)

<http://www.arcaweb.org>

National Rehabilitation Association (NRA)

<https://www.nationalrehab.org>

National Rehabilitation Counseling Association (NRCA)

<http://www.nrca-net.org>

RC Program Director

Dr. Chan



News from the Clinical Mental Health Counseling Program

Welcome CMHC!

A big welcome to our incoming CPSY Clinical Mental Health Counseling class and welcome back second year students! I hope your transition to online school has been smooth and that you are enjoying your first few weeks in the CMHC program. As you know the Covid-19 pandemic has forced us to administer a majority of our classes online, which has created new challenges but also new opportunities; flexibility is our modus operandi. Please make sure you stay in contact with our office staff and myself with questions about the program.



Content Exam

The content exam is administered twice over the academic year. The next administration will be **November 20th**. 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 contact the main office at CPSY@bsu.edu and 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>.

The American Mental Health Counseling Association (AMHCA) is also a professional organization worth joining as they focus solely on Clinical Mental Health Counselors <http://amhca.org>. I encourage you to also check out the Indiana Counseling Association <https://www.indianacounseling.org/> and consider being a member. This organization has great resources for counselors as well.

Warm wishes and stay healthy and safe,

Dr. Stef

Important Dates

November 4th: Deadline to submit proposals to the Midwestern Psychological Association's 2021 Conference

November 19th-20th: Indiana Psychological Association's Virtual Fall Conference & Annual Meeting

November 20th: Fall Content Exam

November 25th -29th: Thanksgiving Recess – No Classes

November 30th: Classes Resume with Online Delivery

December 1st: Deadline to apply for CPSY PhD program

December 15th-18th: Final Exams

December 18th: Deadline to Submit Proposals for Indiana Counseling Association's 2021 Conference

December 19th-January 19th: Semester Break



Keep in touch!

We love to hear what is going on in your life! Keep us in the loop with:

Facebook: www.facebook.com/CPSYatballstate

Twitter: @CPSY_BSU

LinkedIn: Counseling Psychology, Social Psychology, and Counseling at Ball State

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Content Exam Information:

The next administration of the Content Exam will be on **November 20th, 2020**. You must have completed at least 30 credit hours to be eligible to take the Content Exam. Only Clinical Mental Health Counseling and CMH and Social Psychology dual students must take the Content Exam. An email has been sent out to those eligible to take the Content Exam with further information.

