



CPSY Times Fall 2015



There has been so much happening in the past few months since the last newsletter! As you will see throughout the rest of the document, marriages, babies, internships, graduations – and a few conference presentations here and there. Sometimes it is a wonder how we are able to keep up with all the activities going on in this happy little CPSY family.

Special Points of Interest:

- **A New Book by Dr. Nicholas**
- **Faculty and Student Awards**
- * **New Faculty and Student Interviews**
- **CPSY Travels**
- **Conference Dates**



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There are a couple of things I want to highlight. First, we were informed that our CACREP accreditation for the clinical mental health and school counseling programs was renewed through 2019! I offer a big congratulations to all who have worked so hard to make that happen, but especially to Drs. McGovern, Alexander, Ægisdóttir, and Mayes, who have each taken charge of some portion of that process at one time or another. An additional change with CACREP is that CORE has merged with CACREP; so in the very near future the rehabilitation counseling program will also fall under the CACREP banner. One other thing regarding CACREP – some of you may be aware of a movement within CACREP's leadership to push jurisdictions to only license graduates from CACREP-accredited programs. This fight has broad implications for counselors across the board, whether or not your degree is from a CACREP program, whether or not you are a member of a professional organization or two (and if you aren't, you should be joining one!), it is important that you be informed about the goings-on in the field. It will have an effect on your future practice and that of your colleagues too.

Second, there has been a lot of talk in the last year or so about Ball State's new proposed College of Health, which will bring together a number of the health-related programs and clinics on campus. This will include the School of Nursing, along with Kinesiology, Dietetics and Nutrition, Health Science, Speech Pathology and Audiology, and Social Work, to name a few. Many of the training clinics on campus will also come together to create a combined training experience (no, we don't know what that will look like just yet). As the College moves forward with naming a Dean and staff, the university will then begin the process of officially incorporating departments/units in the new College. The question has been asked more than once: is CPSY going? There are advantages and disadvantages to making such a radical move, but the jury is still officially out. As we know more, trust me, we will let you know.

Other news – as noted earlier, the CACREP issue is a big deal; it directly affects departments like ours, with multiple accreditations to juggle. Another issue within the APA arena is that of the relatively recently released independent review of APA's role in developing policy related to psychologists' work with detainees. The independent review was released to the public via the NY Times in July 2015; the resulting outcry has rocked APA to its core. If you have not reviewed the 500+ page report, you might want to head to APA's web page and take a look. If nothing else, take the time to review the 72 page summary and evaluate the evidence for yourself. As a result of the review's conclusions, several APA staff members have lost their jobs; psychologists in the highest levels of APA administration have been accused of various lapses of duty. The fallout led to a variety of questions from the membership regarding past decisions and the future direction of the Association. Before things are settled, we may have a very different Association..

Get involved with your professional association, whichever one that may be. Your voice is needed now, as students or new professionals, and the need will remain as you become more experienced. You have the ability to influence your profession's future; make it happen.

Regards,

Dr. Bowman

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Robinson-Norris
&
Brandon Millsbaugh

Fall 2015 Calendar Information

November 25 — 29 Thanksgiving Break

November 30 — Classes Resume

December 15 — 18 Final exams

December 19 Commencement

December 20 — January 10 Winter Break

January 11 — Spring Semester Begins



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

Fall 2015

- November 18 — Deadline to submit research papers, creative projects, theses, and dissertations
- December 19 — Commencement

Spring 2016

- February 8 — Graduation application deadline
- April 11 — Deadline to submit research papers, creative projects, theses, and dissertations
- May 7 — Commencement



News from the Doctoral Program Director — Dr. Donald Nicholas

Dr. Nicholas was selected as a Fellow of Division 17 (Society of Counseling Psychology). Congratulations!

On the next page is a photo related to the recent publication of his book by Oxford University Press, *Psychosocial Care of the Adult Cancer Patient: Evidence-Based Practice in Psycho-Oncology*.



Other Faculty and Student Publications

Coutinho, J., Goncalves, O., Maia, L., Vasconcelos, C., **Perrone-McGovern, K.**, Simon-Dack, S., Hernandez, K., Oliveira-Silva, P., Mesquita, A., & Sampaio, A. (2015). Differential activation of the Default Mode Network in jet lagged individuals. *Chronobiology International*, 32, 143-149.

Lehmiller, J. J. (in press). A comparison of sexual health history and outcomes among monogamous and consensually non monogamous sexual partners. *The Journal of Sexual Medicine*.

Smith, K. N., & Perrone-McGovern, K. M. (In Press). Relationships among emotional and intellectual overexcitability, emotional IQ, and subjective well-being. *Roeper Review*.

Walters, N. T., & Horton, R. (2015). A diary study of the influence of Facebook use on narcissism among male college students. *Computers in Human Behavior*, 52, 326-330.



PSYCHOSOCIAL CARE OF THE ADULT CANCER PATIENT

EVIDENCE-BASED PRACTICE IN PSYCHO-ONCOLOGY

DONALD R. NICHOLAS

Increasing efficacy of biomedical treatments for cancer means that more and more people are living longer with the disease. The five-year relative survival rate for all cancers has increased considerably in the last three decades, with some survivors living for many years and thus facing increasingly complex psychosocial issues. As a result, the mental health subspecialty of psycho-oncology is growing and is responding to the many calls for increased availability of psychological services for cancer patients.

Psychosocial Care of the Adult Cancer Patient introduces psychologists and other mental health professionals to the field of psycho-oncology, educates them about evidence-based interventions for individuals, groups, couples, and families, and describes how to successfully collaborate with oncologists and other cancer care professionals. Introductory in nature and providing ready access to a range of evidence-based interventions, this book briefs the reader on the field of psycho-oncology and the basics of cancer, explains screening and assessment for psychosocial distress, details the principles of evidence-based interventions, and concludes with case examples that illustrate the evidence-based practice competencies—ask, access, appraise, translate, integrate, and evaluate. In a unique writing style, the case examples reveal the decision-making process of an experienced clinician doing evidence-based practice. Practical strategies for addressing the psychological needs of cancer patients and their families are offered in an easy-to-use, quick reference format. Key points are highlighted and enhanced through the use of tables and figures designed to summarize and emphasize important information. This book will be of value to clinical and counseling psychologists and other mental health professionals, as well as graduate students in psychology, social work, mental health counseling, oncology nursing, and other cancer care professions.

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PSYCHOSOCIAL CARE *of the* ADULT CANCER PATIENT

*Evidence-Based Practice
in Psycho-Oncology*

DONALD R. NICHOLAS

OXFORD

September 2015 • 384 pages • Paperback •
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News from the Rehabilitation Counseling Program

Welcome to all of our new and returning students!



Accreditation: CORE-CACREP Merger

The BSU Rehabilitation Counseling program is currently accredited by the Council on Rehabilitation Education (CORE). During the last CORE review, our program was granted Full Accreditation status for the maximum term available of eight years, setting our accreditation term from 2013-2021. Late this summer, CORE announced it plans to merge with CACREP, which will go into effect on July 1, 2017. With the new CORE-CACREP merger our program will continue to be accredited under CORE until July 1, 2017, then we will be granted accreditation under CACREP for the remainder of the term. CACREP will become the accrediting body for Rehabilitation Counseling programs as it is for other specialties such as Clinical Mental Health Counseling and School Counseling. For more information visit the CORE website <http://www.core-rehab.org/WhatsNew>

Comprehensive Examination

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 six months before the examination period. See www.crccertification.com for examination information and deadlines.



Recent and Upcoming Rehabilitation Conferences

National Rehabilitation Association Annual Conference- Oct. 5-8, 2015 in Biloxi, MS.

<http://nationalrehab.imiscloud.com/NRA2015ATC>

NCRE/RSA/CSA VR Fall 2015 National Rehabilitation Education Conference — Oct. 18-20, 2015 in Arlington, VA. <https://ncre.org/fall-2015-conference-overview/>

Indiana Governor's Conference for People with Disabilities- December 7-8, 2015 in Indianapolis, IN. <http://indianadisabilityawareness.org/conference/>

National Council on Rehabilitation Education (NCRE) *Call for Proposals* —Deadline to submit proposals is Sunday, November 8, 2015 by 10:00PM PT. On April 20-22, 2016, NCRE will host the 16th Annual National Rehabilitation Educators Conference in Newport Beach, California.

<https://ncre.org/spring-2016-conference/>



Wishing everyone a productive semester!

Dr. Tschopp



News from the School Counseling Program

Welcome

We would like to extend a warm welcome to both our new and returning students. We're excited about this opportunity to see each of you continue to grow as professional school counselors!

We also want to welcome **Mr. Manku Guo**, a visiting scholar from Zhejiang Normal University in China. Mr. Guo comes to us with a great interest in professional school counseling, particularly at the secondary level. Additionally, Mr. Guo is interested in learning about the work of school counselors in the career counseling domain. A warm welcome to you, Mr. Guo! We are excited to have you join us in the school counseling courses as well as learn from your insights and experiences!



Indiana School Counselor Association Annual Conference
November 12-13, 2015

Indianapolis, IN

(More school counseling conferences are listed on the last page!)

In the Field

This fall, our second year pre-service school counselors have begun their internship experiences in middle and high schools across the state of Indiana. Our students have internships in the following school corporations:

Hamilton Southeastern Schools (**Kaylee Miller**)

Noblesville Schools (**April Baugher**)

Yorktown Community Schools (**Michael Skiles**)

Daleville Community Schools (**Kristen Evans**)

Delta Community Schools (**Carol Villanueva-Perez**)

Wes-Del Community Schools (**Nicole Wilbur**)

Burris Laboratory School (**Cathi Shepherd**)

Muncie Community Schools (**Teddy Dawson**)



Thank you to all of those schools hosting our students and best of luck to our pre-service school counseling interns!



More News From the School Counseling Program!

Our first year students are also beginning their professional school counseling journeys with experiences in schools. This partnership allows for our first year pre-service school counseling students to grow their microskills while working with K-12 students during their pre-practicum experience in the fall semester. Our students will continue their experience at their respective schools through practicum. Currently, our first year pre-service school counseling students have been placed at:

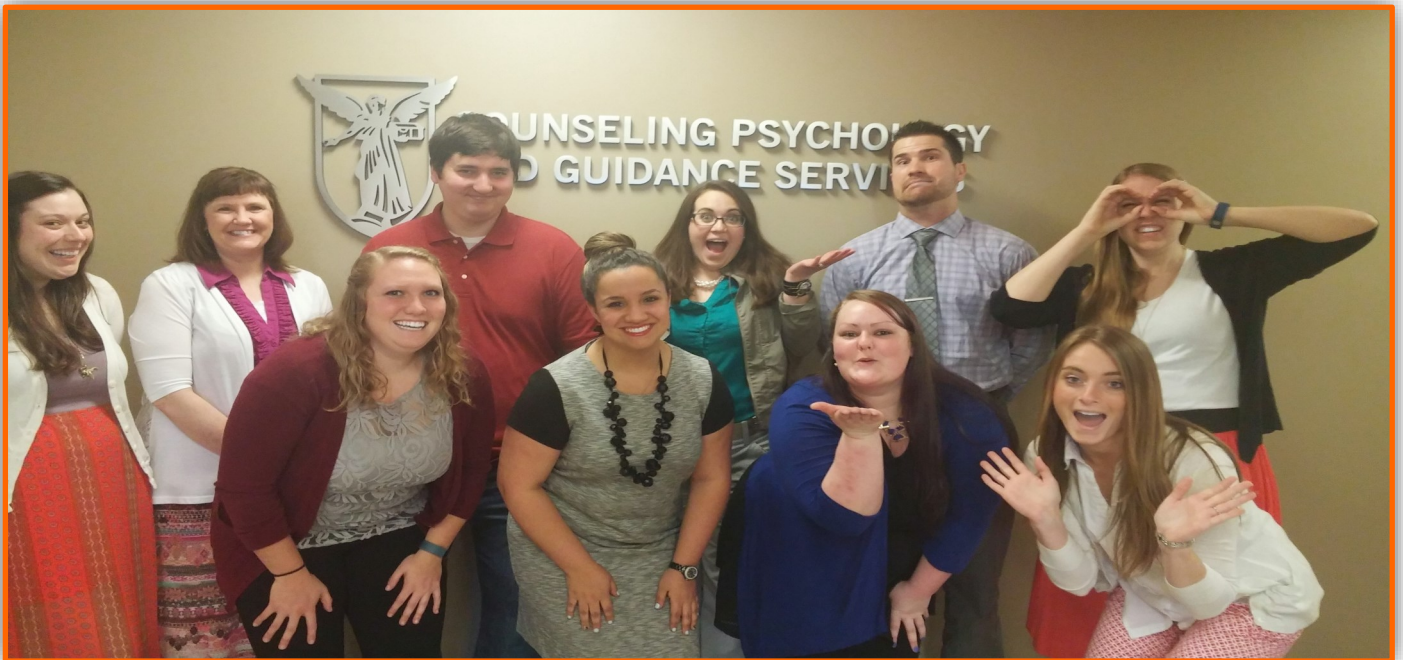
- ♦ Longfellow E.S. (**Brittany Dominick & Jena Rosenberry**)
- ♦ Burris Laboratory School (**Garrett Gleckler**)
- ♦ Richmond High School (**Stephanie Quinn**)

Thank you to the professional school counselors at the aforementioned schools for hosting our students!



Congratulations to our Recent Graduates!

The School Counseling Program had 8 school counseling students graduate in Spring 2015. Our grads have been able to secure various positions in schools and in the community, all aimed at supporting the success of children and adolescents!



Ms. Samantha Fitzjarrauld (Class of 2014)



Tell us about your current position:

I am currently employed as a high school counselor at Kokomo High School. I am one of five counselors and three social workers. We work together as a team to create new programs and make sure every student is successful. I specialize in working with the students who are 21st Century Scholars and also the students receiving scholarships during their senior year, on top of my regular case load of around 370 students.

What excites you about your current position?

The most exciting thing about my current position is the ability for growth at the school. Kokomo is starting to move from the idea of a "guidance counselor" to a "school counselor" and we are using more techniques from ASCA and ISCA. I am also excited to create new programs to bring students together. For instance, I am currently working on a "big brother/mentoring" group for some of my freshman athletes who are struggling. They will work with senior athletes who have overcome obstacles during their high school careers to become successful. They also will be working with different coaches, teachers, and even a former Mr. Basketball.

What is unexpected about your current position?

The most unexpected part of my position is that so many people do not know what a school counselor can do for them. Most of my students come to high school with NO IDEA what a school counselor does. They assume we only help them schedule classes. It's amazing when you see them realize the depths of what a school counselor can do to help them succeed.

What advice would you give to preservice school counseling students?

The biggest piece of advice I have for preservice school counselor students is to spread your wings and get involved in as many opportunities as you can. Get into as many schools as possible during your time in graduate school and learn the ins and outs of different school systems. This also helps you develop more relationships and have more mentors to help you in the future. Every school system is different so you have to learn to expect the unexpected! Another crucial piece of advice is to learn how to take care of yourself. Practice mental health everyday. Grace (another former student) and I always use the phrase "Treat Yo'Self" when describing self care. It's essential to success and avoiding burnout.

Ms. Megan Fizer (Class of 2015) — School Counseling Program —



Tell us about your current position:

I am a high school counselor at Carroll High School in Fort Wayne, IN. We are a larger high school, with a student body of about 2,300. We start with a cohort of students as freshmen, then move with that same cohort throughout their four years here at CHS. This is the first year CHS has had two counselors per grade level. This puts my case load at about 260. I feel very fortunate to be so close to the ASCA recommended ratio of 250 students per counselor. What I'm most excited about, is that staying with the same cohort of students for their four years at CHS and having a smaller caseload grants me the opportunity to build personal relationships with students.

Building relationships in the school:

Being a new staff member in a school, it is important to get to know each and every staff member. Since the start of the school year, I have been having lunch in the teachers' lounge twice a week, in an effort to get to know teachers on a more personal level. This is a small gesture that shows teachers you want to get to know them more and build better relationships.

What advice would you give to preservice school counseling students?

During your internship, go above and beyond "just the counseling side" of being a school counselor. If you would like to work at the high school level, here are some topics I would recommend you learn more about during your internship:

Diploma types—This is probably the most important. Memorize the "order" in which classes in each subject need to be taken and the total number of credits required for graduation with each diploma type.

21st Century Scholarship eligibility requirements—Ask what "assignments" need to be done at each grade level to keep the scholarship. See if your supervisor would let you complete a few of the assignments with students.

College visits @ school—Attend a variety of the visits from college admissions reps at your internship site. This is a great opportunity to learn about different colleges, programs they offer, and their admissions requirements to share with interested students.

Military—Set up a meeting with a recruiter from each branch of the military. This will help you become more knowledgeable about the differences between each branch of the military, and you can share this information with interested students.

NCAA Eligibility Requirements—Collaborate with your athletic director to get more information regarding eligibility requirements for student athletes who plan to play a D1 or D2 sport at the collegiate level. You will have to help these students register with the NCAA Clearinghouse as juniors or seniors.

Scheduling—Ask your supervisor if you can meet with students at the start of 2nd semester to help make their schedules for next year. This is great experience for you, as this is a HUGE chunk of what high school counselors do, and I'm sure your supervisor would appreciate the help!

Special education—Sit-in on a few case conferences, and review your supervisor's notes from the conference. School counselors are required to take notes during case conferences, so this will give you a better idea of what special education teachers are looking for in the notes.

4 Twitter Chats for School Counselors

(All Times Eastern)

#SCCHAT

Topic: School Counselor Tweet Chat

First Tuesday of Every Month — 8 PM

#HSCCHAT

Topic: High School Counselor Chat

Second Monday of Every Month — 8:30 PM

#ESCCHAT

Topic: Elementary School Counselor Chat

2nd and 4th Tuesday of Every Month — 8 PM

#SCCROWD

Topic: School Counseling Crowdsourcing

Third Tuesday of Every Month — 8:30 PM



#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. Want to connect with school counselors across the country? Check out #SCCHAT, #HSCCHAT, #ESCCHAT, & #SCCROWD and tune in to the national dialogue. Looking forward to seeing you in the Twitterverse!

Happy Fall!

Dr. Mayes

Faculty Interview: Deb Miller

Where is your hometown? Muncie, Indiana! I was born here and have only lived away from Muncie for about 3 years of my life. You probably won't find a more "Muncie" person in the department, so if students have any questions, send them my way.

Where did you obtain your bachelor's, master's, and doctoral degrees, and what were your majors? Ball State X 3! I majored in Creative Writing during my undergrad at Ball State, moved away for a few years, then came back to Muncie to be near family. When I realized how very little a person could do with a Creative Writing degree, I started searching for a career path and found that the CPSY department in my very own hometown was a terrific fit. Lucky me! It was great to be able to go to school in a great department and continue prioritizing my family relationships. I did my Master's in Counseling here and continued through my Counseling Psychology doctoral degree which I finished at Ball State in May, 2015.



What led you to academia? I love school. I love the academic environment – it's so exciting to be a part of the process of learning, growing, and developing new ideas. As a psychology professor, there are so many opportunities to do different things – teaching, researching, mentoring, collaborating, supervising, and clinical work. I have a very low boredom threshold so I need to work in an environment that gives me the chance to do a lot of different things. Academia is a great fit for that – if you can handle the stress!

Why Ball State? Clearly I'm kind of in love with Ball State. It's honestly home to me – it's in my hometown and has fostered every step of my academic development. The Counseling Psych department in particular is pretty terrific and has a great reputation and great faculty members.

Please describe your role within the department. I'm a contract faculty member. I see my role right now as a jack of all trades – filling in for faculty members who are on sabbatical, picking up classes that needed an instructor at the last minute, and just kind of plugging in wherever I'm needed. This semester I'm teaching Appraisal Methods and Intro to Clinical Mental Health, and I'm also supervising the new practicum opportunity our Master's students have at Ivy Tech, the local community college. It's very exciting!

What are your research and teaching interests? My dissertation was about how counseling psychologists react to clients who are fathers, who are also gay and/or display nontraditional gender expressions. It was a combination of clinical judgment and LGBT issues, both of which I'm very interested in and plan on continuing to research. I have a couple of other projects in the works regarding LGBT issues, and Dr. Spengler and I just published a clinical judgment meta-analysis in the Journal of Counseling Psychology. As for teaching, my specialization area in doc school was Research Methodology, so I'm interested in teaching research classes. I'm also really involved in clinical practice, so I enjoy teaching the hands-on clinical courses like practicum.

Outside of academia, what are your favorite activities and interests? Outside of academia I work in a private practice doing psychological assessment (and counseling sometimes) in Muncie. As for non-work activities, I spend a lot of time with family. I have two kids and they are super cool so that makes it easy to spend time with them. During doc school, my partner and I found that playing music together was something that helped our relationship be strong, so we have a little "band" I guess you could say – it's just the two of us and we do acoustic covers of our favorite songs. He plays guitar and I sing. It's fun. We play around town when we have time. We played at a CPSY party once when Dr. Bowman first got elected to the Division 17 presidency. It was very nerve-wracking, but I think it went well. I also cook and have friends. I love to travel, so I'm always obsessively planning my next vacation. It's the little things in life.

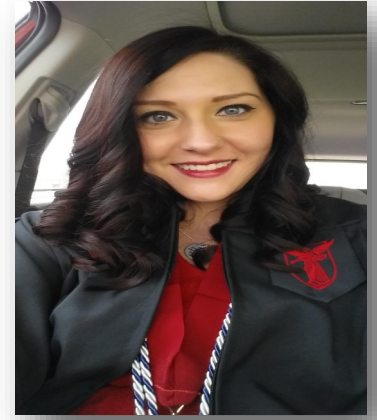
If you could have one superpower, what would it be? I would be a Time Lord like Dr. Who. I know that's not "one superpower" but I don't really feel that it's important for me to follow your rules in this situation.

Favorite book – Pass. Choosing a favorite book is like choosing a favorite child. Can't be done. There are so many that are meaningful to me in different but equal ways. You should ask me what my favorite food is, that's much easier. I would say "carbs."

Favorite band/album – I changed your question from "favorite movie" to "favorite band" because music is much more important to me than movies. I love lots of different types of music (except for pop country) but Radiohead is the band that will always stick with me. They're my Rolling Stones, my Beatles. And certainly OK Computer is their go-to album. Nirvana is a close second – my partner and I cover the whole Nevermind album in a down-tempo acoustic fashion if you can imagine that. Maybe you're too young.

Student Interview: Sheryl Maupin

(M.A., Clinical Mental Health Counseling)



Where is your hometown?

Gaston, Indiana. But I moved to Muncie in 2003 after I graduated high school.

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

BSU, Psychology

What led you to counseling?

Working 11 years as a massage therapist was an opportunity for me to see medicine from a holistic perspective. I wanted to do more and go back to school because being a masseuse was very physically demanding on my body. I also worked with LMHCs for a few years on clients with GAD and depression. My experience with pain management, GAD, and depression allowed me to see how our physical bodies can affect our mental health and vice versa.

Why did you choose Ball State?

We begin practicum in the 2nd semester. I am so ready to work with clients and gain hands on experience.

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

I'm busy. Very busy, but I am right where I want to be. Living the dream!!!

What are your research interests?

Bereavement, death/dying. Religion. Group counseling. Marriage/Family.

What are your future plans and career goals?

I'd like to work in a private practice in the Muncie area and spend time giving back to the community through NAMI. I may even teach a little.

What are some of your favorite activities and interests?

I really enjoy art and music. I love museums and concerts. I also like to bowl, and I recently went golfing with my husband for the first time. I'd like to do more of that.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be?

My father. He passed away when I was a young child. I'd love to reconnect with him.

If you could have one superpower, what would it be?

Photographic memory. It sure would make grad school easier.

Favorite book: *Fahrenheit 451*

Favorite movie: 300 (both of them!)

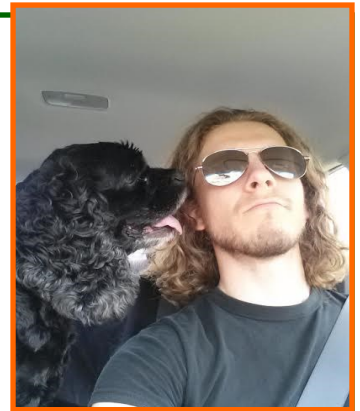
Favorite TV show: LOST, Supernatural, or Game of Thrones

Student Interview: Craig Deken

(M.A. – First Year Doctoral Student, Counseling Psychology)

Where is your hometown? St. Charles, Missouri

Where did you obtain your bachelor's and master's degrees, and what were your majors? I received my Bachelor's of Science in Psychology from Truman State University in Kirksville, Missouri with a minor in Computer Science. I obtained my Master's degree in Counseling Psychology from the University of Missouri in Columbia, Missouri.



What first interested you in counseling? My first interest in counseling developed from the desire to help people, which was taught to me by my family and from being brought up Catholic. Serving and caring for other people was something important to us, and counseling seemed to be a direct way to incorporate my values into my professional life.

Why did you choose Ball State? Initially I was drawn to Ball State's Counseling Psychology program because it emphasized areas in counseling that are important to me: health, diversity, and collaboration between researchers. When I came to interview day the faculty, staff, and students were cohesive and welcoming and gave me the sense that they were authentic in their desire to help students achieve their career goals and to contribute to the field.

What do you think of your experience at Ball State as a doctoral student so far? I hate it, kidding. The experience I have had so far affirms what I learned during interview day. The faculty, staff, and advanced students have been supportive and welcoming. My "bro-hort" has helped make the transition to a new school and town fun and enjoyable (despite having a lot of work to do.) Overall, I am excited to be a part of the program and hope that I can contribute to the hard work that everyone else is doing.

What are your research interests? Broadly my research interests are in health psychology and severe and persistent mental illness. I would like to learn more about health and wellness in relation to severe and persistent mental illness and also in using health and wellness interventions in the community to promote mental health and prevent chronic mental and physical illnesses.

What are your future plans and career goals? My overarching career goal is to be a licensed psychologist that works with the community. Ideally, I would have some affiliation with a university to be able to contribute to research with community samples and provide supervision and training to students. Implementing interventions for clients with severe and persistent mental illness that incorporate aspects of health and wellness, as well as providing education and outreach to the community about mental illness in order to promote support and understanding while reducing stigma, would be important to me. On the side, I would like to consult for businesses (specifically non-profits) on ways to improve health and wellness for employees.

What are some of your favorite activities and interests? My favorite activities are running, hanging out with friends and my dog Beau (pictured), streaming various television shows, and eating. I am interested in do-it-yourself home projects but I haven't really ventured into completing those. What I am trying to say is, I like HGTV.

Favorite book: Bergin and Garfield's *Handbook of Psychotherapy and Behavior Change*. 6th Edition. I bring it with me everywhere.

Student News & Awards



Let CPSY
know how
and what
you are
doing in
your life by
visiting the
*Keep in
Touch* form
online.

- **Katie Rice** was chosen as the new Student Representative to the Indiana Psychological Association Board of Directors!
- **Georgiana Sofletea** has been named the campus student representative for Division 45, Society for the Psychological Study of Culture, Ethnicity, and Race, of APA.
- **Hugh Kwon** received one of the 2015 American Psychological Association Student Travel Awards for \$300. Each department can only nominate up to three students. Hugh was the only CPSY nominee this year.

Congratulations to you all!

Alumni News & Awards



- Tori Gesler, Ph.D., HSPP, is now the Psychology Director at Richmond State Hospital in Richmond, Indiana. She reports that she continues to be very happy with her job, and that her family (husband Tim and daughters Maisie and Mairin) are doing quite well!





Faculty Awards

Dr. Kruczek has won the TC Outstanding Faculty Service Award for this year and the Gordon A. Barrows Award, one of the Indiana Psychological Association's most prestigious awards! She was also elected to a Member-at-Large position on the board of the Association of Psychology Training Clinics. Hurrah!



Dr. Stef was selected for the APA Division 52 Henry David Mentoring Award, which was awarded at APA Toronto. We all know what a fantastic mentor she is, and now D52 knows it, too.

The Henry David International Mentoring Award is presented to someone who plays an exceptional mentoring role in an international context. Mentoring may be defined by any of the following activities:

- (1) A psychologist who has served as a mentor for international students or faculty member for at least three years.
- (2) A psychologist who has mentored students in the area of international psychology, by training, educating, and/or preparing students to be active participants in international psychology.
- (3) A senior psychologist who has mentored early career psychologists who are now functioning as international psychologists.

OR

- (4) An international psychologist working outside of the United States who serves as a mentor on his/her campus or at his/her agency.

More Awards

Congrats Dr. Mayes!



She has won this year's AERA Division E **Outstanding Dissertation Award (Counseling)** – for her dissertation titled, “Adversity and pitfalls of twice exceptional learners,” conducted at the Ohio State University. She was recognized at the Division E Business Meeting in Chicago. At the meeting she received a plaque and monetary award, from Dr. Kathy Nakagawa, Vice President of the Division.

Nominations were evaluated independently – by at least three committee members – then combined to determine winners. Criteria for outstanding dissertation included: (a) significance, (b) quality of research, (c) interpretation of findings, and (d) quality of writing. Committee members rated each nomination on each of the criteria and provided an overall rank order of the nominations. The overall rank order determined the winner.



Other News

Hugh Kwon, current CPSY doctoral student, announces that he married Wang Lin, current BSU student, on August 12, 2015, here in Muncie. They will have two traditional weddings next summer, one in his home country (South Korea) and one in her home country (China). Congratulations!



Congratulations and Welcome!



Laura Walker (M.A. '10, Ph.D. '14) and husband Carleton welcomed baby girl Isolde Maye Walker on April 23, 2015. She was 7 lbs. 11 oz. and 20 inches long. She joins big brother Søren.



April and Justin Krowel are so pleased to announce the arrival of Aubrie Danielle. She was born on June 7, 2015 at 3:48pm, weighing 7lbs. 7oz. and measuring 19 1/2 in.



Welcome Zoey Elizabeth Newton, born on February 4, 2015. Her parents are doctoral program grad **Chris Newton** and school psych doctoral program grad **Joci Newton**. They live in Wisconsin, where Joci teaches for the U. of Wisconsin LaCrosse and Chris works in a huge private practice.



Recent Presentations

- Blom, L. C., Gerstein, L., Whitley, M.A., Judge, L., Huffman, A., & Hillyer, S.** (2015, August). *Experiences Conducting U.S. and International Sport for Development and Peace Programs*. Paper session presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Carr, F., & Rider, K.** (2015, August). *Emotional Intelligence among Medical Doctors: The Role of Counseling Psychologists in Emotional Intelligence Training*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Chan, J. Y., & Gerstein, L. H.** (2015, August). *Applications of Soccer, Baseball, and Golf for People with Disabilities*. Symposium presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Chan, J. Y., Kubiesa, C., Bellare, Y., Gerstein, L.H., & Fung, A. L. C.** (2015, August). *Effects of Snyder's Hope on Life Satisfaction in Hong Kong*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Cinamon, R. G., Gerstein, L. H., Hutchison, A., Rinat, M., & Kim, T. S.** (2015, August). *U.S. and Israeli Women's Perception of Their Future*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Fung, A. L. C., Hurley, E., Gerstein, L. H., & Chan, J. Y.** (2015, August). *Effects of Hong Kong Children's Aggression on Their Parents' Stress*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Gerstein, L. H., Chan, J. Y., Fung, A. L. C., & Bashmi, L. E.** (2015, August). *The Personal Resource Questionnaire 2000: Applicability in Hong Kong*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Gerstein, L. H., Hutchison, A. N., Chan, J. Y., & Fung, A. L. C.** (2015, August). *The Use of Nonviolence Among Male and Female Aggressive Hong Kong Youth*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Kinsey, R., Chan, J. Y., & Gerstein, L. H.** (2015, August). *The Mediating Effect of Negative Problem Solving Orientation on Hypercompetitiveness and Distress*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Kubiesa, C., Jones, S., & Gerstein, L. H.** (2015, August). *The Referral Process in Counseling Psychology Training Programs: A Qualitative Investigation*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Kwon, H., & Mo, E. C.** (2015, August). *Effects of Emotional Expressiveness in Intimate Partner Relationships*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Liao, H. Y., Gerstein, L. H., Wai, R., Gali, R. C., Hutchison, A. N., Kim, T. S., Mastroianni, E., Bellare, Y., & Collins, R.** (2015, August). *Hong Kong Women's Perception of Their Future*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.



More Recent Presentations

- Nicolas, D.** (2015, August). *Integrative Behavioral Health in Counseling Psychology Training*. Symposium presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Park, C. J., Yoo, S. K., Gerstein, L. H., Gali, R. C., & Kim, T. S.** (2015, August). *Important Themes in the Future Perception of Female Emerging Adults in South Africa*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Softletea, G.** (2015, August). *Violence and Social Justice-Women's Perspective From Africa, Prison, and Social Media*. Symposium presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Sofletea, G.** (2015, August). *Who Needs to be Heard: Using Feminist Research as a Microphone for Muted Voices*. Roundtable Discussion presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Canada.
- Spengler, E., & Ægisdóttir, S.** (2015, August). *A Path Analysis of Psychological Help Seeking Attitudes of LG Individuals*. Poster presented at the 123rd Annual Convention of the American Psychological Association
- Spengler, P. M., Walters, N., Bryan, E., Millspaugh, B., & Brown, A.** (2015, August). *National Survey of Attorneys' Use of Coaching Forensic Clients on the MMPI-2*. Poster presented at the Annual Convention of the American Psychological Association, Toronto, Canada.





CPSY Goes Abroad!

Iceland: The Viking Land of Fire and Ice

For two-and-a-half weeks, between the months of June and July, seven master's students from the clinical mental health counseling program, and one psychology undergraduate student, visited the island country with Dr. Stefanía Ægisdóttir, a native Icelander, for a study abroad practicum experience. We all embarked on our journey with high expectations, knowing it would be a once in a lifetime type of experience. One of the first things we learned was that the term "high expectations" needed to be redefined, or at least revised, as all of our joint expectations were exceeded.

The purpose of this trip and course was to further develop our cross-cultural knowledge, understanding, and competency as counselors-in-training. Throughout our stay, we had the opportunity to meet and talk with many different Icelanders about their lives, their country, and their culture; we were even lucky enough to meet the President of Iceland, Mr. Ólafur Ragnar Grímsson (see picture). During our second week in Iceland, we spent each day working with Icelandic adolescents and young adults in the Work School Program in Hafnarfjörður (Dr. Stef's hometown!). This is a national program, in many Icelandic towns and villages, for Icelandic youth to gain work skills, work experience, and a paycheck.

In addition to our work, we also made sure to play, during our stay in Iceland; and oh, what fun we had! Our adventures included: hiking up mountains, cliffs, and waterfalls, swimming in the Blue Lagoon, drinking water directly from glacial streams, walking and snowmobiling on glaciers, riding Icelandic horses, and simply enjoying every moment we were afforded in such a majestic place.

Each of us had an amazing time. When we weren't adventuring or immersing ourselves in the local culture we were processing our experiences together. This fostered a close-knit bond among our group. As we grew closer together, we also all grew personally and individually. Some of the most impactful moments on the trip were impactful because of those who were around us. They cared about us deeply.



CPSY Goes Abroad Continued

We all would like to express our utmost appreciation and gratitude toward Dr. Stef, for all of her hard work, time, and energy dedicated to making this course and trip a reality. We know it takes a lot, but we hope you will provide this opportunity again for CPSY students to experience the wild, beautiful, unique, and wondrous Iceland (and maybe give us a chance to go back!)



CPSY meets the President of Iceland! Pictured, from left, are: Rachael Collins, Fallyn Lee, Josey Dies, Dr. Stefanía Ægisdóttir, Mr. Ólafur Ragnar Grímsson (President of Iceland), Byron Long, Kyle Stepler, Nathan Walters, Corey Reagan, and Trina Krieger.





CPSY goes snowmobiling on a glacier! Pictured, from left, are: Fallyn Lee, Dr. Stef, Ragga (Dr. Stef's sister), Byron Long, Nathan Walters, Josey Dies, Kyle Stepler, Rachael Collins, Trina Krieger, and Corey Reagan.



CPSY goes hiking! Pictured, from left, are: (front row) Dr. Stef, Josey Dies, Kyle Stepler, Fallyn Lee, Nathan Walters, and Rachael Collins; (back row) Corey Reagan, Byron Long, and Trina Krieger.

CPSY Visits South Africa!



Date: May 2015

Who: Dr. Bowman, Martin George (Dr. B's husband), Samantha Lamb, Natalie Sachs, Lauren Delicandro, Marlenne Devia, & Elizabeth Jones

A Reflection by Samantha Lamb:

We worked with students at Stellenbosch University to learn about one another's culture. We were able to work in Kayamandi Township and do career counseling with the Matric students at the Kayamandi High School. We engaged in three nights of diversity dialogues with the Stellenbosch students and the Kayamandi team - we led one of the dialogues. Dr. Tony Naidoo supervised the Stellenbosch students - he actually obtained his Ph.D. at BSU and was a Fulbright Scholar. Dr. Bowman was one of his instructors! We also visited the University of Western Cape to learn about their Counseling Center and Graduate Program and to share about ours.

We did fun stuff and visited awesome places too - Addo Elephant Park, Schotia Lion Reserve, Zip Lining in Tsitsikamma, Swartberg Pass, Table Mountain in Cape Town, Oudtshorn Ostrich Farm, Boulders to see African Penguins, a wine tour, Cape of Good Hope, and more!







Annual First Year-Second Year Party!!



Upcoming Workshops & Conferences

2016 Indiana Counseling Association
Conference April 22, 2016
Columbus, IN

American Counseling Association
2016 Annual Conference
March 31-April 3, 2016
Montreal, Canada

Evidenced Based School Counseling Conference
February 28-29, 2016
Athens, Georgia

American Educational Research Association
2016 Annual Meeting
April 8-12, 2016
Washington D.C.

2016 Great Lakes Regional Counseling Psychology Conference
April 2016
Bloomington, IN

16th Annual National Rehabilitation Educators Conference
April 20-22, 2016
Newport Beach, California

2016 Diversity in Research and Practice Conference
April 25, 2016
Columbia University
New York, New York

American School Counselor Association Annual Conference
July 9-12, 2016
New Orleans, Louisiana

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

American Psychological Association
2016 Annual Convention
August 4-7, 2016
Denver, Colorado



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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