STUDENT NEWSLETTER

Ball State University
Counseling Psychology, Social Psychology, and Counseling

Spring 2023

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bsu.edu/academics/collegesanddepartments/cpspc    @ballstatecpsy
February 2022, almost spring break. Just as I started off last spring’s note. This week, though, it is 45 degrees and deceptively sunny as I write this (you might think it was warm, until you stepped outside for a minute). We settle into this year’s version of “normal,” with 40+ master’s students seeing clients in the training clinic, along with 20+ doctoral students. That is a lot of folks to manage. Kudos to Drs. Lina Burkhart and Betsy Varner, who spearhead the process with the help of our practicum instructors and practicum supervisors.

In that vein, we have tried to step up our technology game. When I started teaching at BSU, long before Teachers College was remodeled, we actually had VCR cameras mounted in the clinic rooms to record sessions. If the counselor didn’t remember to hit start, the session was not recorded. How anyone could miss those giant machines (the size of a boom box, I tell you), is beyond me. Moving to our basement clinic, and MUCH smaller, digital recordings, was such an upgrade! Then moving to the Health Professions Building, and the use of iPads and B-line for recordings, has been life-changing – at least in comparison to having to protect boxes of VHR tapes (and periodically erase them). We have also stepped up our game in relation to digitizing paperwork, with the Sonia system for program management. We are still working out some of the snags, and it has taken longer than we hoped, but we absolutely will get it sorted out soon. It has taken 30+ years to get to this point; imagine the changes in another 10 years!

Earlier this month, I heard from a master’s program alumnus who wanted to consult on some issues related to telehealth in his private practice. I’ve also had several other conversations in the past two or three months with master’s and doctoral alums, some going back a “few” years. Some of these folks are announcing vacancies and hoping to hire BSU grads; others are just providing updates on how their careers and their families are doing. It is always a pleasure to hear from folks we have trained, and who are now out in the world doing what I always want you to do, to wit, making me and BSU proud. My super secret, not so secret, goal for CPSY and BSU to do good in the world is definitely happening! Thank you all for what YOU do every day.
As you may know, we have hired a new administrative coordinator (Barb Irvin) and a new graduate admissions coordinator (Rachel Pleasant). We are getting adjusted to having five people working in the office again (counting our assistants Carolyn Priebe and Alysse Wiggins), which means lots of chatter, lots of laughter, a feeling of normalcy. We are much happier now.

As you may also know, we hired a new faculty member, Dr. Nick Lee. He currently works at Open Door, and is teaching Family therapy this semester. We look forward to having him in the department full time come fall.

Side note – I am pleased to say that all of our current doctoral interns have landed jobs or post doc positions, while and all six of our 23-24 intern candidates landed an internship earlier this month. Next up are the soon-to-be-graduating master’s students who are seeking post-graduation positions or admission to doctoral programs. I look forward to hearing where they all land. Two years goes by very quickly!

I will wrap this up with a huge statement of respect for two people who hit milestones this year. Dr. Gerstein has been with BSU for 40 years, while Dr. Perrone has been here for 25 years. The university will acknowledge them later this semester, but I am sharing this with all of you now. Show them some positivity when you see them!

Dr. Bowman
Happy 2023! As I write this, we have just returned from winter break, which began for me with commencement and having the honor of hooding three of my doctoral advisees. The break ended for me with sending interview invitations to new applicants to the doctoral program, and I thought to myself “the cycle continues…”

I’m struck by how fast the time flies from admissions to graduation. One day we’re welcoming a new class and the next we are launching graduates into the world. I’m proud of our students and alumni and the myriad of big and small ways they make the world a better place.

I am also happy to announce a 100% placement rate for those who applied for predoctoral internship this year!

**Intern Placements for 2023–2024**

<table>
<thead>
<tr>
<th>Name</th>
<th>Placement</th>
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<tbody>
<tr>
<td>Shantel Gaillard</td>
<td>University of Pittsburgh Counseling Center</td>
</tr>
<tr>
<td>Katie Helou</td>
<td>Sierra Nevada Health Care System</td>
</tr>
<tr>
<td>Danielle Miller</td>
<td>Yale University School of Medicine – Psychiatry</td>
</tr>
<tr>
<td>Steven Scally</td>
<td>Butler University Counseling Center</td>
</tr>
<tr>
<td>Bryan Shurigar</td>
<td>National Psychology Training Consortium – Central</td>
</tr>
<tr>
<td>Lizi Zhong</td>
<td>Virginia Commonwealth University Counseling Center</td>
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**Kristin Perrone, PhD, HSPP**

Training Director, Counseling Psychology Doctoral Program
Happy Spring, Everyone! We’re looking forward to the warm weather and spring flowers that await us soon. In the meantime, we are pleased to continue our bi-monthly program meetings in which we discuss professional development topics and try to uncover the “hidden curriculum” of graduate school. Also, with the year coming to an end, it is bittersweet to see our students graduate, but we know they are going off to do amazing things! Our soon-to-be social psych MA graduates include Rachel Campbell, Rylan Deer, Anju Kumar, Caelie McRobert, Megan Stricker, and Carl Werling.

Finally, we’d also like to share with you a sample of some of the exciting research projects that the social students are currently working on (listed in alphabetical order). If you are interested in learning more, please contact the students, Dr. Kite, or Dr. Thiem.

Rachel Campbell is collecting data on the second study in her line of work on benevolent sexism. How do women respond when they’ve been treated in a benevolently sexist way (e.g., being told “you’re doing well in your math class, especially for a girl!”)? Do they feel positively? Do they feel negatively? Might they feel a mixture of both? Stay tuned for whether her data reveal the predicted ambivalent attitudes toward the sexist remark!

Hannah Drake-Schaffner is preparing to collect data on her dissertation pilot study examining how the instructions given to members of a jury can influence their judgments about an emotional case. Often, the instructions given to jury members mimic perspective-taking instructions used in anti-prejudice research which are designed to heighten feelings of empathy and reduce objectivity. Do these instructions play out in courtroom scenarios the same way they do in intergroup relations scenarios? We’ll soon find out!

Tatyana Farrow has spent this year conducting a series of literature reviews on various social psychology topics. Currently, she is learning and summarizing the literature around how parents influence (either intentionally or otherwise) their children’s experience in math and science classes. This is a large literature, and we’re learning a lot!
Katie Krupica is currently writing the IRB proposal for her study on stereotype threat experiences of low SES people as they navigate the healthcare system. She hopes to learn whether the negative intellectual stereotypes of low SES people carry over into the healthcare domain, and, if so, whether the awareness of these stereotypes serves as a barrier to positive healthcare experiences for low SES people. We’re looking forward to finding what the data tell us!

Cris Moreno has been working all year to clean and analyze a complex data set on implicit racial stereotypes. This work has kept Cris busy with Microsoft Excel, SPSS, and R softwares. It has been a long process, and data analysis should be complete by the end of the semester!

Carolyn Priebe and Danny Shemesh have begun a project to examine whether the beneficial effects of intellectual humility expressed by teachers hold for women teachers as well as men teachers. We suspect this may not be the case, but we’ll know more when we begin online data collection very soon!

Dr. Thiem and Dr. Kite
Welcome into Spring Semester!
Dear Clinical Mental Health Counseling (CMHC) Students and CMHC 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.

Exit 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. You will be asked to complete it too and there 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. We also send out surveys to our graduates to check on their professional life and preparation for their career. I have included some results of the 2021 and 2022 exit survey (2019 and 2020 cohorts), where students reported to questions about their perceived competence in different areas of counseling and on their overall perception of their training.

Exit Survey: Perceived Counseling Competence and Summative Evaluation of the CMHC Training

<table>
<thead>
<tr>
<th>Questions/Areas</th>
<th>Program</th>
<th>Mean (SD)</th>
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<tbody>
<tr>
<td>Perceived competence in professional knowledge and skills</td>
<td>CMHC</td>
<td>4.07 (.46)</td>
</tr>
<tr>
<td></td>
<td>Social Psych &amp; CMHC Dual</td>
<td>4.00 (.00)</td>
</tr>
<tr>
<td>Perceived competence in ability to reflect on practice</td>
<td>CMHC</td>
<td>4.33 (.72)</td>
</tr>
<tr>
<td></td>
<td>Social Psych &amp; CMHC Dual</td>
<td>4.00 (.00)</td>
</tr>
<tr>
<td>Perceived competence in ability to collaborate with others</td>
<td>CMHC</td>
<td>4.67 (.49)</td>
</tr>
<tr>
<td></td>
<td>Social Psych &amp; CMHC Dual</td>
<td>4.00 (.00)</td>
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<tr>
<td>Perceived competence in ability to accept a leadership role</td>
<td>CMHC</td>
<td>4.27 (.59)</td>
</tr>
<tr>
<td></td>
<td>Social Psych &amp; CMHC Dual</td>
<td>3.75 (.50)</td>
</tr>
<tr>
<td>How well has your academic training provided you with the knowledge needed to practice as a mental health counselor?</td>
<td>CMHC</td>
<td>4.07 (.88)</td>
</tr>
<tr>
<td></td>
<td>Social Psych &amp; CMHC Dual</td>
<td>3.25 (1.50)</td>
</tr>
<tr>
<td>How well has your academic training provided you with the technical/clinical skills needed to practice as a mental health counselor?</td>
<td>CMHC</td>
<td>3.80 (.86)</td>
</tr>
<tr>
<td></td>
<td>Social Psych &amp; CMHC Dual</td>
<td>3.25 (1.50)</td>
</tr>
<tr>
<td>How well has your academic training enabled you to anticipate and cope effectively with the often ambiguous and multi-tasking abilities needed to practice as a mental health counselor?</td>
<td>CMHC</td>
<td>3.87 (1.13)</td>
</tr>
<tr>
<td></td>
<td>Social Psych &amp; CMHC Dual</td>
<td>3.50 (1.73)</td>
</tr>
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**Content Exam**
The content exam is administered twice over the academic year. The next administration will be **March 17, 2023**. 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 admissions coordinator about signing up.

**Accreditation**
We are seeking accreditation from Masters in Psychology and Counseling Accreditation Council (MPCAC) for our CMHC and CMHC & SP dual programs. I submitted a self-study in spring 2020, and I recently responded the second time to additional inquiries they had about the programs. I hope and anticipate that they will plan for a site visit following their review of our last response. Let’s keep our fingers crossed! I will keep you posted.

**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](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 for good health and safety,

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

Program Update
Continuing our success in the external practicum last two spring semesters, our current 1st year RC Master’s students are again completing their respective practicum in our community. These sites (Hillcroft, Centerstone, Meridian, & VA Marion/Muncie VRC) are our community partners. This arrangement provides our students with even more 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 sites and the on-site supervisors.

Accreditation Status Update
Our Council for the Accreditation of Counseling and Related Educational Programs (CACREP) accreditation expires by the end of this academic year (July, 2023). In 2021 we applied for renewal of our accreditation by submitting a self–study of our Rehabilitation Counseling (RC) program. After reviewing our self–study, CACREP recommended that we withdraw the renewal petition and allow our accreditation to lapse. CACREP’s primary concerns revolve around the question of professional identity in the program, including designated core faculty and students. This seems to be related to the fact that many of our faculty members are “counseling psychologists,” not “counselor educators.” For example, since our department also offers a Ph.D. in Counseling Psychology our faculty teach in many different counseling and psychology programs, and our faculty teach psychology and conduct research in psychology in addition to teaching counseling. In other words, they are questioning our counselor professional identity. Note: most of our faculty members have been teaching at CACREP accredited counseling programs for years/decades. In addition, we have two faculty members who are nationally certified rehabilitation counselors (CRCs) and two other faculty members who are licensed mental health counselors (LMHCs) in the state of Indiana.

We want you to know that this change will not affect our RC students’ eligibility to take the CRC exam and become a nationally certified rehabilitation counselor (CRC). This change also will not affect our RC students’ eligibility to become a LMHC in Indiana, for those of you seeking that license.
The Commission on Rehabilitation Counselor Certification (CRCC) does not require a degree from a CACREP accredited program to sit for the CRC exam. Instead, it requires certain graduate-level courses as defined by CRCC, which we offer and will continue to do. It does require graduating from a regionally accredited institution of higher education, which references the UNIVERSITY’s accreditation status, not the program’s accreditation. Ball State University is accredited by the Higher Learning Commission (HLC)-(CHEA).

Indiana does not require a degree from a CACREP accredited program for LMHC licensure. It requires certain curriculum experiences, which we offer and will continue to do. Most jurisdictions in the USA do not require a degree from a CACREP accredited program to receive licensure as a Mental Health Counselor (LPC, LMHC, LCPC. Etc.), but some do require it. Please check the web page for the licensure board for the jurisdiction in which you plan to work to verify this and look at the curriculum experiences required for licensure.

**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) [https://www.counseling.org](https://www.counseling.org)
American Rehabilitation Counseling Association (ARCA) [http://www.arcaweb.org](http://www.arcaweb.org)
March 30– April 1, 2023 (Toronto) conference: [https://www.counseling.org/conference/toronto-2023](https://www.counseling.org/conference/toronto-2023)

**Disability and Rehabilitation Awareness**

World Hearing Day – March 3rd
[https://www.who.int/campaigns/world-hearing-day/2022](https://www.who.int/campaigns/world-hearing-day/2022)
Parkinson’s Disease Awareness Month– April 2023
[https://www.parkinson.org/understanding-parkinsons](https://www.parkinson.org/understanding-parkinsons)

**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, IN

Where did you obtain your bachelor’s, and what was your major? I got my B.S. in Psychology from Ball State.

What first interested you in psychology? I had terrible experiences with counselors throughout my life and after years of seeking help, I started seeing the counselor that changed/saved my life. When I met with this counselor, I was able to see how effective and powerful counseling can be when it is done the right way. After that, I decided I wanted to be one of the counselors that does things the right way.

Why did you choose Ball State? I was actually prepared to go to Northern Kentucky University until some things changed last second, and Ball State ended up allowing me to have late admission. I hadn’t even visited Ball State’s campus until the day I scheduled my first classes, but I’m so glad I ended up here. My experiences at Ball State and in the Muncie community have definitely shaped who I am today, and are the reason I decided to get my Master’s degree here as well.

What are your research interests? I like research that is done through a multicultural lens. Lately I have done a lot of research on mental health disparities among the Native American population. Currently, I am working on a research project to learn more about the Muslim population in Muncie.

What are your future plans and career goals? My goal is to work with groups that could be helped most by culturally responsive counseling, and to provide trauma-related counseling to refugees.

What are a few of your favorite hobbies? I love watching and playing sports, exercising, spending time with my loved ones, and making music.

What is your favorite time of the day and why? Probably nighttime because everything kind of slows down and that’s when I usually do self-care.

What’s something about you that people would be surprised to know? I played 3 sports in high school: football, track and field, and MMA.

MEET YOUR PEERS

Lucyann James (she/her/hers)
first year master's student in Rehabilitation Counseling program

Where is your hometown?
Kingston, Jamaica

Where did you obtain your bachelor’s, and what were your major(s)?
I obtained my B.Sc. in Psychology at the University of the West Indies (UWI) located in St Andrew Jamaica.

What first interested you in psychology?
My interest in psychology came as an off hand thought that I could help people. It all happened serendipitously. A few days before deciding to apply for university, I happened upon a situation that, at the time, didn’t seem like much. But when I was completing the form, having not knowing prior what I had wanted to do, I realized that maybe counseling was my calling and that made me decide to go with psychology.

Why did you choose Ball State?
My younger sister attended Ball State and through her I knew about Ball State. I also wanted to go into counseling, plus I had family living close by.

What do you think of your experience at Ball State as an MA student so far?
I feel truly welcomed here. There are many programs geared towards international students that have helped me to not become overwhelmed.

What are your research interests?
I am interested in research regarding my home country to look at the availability of resources for young people with disabilities. This research hits kind of close to home because of my own experiences trying to find resources for a family member.

What are your future plans and career goals?
For my future plans, I have a dream of working in my own private practice but also working with my government because I feel that there is always something that I can contribute to, not just for profit for myself, but to better the situation of my countrymen.
What are a few of your favorite hobbies?
I absolutely love to read. My favorite genres are romance, historical romance, and fantasy romance. In high school whenever I was commuting there was always a romance novel in my hand. I have developed the skill of reading while walking. I am an avid gamer as well as an anime watcher and manga reader.

What is your favorite time of the day and why?
I’m a night owl so my favorite time of day is night probably because I find it hard to wake up in the morning. There’s just something kind of warm to me about the nights. When you’re in the home with everyone, even when you’re alone, you’re not truly alone because someone else is there. In the morning everyone goes their separate place but at night families are always together.

What’s something about you that people would be surprised to know?
I’m a hardcore gamer, as well as a anime fanatic. I go to conventions and purchase many merchandise.

How do you practice self-care?
What I typically do when things aren’t going smoothly is I take a break and play some games. Playing mind numbing games takes a bit of ease off of me. Whenever I feel stuffy I sometimes get up and take a walk but other than that I don’t really have much self-care practices. I really should start working on that though.
**Where is your hometown?**
Before college, I lived in Greenfield, Indiana.

**Where did you obtain your bachelor’s and master’s degrees, and what were your major(s)?**
I consider myself a “Ball State Lifer,” as I have received both of my degrees from Ball State. My bachelor’s degree is in psychological science and Spanish, and my master’s degree is in clinical mental health counseling.

**What first interested you in counseling psychology?**
I first became interested in psychology in high school, but I realized I wanted to be a psychologist through my volunteer work. This commitment taught me the importance of mental health work and advocacy when considering community wellness, and I wanted to contribute. I specifically chose counseling psychology because of the emphasis on social justice and diversity, which is central to my values and goals. I didn’t not expect to fall in love with counseling, but I’m so grateful to be doing this work.

**Why did you choose Ball State?**
I originally chose Ball State because it had a good psychology program, and I stayed because I love the community and know the programs will provide me with the proper training and skills.

**What do you think of your experience at Ball State as a Doctoral student so far?**
Well, this experience has certainly been tough. Honestly, though, I really enjoy the work I’m doing and the people I’m doing it with. I think I got lucky with my cohort, because they’ve really made this experience much more enjoyable for me.

**What are your research interests?**
My research interests are in sexuality among gender, sexual, and romantic minorities. Currently, I am interested in understanding sexual health constructs among those who practice bondage and discipline, dominance and submission, and sadism and masochism.
What are your future plans and career goals?
My future plans and career goals include becoming a certified sex therapist and working in academia. I would really love to split my time between practicing and teaching.

What are a few of your favorite hobbies?
Lately, I have been spending a lot of my free time reading. Although I enjoy a good nonfiction book every now and then, I really love being able to get lost in the stories that fiction provides. I also enjoy making friendship bracelets and knitting when I have the time.

What is your favorite time of the day and why?
My favorite time of the day is actually night. I really enjoy being the only one awake, and I find I am more productive when I have the space and quietness. Unfortunately, I’ve had to become more of a morning person lately, but I never miss out on the opportunity to stay up later!

What’s something about you that people would be surprised to know?
Something that a lot of people don’t know about me is that I really love the outdoors. As soon as the weather is nice enough, I spend a good chunk of my free time hiking, planting fruits and vegetables, or even hammocking on my porch.

How do you practice self-care?
I have been focusing on crafting (e.g., painting) as a form of self-care recently, but the activity usually depends on my moods or current interests. In general, I practice self-care by being consistent and intentional. What this typically looks like is setting aside time weekly to immerse myself in a project that feels fulfilling and brings me joy.
Where is your hometown?
Muncie, IN

Where did you obtain your bachelor’s, master’s, and doctoral degrees, and what were your majors?
**BA** – Manchester University in Northern Indiana
Triple majored in Religion, Psychology, and Spanish

**MA** – Ball State University
Dual master’s in Social Psychology and Clinical Mental Health Counseling

**PhD** – Ball State University
Counseling Psychology with a cognate in Social Justice

What first interested you in counseling psychology?
I became interested in psychology starting in high school. In college, I didn’t know what I wanted to do career-wise so I explored my interests and options. After college, I worked for 2 years as a victims advocate at A Better Way. I worked with clients and people in crisis, helping to support their well-being. I learned from this experience that I wanted to conceptualize my clients with a systemic lens, looking at the bigger picture, which brought me to counseling psychology.

What brought you to Ball State?
After my doctoral internship in Salt Lake City, I wanted to come back to Muncie to be near family again. I also had worked in the Muncie community for a decade at that point and was excited to continue being a part of this community.
Please describe your role within the department.
My title in the department is post-doctoral fellow for the Counseling Practicum Clinic. I’ve completed my PhD and am working on the last steps towards licensure as a psychologist in Indiana. In this position, I see clients in the CPC, supervise master’s interns, facilitate doctoral group supervision, teach a master’s practicum course, and help with outreach efforts within the clinic among other things.

What are your research and clinical interests?
My research interests include social justice, activism, and feminist identity development. My dissertation was about exploring the impact of content related to sexual violence on social media on survivors of sexual violence. Clinically, I work mostly with adults with trauma-related concerns, identity exploration (gender, sexual orientation, religious), and body image concerns. I have also enjoyed my clinical experience with college and university populations.

Outside of academia, what are your favorite hobbies?
I love cooking, taking care of my plants, and playing board games. I also enjoy spending time with my family, especially my niece and nephew.

What is your favorite time of the day and why?
I’m a morning person, so I really enjoy the sunrise. In the winter, I love any time of day when there’s sunlight.

What’s something about you that people would be surprised to know?
I’ve been vegan for 2 years!

How do you practice self-care?
Throughout grad school, my friends and I had sacred weekly game nights – we were intentional to not talk about school! I still enjoy doing game nights, usually playing board games like Settlers of Catan, Pandemic, or Villainous just to name a few.
Where is your hometown?
Williamsport, Pennsylvania

Tell us about your educational background.
**BA** – Houghton College in New York, majored in Psychology and minored Sociology
**MA** – University of Texas, majored in Counseling Psychology with a specialization in Marriage and Family

What first interested you in psychology?
My mom was a college professor and taught child psychology. When I was younger, I would sit in her classes and really enjoyed it.

What brought you to Ball State?
I was looking for new opportunities within the field, and it’s exciting with this being my first time working at a university.

Describe your role within the department.
I am an adjunct faculty member, teaching an advanced practicum course. Outside of this role, I am a therapist at the Youth Opportunity Center (YOC) in Muncie, and I also own Still Waters Professional Counseling.

What are your favorite hobbies?
I love playing sports, basketball specifically. I also enjoy watching college football (go Michigan!), spending time with my English Mastiff dog, and reading.

What is your favorite time of the day and why?
I’m not a morning person, so I would say the evenings. I can get a lot done in the evenings or just spend time relaxing.

What’s something about you that people would be surprised to know?
I can ride a unicycle!

How do you practice self-care?
I enjoy reading, doing activities outside, getting manicures and pedicures, and putting time into my spiritual life.
Where is your hometown?
I grew up in Carmel, Indiana.

Tell us about your educational background.
I attended Hanover College for my bachelor’s degree in communications and business Management, graduating in May 2021. I attended Ball State University for my master's in student Affairs Administration in Higher Education, graduating in July 2022.

What are you most looking forward to in this new position?
I look forward to gaining more experience and knowledge within a field that I love. Working with students brings me so much joy and I am excited to be back at Ball State doing what I love.

What are your favorite hobbies?
I enjoy going to the movies with my husband and traveling.

What is your favorite time of the day and why?
Evening, I get to spend a few hours with my family every night. I enjoy family time more than anything.

What’s something about you that people would be surprised to know?
Because of my Girl Scout Gold Award, I now have my name engraved on a plaque in the Indiana War Memorial for my dedication to aiding veterans in the state of Indiana.

How do you practice self-care?
I love playing with my pets. I have a Yorkie-poo named Scotch and a cat named Tape (Get it... Scotch Tape). They are my fur children and I love interacting with them.
Starting in the Fall of 2023, our Counseling Psychology doctoral program will offer a new Sex Therapy Cognate. Below is a conversation with the Director of the new cognate, Dr. Alexander Tatum.

What first interested you in sexual and gender minority (SGM) psychology?
Growing up I observed nothing but animosity toward queer people. Reasons why same-sex marriage is immoral, reasons why queer people need conversion therapy, reasons that justify violence toward queer people (they “deserved” it, usually), etc. Today, mass shootings of queer people are usually met by the general masses with ambivalence (“thoughts and prayers”). We are also witnessing an increase in abusive legislation that aims to harm trans children by blocking access to life-saving medication, which will in turn increase the already-staggering suicide rate of these kids. All of this behavior is deeply dehumanizing and traumatizing for a queer person to observe, let alone personally experience. So my interest in SGM psychology stemmed from a desire to improve the health and well-being for queer people living in a world that currently does not care about their lives.

Can you describe what the new cognate is? What will it look like for students who pursue this cognate?
The new 24 credit hour sex therapy cognate serves as a specialization for students who are in our counseling psychology doctoral program. This cognate will be ideal for students who want to provide sex-positive and affirming counseling to clients who present to therapy with concerns related to sexuality, gender, and/or relationships. There are four required classes that expose students to core knowledge areas of human sexuality and empirically-supported interventions. Students can also cater the cognate to subspecialty areas of interest by selecting four elective courses on topics that are adjacent to sex therapy.
Do you have any recommendations and/or resources for students and alumni who are interested in SGM psychology?
Yes! The following organizations provide recommendations and resources for learning more about SGM psychology:

- Division 44 of the American Psychological Association: Society for the Psychology of Sexual Orientation and Gender Diversity
- American Association of Sexuality Educators, Counselors and Therapists (AASECT)
- Society for Sex Therapy and Research (SSTAR)
- The Society for the Scientific Study of Sexuality (SSSS or “Quad S”)

Additionally, the following journals publish research on SGM psychology:

- Psychology of Sexual Orientation and Gender Diversity (APA’s Division 44 journal)
- Archives of Sexual Behavior
- Journal of Bisexuality
- Journal of Lesbian Studies
- LGBT Health
- International Journal of Transgender Health
- Journal of Homosexuality
- Journal of LGBT Youth
- Psychology & Sexuality

What are you most looking forward to regarding this new cognate?
I am most excited by the enthusiasm, passion, and curiosity that students bring to class. Learning is a group effort and it is truly rewarding to have discussions that examine sources of social stigma around sexuality and reasons why our society continues to perpetrate stigma. It is also incredibly humbling to have intimate conversations about our own biases, sources of our biases, and strategies to challenge our biases with the intention of promoting the common good.
On Saturday February 25th, some CPSY students enjoyed a friendly game of kickball and dodgeball at the BSU Recreation Center. Thanks to Mike Moses and Sam Garcia-Lopez for organizing the event. It was so fun that we're planning another event this semester!
2nd year master’s student **Reilly Beaman** got engaged over winter break.
Congrats, Reilly!

4th year doctoral student **Katie Helou** is trained in CBT for insomnia, Cognitive Processing Therapy (CPT), and Eye Movement Desensitization and Reprocessing Therapy (EMDR).

1st year master's student **Christian Pena** spoke to a doctoral class at Indiana University called Families of Incarcerated Youth. He shared information about his time in the juvenile and adult justice system, his family's experience during that time, and how he turned his life around and is now becoming a therapist. If you want to consult with Christian about his experiences, he'd love to share more information with you. You can reach him at christian.pena@bsu.edu.

2nd year master’s student **Staci Mannella** was published in two journals and a chapter in a textbook –


3rd year doctoral student **Danielle Miller** will be presenting at the Association for Psychologists in Academic Health Centers (APAHC) in Louisville, KY in March on the importance of counseling psychologists in healthcare.

Alum **Dr. Scott Barrera**, class of 2022, was selected as the Ball State University Foundation Distinguished Dissertation Award for 2022–23. His doctoral dissertation is titled *Cultural Affirmations to Increase Cognitive Resources Available in Latine Individuals*. Congratulations Dr. Barrera!

2nd year master’s student **Aylin Montes** got married on November 5, 2022. Congrats Aylin!

### 2023 MPA Poster Presentations

2nd year doctoral student **Michael Moses** -

Several SHINE Lab members –

IMPORTANT DATES

Spring Content Exam: March 17th
One Ball State Day: April 5th
Finals Week: May 2nd to May 5th
Spring Commencement: May 6th
Semester Break: May 6th to May 14th

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: https://www.facebook.com/CPSYatballstate
Twitter: @ballstateCPSY
Instagram: @ballstatecpsy

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