



BALL STATE UNIVERSITY

College of Health

Counseling Psychology, Social Psychology, and Counseling

Fall 2018 Newsletter

Summer 2018 Graduates

Clinical Mental Health Counseling

Scott Barrera
Jacob Boo
Kara Brown
Mandalyn Castanon
Hope Covington
Alicia Deogracias-Schleich
Ashley Earle
Amy Etchison
Kailah Glock
Chris Guion
Megan Lakes
Kat McConnel
Stephen Morris
Somer Muhs
Chris Purvis
Jon Sheets
Alex Smart
Tori Sue

Rehabilitation Counseling

Billy Hall
Megan Hawkins
Aryauna Herron
Whitney Lindsay
Miyuki Pilger
Alexandra Robinson-Norris

Clinical Mental Health Counseling and Social Psychology

Emily Boswell
David Bova
Brittany Katz
Kara Patrick
Steven Scally
Betsy Varner
Paulina Wojtach

Social Psychology

Allison Cipriano

Counseling Psychology

Kerry Beduna
Yamini Bellare
Tacianna Indovina
Alicia Key
Katlyn Rice
Katie Munday
James Van Hoven
Jessicah Walker



Keep in Touch

We love to hear how you are doing!



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Publications

Vann, S., Moore, M., Johnson, H., & Freiberger, K. (2018). "The End is Not the Injury: Posttraumatic Growth After Season or Career Ending Injuries in Athletes." *Journal of Amateur Sport*.

Presentations

Varner, B. & Chan, Y. (2018). "The Effect of Low-Credibility Social Media Activism on Attitudes towards White Privilege." Poster presented at 2018 American Psychological Association National Convention in San Francisco, California.

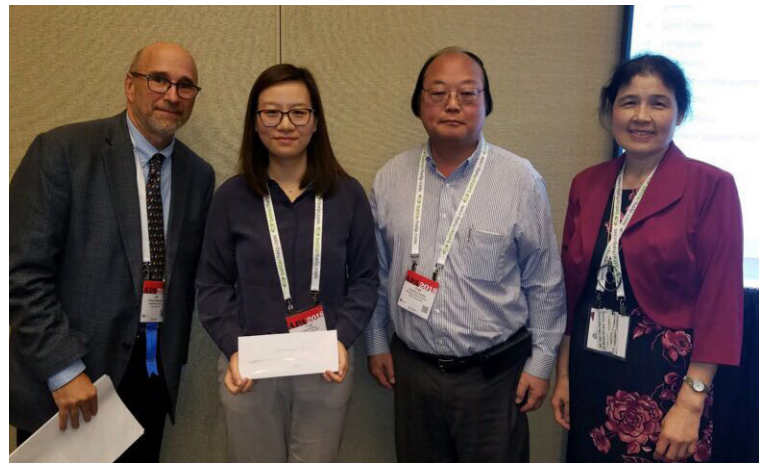


Congratulations and Awards

- **Dr. Sharon Bowman** was presented the Graduate Mentor of the Year Award and the Outstanding Administrator Award.
- **Scott Barrera**, a current student in the counseling psychology program, is a campus representative for APA Division 45, Society for the Psychological Study of Culture, Ethnicity, and Race. He was also approved for the Division 45 travel award to attend the 2018 APA National Convention in San Francisco, California.
- **Dr. Ashley Hutchison** joined the faculty as the new doctoral program director.
- **Dr. Stefanía Ægisdóttir** was appointed to a three-year term on the International Committee for the American Counseling Association.
- **Dr. Lawrence Gerstein** was appointed to a three-year term for the Human Rights Committee for the American Counseling Association.
- **Dr. Paul Spengler** became a Fellow of Division 42, Psychologists in Independent Practice.
- **Samantha Hinnenkamp**, student in the Counseling Psychology program, was named the Ball State campus representative for Division 35, Society for the Psychology of Women.
- **Kodee Walls**, MA '12 PhD, '16, is the practicum coordinator at Kansas State University's Counseling Center. Walls will work with both practicum trainees as the main administrator of the program as well as the counseling center's health service psychology interns on providing supervision.
- **Sasa Vann**, masters student, received the Sport and Exercise Psychology Researcher of the Year Award, published an article in the Journal of Amateur Sport, and moved into a new house.
- **Kris Shroyer** joined our department this past summer to become the clinic coordinator.
- **Betsy Varner**, a current counseling psychology student, presented a poster entitled "The Effect of Low-Credibility Social Media Activism on Attitudes towards White Privilege" at the 2018 APA National Convention in San Francisco.
- **Laura Huber** and her husband moved to Round Rock, Texas in July. She works as a rehabilitation specialist with Integral Care, a mental healthcare organization in Austin, Texas.



Major Dr. Joel Hartong, an alumni of both the master's and doctoral program, received honors as the United States Air Force Biomedical Clinician Category II Officer of the Year—Company Grade Category.



Yuye Zhang, a current student in the counseling psychology program, was the inaugural recipient of the International Research Grant for Students and Early Career Professionals from APA Division 29, the Society for the Advancement of Psychotherapy. From left are Jeffrey Zimmerman, Yuye Zhang, Frederick Leong, and Changming Duan.

Doctoral Student Interview: Fabrice Ndzana

Where is your hometown?

I've always had a hard time answering this question. I am originally from Cameroon, and moved to the United States 12 years ago. My parents live in Fairfax, Virginia, and I've spent many of those 12 years in Harrisonburg, Virginia. Short answer, I have a few places I call home.

Where did you obtain your bachelor's and master's degrees, and what were your major(s)?

I obtained my bachelor's in psychology from James Madison University (JMU) and my master's and EdS in clinical and mental health counseling from JMU in Harrisonburg.

What first interested you in counseling psychology?

My longstanding fascination with the human experience, psychopathologies, and the inner workings of the psyche in its ability or inability to know itself and to cope and adjust to adverse events in troubled times. I'm referring to the more severe/traumatic life events.

Why did you choose Ball State?

From the start I had a very good impression about Ball State. I love the spirit of this place, and our program sets high standards for its students. I thrive in a challenging environment and so that was very important. Ball State's faculty have a lot of expertise, strong scholarship and research and are very resourceful in terms of their relationship with important national and international professional organizations. Ball State is known to be a military friendly institution, and the program helped prepare its graduates to be successful in the field, some of which are currently employed as military psychologists with the Department of Defense. In addition to that, the program fosters a very supportive and collaborative environment with well-equipped labs and training facilities.

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

I truly love it and it is a privilege to be here. I know I made the right choice.

What are your research interests?

Psychotherapy research; test and item development (construct validity in cross-cultural research); suicide prevention; and ego defensive functions/mechanisms

What are your future plans and career goals?

Working as a military psychologist is certainly at the top of my list. I also plan on teaching at some point in my career and having independent/consultative roles in psychology nationally and internationally.

What are a few of your favorite hobbies?

I like to write, play the guitar, watch various videos, and listen to a good central African music "makossa." I also like to read on the Ericksonian hypnotic technique and hypnotic fables.

What is your favorite song?

I don't think I have a favorite song. There are many songs I really like. I have to say though, that I've played the song "Four Little Monkeys Jumping on the Bed" to entertain my 8 months old son enough times that I've now started to like it.

If you had to pick a new name for yourself, what would it be?

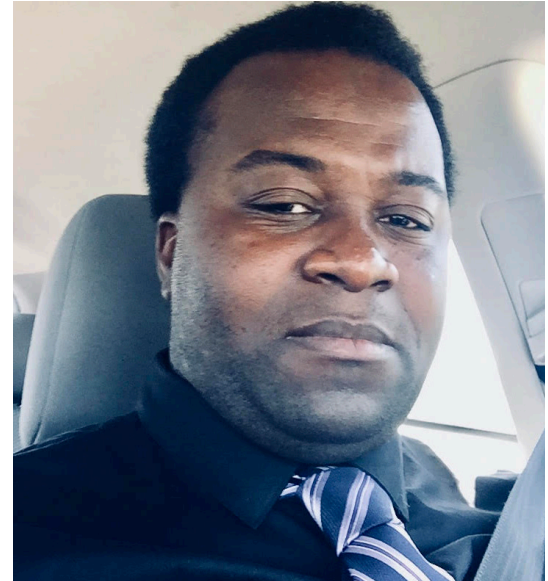
For those who know me, they can tell you how much I love my name, so I can't think of an answer to this one. I go by my middle name (Fabrice) so sometime I secretly wish the brand name Febreeze had never existed, because for whatever reason, some people assume that is how my middle name is spelled and pronounced.

What are a few of your favorite things to do for self-care?

Sleeping (which I don't get much of, most of the time). I like to eat a good meal too.

What would be your perfect vacation?

I love to travel and encounter new cultures and people, but that's not the first thing that comes to mind when I think of a vacation. I believe a vacation is found inward, away from all the noise and commotion and not necessarily in other places.





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Master's Student Interview: Aashna Banerjee



Where is your hometown?

Pune, India

Where did you obtain your bachelor's degree, and what were your major(s)?

I studied at the Symbiosis School for Liberal Arts in India. My

major specialization was in psychology, and I had minor specializations in peace and conflict studies and international relations.

What first interested you in counseling?

I have always wanted to help people in whatever capacity I can, and once I realized that my research interests lay in areas of social justice and multiculturalism, counseling psychology was the obvious choice.

Why did you choose Ball State?

My research interests lie at the intersection of peace psychology, international psychology, and counseling psychology. Ball State is the only university which does research in this niche area.

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

It is demanding, but rewarding!

What are your research interests?

Gender, peace, nonviolence, social justice, and multiculturalism

What are your future plans and career goals?

I hope to be a researcher and a clinician at the same time!

What are some of your favorite hobbies?

Doing yoga, eating plants, and watching Netflix

What is your favorite song?

Right now, it's "Say you Won't Let Go" by James Arthur.

If you had to pick a new name for yourself, what would it be? Um...maybe Natasha?

What are a few of your favorite things to do for self-care?

Make sure I eat four meals a day and talk to family and friends back home!

What would be your perfect vacation?

The sea, a hidden beach, and margaritas!



Paulina Wojtach, a current student in the counseling psychology program, got engaged to Zack Lombardi on July 26, 2018.



Gabriel Kenneth Maupin arrived May 15 at 9:16 a.m. He was 9 pounds 8 ounces and 22 inches long. His mother is Sheryl Maupin '17.

Faculty Interview: Dr. Ashley Hutchison

Where is your hometown?

The tiny town of Russell, Kansas.

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

BS: Baker University in Kansas, psychology

MS: University of Kansas, counseling psychology

PhD: Ball State University, counseling psychology

What first interested you in counseling psychology?

I first became interested in being a professor, and then, mostly fell into counseling psychology by happenstance. I had an undergraduate professor who was instrumental in shaping my career goal of becoming a professor, and I wanted to mentor students, especially students who were first generation or underrepresented in higher education. University in Kansas took a chance on me as a masters student, and the rest is history.

What brought you to Ball State?

As a prior student of the PhD program, it was exciting to think about giving back to a program that laid the foundation for my professional identity. The opportunities provided by being in the new College of Health and openness to innovations in how we as a field deliver mental health services also drew me to this faculty position.

Please describe your role within the department.

I am an assistant professor and the doctoral program training director.

What are your research and teaching interests?

My primary research interests lie at the intersections of cultural display rules and emotion recognition, expression, and recognition in a variety of contexts. I study emotion processes from an international and multicultural perspective, in the context of training mental health professionals, and stereotypes, bias, and prejudices related to emotion judgments. I've also done work in operationalizing international counseling competencies, social justice activism, nonviolence, and vocational development. An additional focus is in the area of sexual violence prevention through fostering individuals' healthy relationships and positive sexuality.

I've taught a wide range of classes, but my favorites have been the psychology of gender, counseling theories, career counseling, and research methods.

Outside of academia, what are your favorite hobbies?

Gardening. Like, borderline farming-level gardening. I also enjoy anything to do with my two dogs, Maggie and Dexter.

What is your favorite song?

Probably tied for first place are Janis Joplin's "Me and Bobby McGee" and "Delta Dawn" by Tanya Tucker. And basically, anything by Garth Brooks.

If you had to pick a new name for yourself, what would it be?

Anastasia. It's a long story involving Russian literature I can tell another time.

What are a few of your favorite things to do for self-care?

I enjoy cooking and going to events in the community, like art shows, concerts, or festivals.

What would be your perfect vacation?

Either taking a month long backpacking trip to several countries where you go to a new place every other day, or going back home to Kansas to see family and friends.

