SPRING NEWSLETTER

Ball State University
Department of Counseling Psychology, Social Psychology, and Counseling

Spring 2024

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LETTER FROM THE CHAIR

So many things to mention this time around, some sad, and others pretty cool.

Spring 2024 is a very busy semester for us. We have hired a new faculty member, Allison Cipriano, to begin in Fall 2024 as a member of the social psychology faculty. We love the fact that she is an alumna of our social master’s program, and will be coming back here after finishing her doctorate at the University of Nebraska – Lincoln. There will be more on her in a future newsletter.

We are also hosting the Great Lakes Regional Counseling Psychology Conference in mid-April. This conference started 36 years ago, as part of a Presidential initiative created by a Division 17 (Counseling Psychology) Past President. Our conference was the only regional conference to continue each year, rotating through campuses in our region (Indiana, Michigan, Ohio, and more recently Louisville) until Covid put a stop to F2F conferences for a while. We did participate in a small virtual conference with two other campuses a couple of years ago, but this will be the first in-person edition since 2019. It is also a hallmark for CPSY in particular, as this is the 35th anniversary since we first hosted the conference (1989, at Minnetrista Cultural Center!). Over the years, the conference has grown in size, and gone national (we welcome attendees from outside the region). We’ve lost counseling programs within the region (Michigan State, Ohio State, Kent State, Indiana State, Notre Dame), and picked up a few (Wayne State, Cleveland State, and yes, Ohio State making a comeback). We have also been happy to welcome back alums from across the country, often with their own students in tow, to visit. So, if you are going to be around the area in April, consider registering for the conference and stopping by; we will be so happy to see you. Did I mention we also have two preconference workshops on Friday morning (one of which being offered by a master’s/doc alum with the assistance of a current MA student)? You can attend the workshops without attending the conference, or vice versa.

bsu.edu/calendar/events/academics/coh/2024/04/12/great-lakes-conference
We have also sorted our first virtual workshop related to our new cognate in Sex Therapy. Dr. Laurie Mintz, psychologist from Florida, is doing a workshop for us on April 15th. Dr. Alex Tatum has spearheaded the cognate, and we are happy to support him in this process. Again, if you are looking for some CE, consider joining us for Dr. Mintz’ workshop; she is an amazing speaker, and this one will be particularly informative.

bsu.qualtrics.com/jfe/form/SV_bmheFpKfh3D3k5o

In relation to the 35th anniversary of our first Great Lakes conference hosting experience, there is a reason that date sticks with me. This is also my 35th anniversary of joining the Cardinal family. Who knew that I would head back across the country from Delaware to Muncie, Indiana and end up living a life here, in my first grown-up job after doc school? Not me!

On a sad note, I learned just this week that one of our former colleagues, and the previous chair of the department (formerly Counseling Psychology and Guidance Services) passed away. You will see the link to David Dixon’s obituary elsewhere in this edition. He was hired from the University of Nebraska to chair this department, and was the chair who hired me. So many counseling psychologists and counselors can tell stories of the influence David has had on their lives, persons who stretch well beyond the confines of Muncie, Indiana. Our condolences go out to his wife, daughters and sons-in-law, and grandchildren.

I am aware that so much is happening in the world, creating angst for many of us both personally and professionally. I can’t begin to address all of that here. The best I can do, inadequate as it may be, is to remind each of you to take care of yourself in the way that works best for you. We NEED you; don’t forget that.

Dr. Bowman
Greetings to our students, alums, and affiliates,

I hope you all are happy and healthy, and I’m looking forward to seeing many of you at the Great Lakes Conference this April!

It has been a busy semester so far with admissions and internship preparations. I’m pleased to share the intern placements for 2024–2025.

**Intern Placements for 2024–2025**

Aashna Banerjee  
Florida Atlantic University CAPS. Boca Raton, FL

Allison Blake  
Arizona State University. Tempe, AZ

Hannah Drake-Shaffner  
IU Health Ball Memorial Hospital. Muncie, IN

Claire Dugan  
National Psych Training Consortium. Great Lakes. Peru, IN

Michaela Holloway  
Ohio State University–Counseling. Columbus, OH

Tara Kane  
Veterans Affairs Medical Center. Hampton, Virginia

Mike Moses  
Dayton VA Medical Center. Dayton, OH

Julian Sanchez  
VA Texas Valley Coastal Bend Health Care System. Harlingen, TX

Mengqing Shang  
University of Texas at Dallas. Richardson, TX

**Kristin Perrone, PhD, HSPP**

*Training Director, Counseling Psychology Doctoral Program*
Spring Semester is a time of change and renewal. Our program’s second-year students are preparing to graduate and take the next step in their career and our first-year students are looking ahead and planning how to make the most out of their remaining time. We have offered admission to a group of undergraduates and have received some acceptances; others are making their final decision. Four of our dual students, Madison Pavone, Danny Shemish, Luke Slater, and Alyssse Wiggins will be joining our 2024 PhD in Counseling cohort.

One change I am particularly excited about is that Allison Cipriano will be joining us as Assistant Professor of Social Psychology. Soon-to-be Dr. Cipriano is finishing her PhD in social psychology at the University of Nebraska at Lincoln with a concentration in Women’s and Gender Studies. Allison completed her Master’s Degree at Ball State in our Social Psychology program, then directed by Justin Lehmiller.

Some of you met Allison during her on-campus interview. Her interests are an excellent fit for our program, including sexual violence, sexual identity, and sexual health with an emphasis on the experiences of sexual minority women. This fall, she will teach Social Psychology 610 to the incoming dual and social psychology students. She will also begin the process of setting up her research lab. As a graduate student, Allison was very involved in BSU’s Pathway to the PhD program and her interests in student success will be a wonderful addition to our department.

Just a reminder that several of our social courses are offered every other year, so it is important to track that schedule. This year during first summer, I will teach the Psychology of Gender (SOPS 625). Fall semester, Dr. Gerstein will teach Counseling Applications of Social Psychology (SOPS 655), and in the Spring I will teach Social Cognition (SOPS 615). Our new one-hour course, Professional Development in Social and Counseling Psychology (SOPS 661) will also be offered this fall. Depending on interest, we may offer the Social Psychology of Prejudice and Discrimination (SOPS 630) either Fall or Spring term. For our current students, this would be a good time to check your plan of study to ensure you can complete your required and elective courses on time.

Best wishes for a happy and productive Spring and Summer Term.

Dr. Kite
Happy Spring Semester!
Dear Clinical Mental Health Counseling (CMHC) Students and Social Psychology (SP) and CMHC dual students, welcome to spring! I hope that all of you in the first year are enjoying your practicum experience in the CPC clinic. I wish you the best of luck in your internship search. For those of you currently on internship and graduating in May or July 2024: Congratulations and stay in touch!

Annual Evaluation of MA Students
Every spring semester, we perform an evaluation of our MA students. This evaluation entails a meeting between students and their assigned faculty mentor/advisor, which can be either over Zoom or in person. Students are asked to bring their unofficial transcript to the meeting and any questions they may have about their program and professional development. During the meeting the faculty mentor/advisor will fill out an evaluation form on Sonia indicating their current GPA and progress in the program and goals. Students, please be on the lookout for an email from your advisor about scheduling this meeting. It usually occurs after spring break and needs to be completed before the end of the semester.

Exit Survey and Alumni Survey
Since 2021, our MA students in CMHC and SP & CMHC dual programs have completed an exit survey, which they fill out before they graduate. In this survey you will have an opportunity to express your perception of your training and preparation to enter the next step in your professional career, either the counseling field or to continue your education toward a doctoral degree. Also note, that after you have graduated, we will send out Alumni surveys to check on our Alumni’s professional life and career preparation in our program.

Content Exam
The content exam is administered twice over the academic year. The next administration will be March 15th. This is a reminder that all students in the Clinical Mental Health Counseling and Dual Programs 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 or contact Barb Irvin our administrative coordinator about signing up.
Accreditation
We are seeking accreditation for the CMHC and CMHC & SP dual programs from Masters in Psychology and Counseling Accreditation Council (MPCAC). We hosted a site visit from them last May–June where they evaluated our programs. We received the results of their evaluation mid fall 2023. We are currently working on addressing the questions and requirements stipulated in their report (e.g., update the MA handbook, disseminate our outcome data to program stakeholders, make a clearer link between program goals and outcome data). In addition to addressing their questions/requirements, we are making sure that our program is in adherence to their new 2024 standards, which came in effect in January 2024. I am optimistic that by the end of this semester, we will have accomplished to meet all the requirements stipulated by MPCAC and be fully accredited.

American Counseling Association
I encourage all CMHC and dual 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 e-mail the department at cpsy@bsu.edu to let us know how you are doing in your careers and lives.

Thanks for keeping in touch, and best wishes to you all,

Dr. Stef
Welcome back!
We want to welcome all RC students coming back from the semester break and wish you all a safe and healthy spring semester.

Program Update
Our current 1st year RC Master’s students are completing their practicum in our community. Two sites (Hillcroft and VA Marion VRC) are our community partners this time around. This arrangement provides our students with opportunities to work with people with disabilities in the community. It also allows our rehabilitation counseling students to have more direct counseling service experience. We want to thank these two sites and the on-site supervisors.

Professional Organizations and Conferences
Professional counseling organizations provide many resources and professional development opportunities. These organizations can be a valuable part of developing one’s professional identity.

American Counseling Association (ACA) www.counseling.org
American Rehabilitation Counseling Association (ARCA) www.arcaweb.org
April 11-13, 2024 ACA Conference: web.cvent.com/event

Disability and Rehabilitation Awareness
February was American Heart Month
March is Developmental Disabilities Awareness Month – www.nacdd.org
March 3rd was World Hearing Day – www.who.int/events/detail/webinar
April is Parkinson’s Disease Awareness Month – www.parkinson.org

Graduation
Best wishes to our Spring and Summer RC Graduates! Please stay in touch. We would love to celebrate and share your many future accomplishments!

Dr. Chan
Where is your hometown?
Columbus, OH

Where did you obtain your bachelor’s and master’s degrees, and what were your major(s)?
Bachelors from Miami University (2010) with Major in Psychology and minors in neuroscience and violin performance
Masters in Counseling from Ball State (2012) Community Mental Health Counseling

What first interested you in counseling psychology?
Probably when I was a volunteer on a suicide hotline as an undergrad. I originally wanted to be a researcher, but being able to see growth and resiliency in people was a powerful experience.

Why did you choose Ball State?
I want to be a better therapist and I valued the training that I received as a masters’ student and knew I would get that and much more as a doctoral student. In knowing the program to a degree, I value what it stands for and how BSU’s counseling psychology program supports the holistic growth of their students.

What do you think of your experience at Ball State as a doctoral student so far?
I'm tired, but it’s been amazing. I am surrounded by fantastic people that know fantastic things and I am just trying to absorb as much as I can. I feel so grateful to have the best cohort, I could not ask for more supportive, knowledgeable, and fabulous people to be surrounded by.
**What are your research interests?**
How to utilize the information that neuroscience provides to cultivate effective treatment interventions. Currently in the process of formulating my dissertation around using EEG recordings capturing aspects of EMDR to support better informing trauma treatment protocol development.

**What are your future plans and career goals?**
I'm trying to clarify that path, but in general, I just want to learn more. In terms of career path, I know I hope for a mixture of continued work as a therapist in a community mental health setting with the ability to provide assessments as well as teaching/supervising and research. Maybe looking into a faculty position in a counseling psychology department or community mental health agency as a psychologist if the opportunity or path should arise. I also want to continue to travel, experience and grow as a person.

**What are a few of your favorite hobbies?**
Eating, cooking/baking, crafting, keeping my small child alive and planning fun adventures for her.

**What food could you not live without?**
That's too hard! I love all food. It depends on the day as well. Today, I would say I would be sad with the idea of living without some form of bread or chocolate.

**What's your favorite TV show currently?**
Unfortunately, I literally have not watched a TV show in over a year, not because I don’t want to, but only because it turns out keeping a small human alive is quite time consuming. But I love and miss TV and movies so much, it was a true passion. So if someone could tell me how Barry ended after season 2, I would appreciate it. But I do consume an ungodly amount of TikTok.

**What's something about you that people would be surprised to know?**
I'm not sure what would be surprising, I am a comfortably simple and transparent person. But I guess that where I have a side that loves my grandma hobbies of embroidery and baking, I also love high adventure and adrenaline activities, like I've backpacked through Europe for a few months, sky dived, enjoy rock-climbing, etc.

**How do you practice self-care?**
Either being with myself or with the people I love.
Where is your hometown?  
I am originally from Fort Wayne, IN.

Where did you obtain your bachelor’s, and what were your major(s)?  
I attended Ball State and got my bachelor’s in Psychological Science.

What first interested you in psychology?  
I originally took a high school class and was blown away by how intricate the human brain was. I loved learning about personality theory and understanding how we perceive things.

Why did you choose Ball State?  
Ball State was still somewhat close to home, and I really loved the campus.

What do you think of your experience at Ball State as an MA student so far?  
So far, I really enjoy it. Going into my second semester, I believe I have found my footing and started to fight some of that imposter syndrome.

What are your future plans and career goals?  
I am getting a masters in counseling, and that is all I honestly know for right now. I think many populations are interesting, but I am not quite sure which suits me best. I am grateful for the opportunity of practicum and internship, so that I can understand where I am meant to be.

What are a few of your favorite hobbies?  
I really love reading, baking, and music!

What food could you not live without?  
Definitely cheese. I think almost every dish can be made better with cheese.

What’s your favorite TV show currently?  
Recently I have been loving Modern Family.

What’s something about you that people would be surprised to know?  
I was actually president of the Quidditch team (now known as “quadball”) on campus in my undergrad.

How do you practice self-care?  
I love going on walks with my fiancé and our dog and ending my day with a good book.
Where is your hometown?
Batesville, Indiana! It’s a dinky little town about 30 minutes west of Cincinnati. If anyone’s heard of us, it’s probably because of casket and hospital bed manufacturing.

Where did you obtain your bachelor’s, and what were your major(s)?
I went to Ball State for my bachelor’s as well. My major was psychology, minor was criminal justice. Thanks to my high school’s partnership with Ivy Tech, I bypassed most of the core curriculum and graduated in five semesters.

What first interested you in psychology?
I’d been gearing towards engineering until partway through high school but got hit by the perfect storm. I took an intro course through Ivy Tech during junior year: the instructor was phenomenal, the content helped me start to make sense of myself and the world around me. Also, a career in psychology requires way less math.

Why did you choose Ball State?
I’d heard good things about the program, and it’s hard to beat Ball State’s prices. It also helped that I studied here during undergrad; I know the campus/city and have plenty of friends still in the area.

What do you think of your experience at Ball State as an MA student so far?
There have been a couple of professors whose teaching style didn’t work well for me, but otherwise no complaints.
What are your future plans and career goals?
To be honest, these are still up in the air. Rehabilitating individuals in the criminal justice system is the direction I would like to head in. However, I'm torn between two paths: early intervention with youths, or aiding adults already in the system. My hope is to get some experience with both groups to determine which route I want to take.

What are a few of your favorite hobbies?
Biking is easily my favorite and longest-standing hobby; I spent a great deal of time on the Cardinal Greenway Trail during undergrad. A close second is collecting thrift store oddities. My current obsession is coffee mugs that say something about being elderly and attractive. I've found eight so far, with such gems as “A.S.O.F. (Another Sexy Old Fart)” and “It should be against the law to look this good at 90”.

What food could you not live without?
Skyline Chili. It’s tragic that they’re a regional restaurant.

What’s your favorite TV show currently?
I'm not sure you could call it a TV show, but I'm a big fan of Dimension 20’s various Dungeons and Dragons campaigns. Compelling storylines, interesting characters and gameplay, meaningful social commentary, and Brennan Lee Mulligan at the center of it all.

What’s something about you that people would be surprised to know?
I'm an Eagle Scout! It doesn’t quite fit with my current persona, but Scouting played a significant role in my formative years.

How do you practice self-care?
Exercising, hanging out with friends, practicing gratitude, and listening to some good music. They’re all helpful on their own, and even more so when done in tandem. At the moment, my favorite albums are “Malibu” by Anderson .Paak and “Darkness on the Edge of Town” by Bruce Springsteen.
Where is your hometown?
I grew up in Burnham, IL, a small town just south of Chicago. It’s so close to Chicago that it has a Chicago zip code. Before my time, Al Capone lived in Burnham. It was said that there were tunnels going from his house to other houses in Burnham close by. I had a friend who lived two doors down from the house he lived in. The hearsay was true. There had been a tunnel connected to my friend’s home from Capone’s house that had been blocked.

Tell us about your educational background.
I have a BA degree from Northern Illinois University (NIU) in Dekalb IL. My major was communication studies with a minor in psychology. DeKalb has a couple claims to fame, most notably that barbed wire was invented there. I did a MA degree at DePaul University in Chicago IL in Human Services and Counseling. I completed a PhD in Clinical Psychology at Fielding Graduate University in Santa Barbara CA.

What first interested you in psychology?
I suspect that those who are drawn to psychology are interested in what makes people tick. I wanted to understand how the mind worked and what was at the core of how people treat each other. I also wanted to understand myself (thoughts, feelings, emotions, and behavior) and others. As my training and education unfolded, my interests in psychology became more refined to the clinical/research interests I have now.

What brought you to Ball State?
I saw a position that interested me in the Counseling Psychology, Social Psychology, and Counseling Department. I would say my goal to teach counseling and psychology courses and train graduate students in counseling brought me to Ball State.
Please describe your role within the department.
In the department, I teach undergrad and graduate courses. I provide supervision to counseling students in the graduate programs. I participate on the Wellness and Diversity committees. I assist the department as needed with administrative and event hosting duties.

What are your research and teaching interests?
My research interests tend to extend from my doctoral training, clinical work, and areas of specialization. My research interests include Health Psychology, LGBT Health, mind/body interventions, and parapsychology. My teaching interests are related to counseling and psychology topics that I have experience with through my work in various clinical settings. This includes teaching counseling skills and core courses in counseling and psychology.

Outside of academia, what are your favorite hobbies?
Oddly, I would say I had to think about this very question during COVID. My hobbies are working out, running, walking, reading, singing, theater/movies, and, as a result of COVID, streaming my favorite TV shows. I’m a huge Star Trek fan. I also started walking on local trails during COVID and continue to do so now.

What food could you not live without?
I’m Italian. So, coffee (cappuccino), pizza, and pasta I consider to be major staples in my diet. I also am a big cheeseburger and fries aficionado. I’ve not found the best burger place in Muncie yet. Any recommendations?

What’s something about you that people would be surprised to know?
Prior to being a clinician/professor, I was a journalist. I worked for several public relation firms and wrote for publications. One assignment I had was to review a new restaurant in downtown Chicago owned by Oprah Winfrey. At some point during the event, Oprah’s press people asked all the journalists to stand together to ask her questions. The other journalists began screaming questions at Oprah. I was annoyed by the screaming and stood there quietly waiting for her to start taking questions. Oprah got a tad frustrated at the screaming journalists and decided to do interviews 1:1. She pointed at me and said “You, the quiet one in back, come on!” I got to interview Oprah as part of my review. Cheers!

How do you practice self-care?
My canned answer would be “the best way I can in the moment.” My primary self-care activities are working out, walking, meditation and QiGong/Yoga. I figure that I need to walk the talk if I am talking to students regarding self-care, which is a crucial part of managing burnout when working as a clinician or any other provider in healthcare.
**One Ball State Day**

Mark your calendars for One Ball State Day - **April 3rd**! This day is a 24-hour online fundraising event in which anyone can donate money to participating departments and organizations on campus. Our department is participating, so please help us spread the news about OBSD!

Below are some fundraising challenges the department agreed to participate in:

- **If 20 students donate**, the department will host a movie night with snacks
- **If we raise $1,000**, our office staff will engage in a Chopstick Transfer game, and the loser will be pied in the face
- **If we raise $2,500**, Dr. Lee will engage in a surprise challenge
- **If we raise $5,000**, Dr. Bowman will get a real tattoo of her choosing representing Ball State

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**Kickball and Dodgeball Day**

The department is hosting a kickball and dodgeball day for CPSY students. Students are welcome to play or just hang out and socialize. Please RSVP by Thursday March 14th.

**When:** Saturday, March 16th  
**Time:** 3:15pm  
**Where:** Rec Center Turf (1700 W Neely Ave)  
**RSVP to:** samuel.garcialopez@bsu.edu & mamoses@bsu.edu
**Great Lakes Conference**
This year, our department is excited to host the Great Lakes Regional Counseling Psychology Conference, April 12-13th! The theme of the conference is “Counseling Psychology’s Role in Interdisciplinary Care: Infusing Culture, Empowerment and Prevention.” This theme focuses on Counseling Psychology’s emerging role as part of integrated health care.

**When:** April 12-13, 2024  
**Where:** BSU Alumni Center  
**Details:** [Great Lakes Conference](#)

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**Dr. Laurie Mintz Seminar**
Our department is hosting a virtual seminar, welcoming Dr. Laurie Mintz, a renowned author, speaker, and therapist specializing in human sexuality. The seminar is titled “When Sex is a Chore and the Magic is Missing: Understanding and Working with Diminished Desire and Nonorgasmic Sex among Cisgender Women.”

**When:** April 15, 2024  
**Time:** 12pm - 3:15pm  
**Where:** virtual  
**Details:** [Dr. Mintz Seminar Flyer](#)  
**Registration Link:** [Register here](#)

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**Cohen Conference**
The BSU Center for Peace and Conflict Studies is hosting a Student Peace Conference on April 4th. The conference welcomes community activists, students, faculty, and scholars from all disciplines to present their strategies, research, and recommendations related to peacemaking and peacebuilding.

**When:** April 4th, 2024  
**Time:** 1pm to 5pm  
**Where:** Student Center Ballroom  
**Details:** [Better World Conference](#)
Master’s alum, Olivia New, got married in February 2023. She is currently in her third year at Springfield College in the PsyD Counseling program and collecting data for her dissertation.

Current doctoral student, Julian Sanchez, was selected for the Class of 2025 Indiana AHEC Scholars Program. This competitive program is designed for individuals who possess a strong drive to provide care to those living in rural and medically underserved communities in Indiana.

Master’s and doctoral alum, Amanda Cleveland was named to the Board of Psychologists for the state of South Carolina.

Doctoral alum, Alicia Key was named to the Board of Psychologists for the state of New Hampshire.

Master’s and doctoral alum, Emily Barnum completed her board certification in counseling psychology in October 2023.

Doctoral alum, Kay Webb, has been appointed to the Board of Directors of Community Trust Bancorp, Inc., with its headquarters in Pikeville, Kentucky.
Master’s alum **Sasa Vann Rubino** is currently on Internship at the University of Texas at Tyler Health Science Center, the final phase of her doctoral program in Counseling Psychology. She defended her dissertation, Liberated Pregnancy: A Black Feminist Thought Analysis, in November of 2023. In the fall of 2024, she will start at the Stony Brook University Consortium Postdoctoral Fellowship Program as a clinical postdoctoral fellow in the Krasner Psychological Center and the Mind Body Clinical Research Center.

Master’s student **Josie Haynes** got engaged to Austin in October 2023. They are set to get married in October 2025.

Doctoral student, **Alex Whitman**, welcomed a new pet into her life – an adorable Sphynx cat named Rigatoni.

Doctoral alum, **Rosalyn Davis**, is Clinical Associate Professor and Director of the master’s program in counseling at IU Kokomo. She is a new Fellow of the Midwestern Psychological Association and will be introduced as a Fellow at the conference this spring.

**Dr. Dixon**, Professor Emeritus and former Chair of the Dept. of Counseling Psychology & Guidance Services (now Counseling Psych, Social Psych & Counseling) passed away on February 19, 2024.

Garden View Obituary
ERLDC Obituary
**IMPORTANT DATES**

- **Spring Content Exam:** March 15th
- **One Ball State Day:** April 3rd
- **Cohen Conference:** April 4th
- **Great Lakes Conference:** April 12th – 13th
- **Spring Commencement:** May 4th
- **Finals Week:** April 30th – May 3rd
- **Semester Break:** May 5th – May 12th

**KEEP IN TOUCH**

We love to hear what is going on in your life! Keep us in the loop and receive our updates at:

- **Facebook:** facebook.com/CPSYatballstate
- **Twitter:** @ballstateCPSY
- **Instagram:** @ballstatecpsy

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