



CPSY Times 2016



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EDITOR:

Alexandra Robinson-Norris

Welcome to the first newsletter from the Department of Counseling Psychology, Social Psychology and Counseling. Yes, the new name is a mouthful, and we are continually struggling to remember to say it all when we answer the phone (not to mention trying to get it on our business cards!).

I am regularly asked how we are adjusting to our new college. The best I can tell you is that it is a work in progress. We physically have not moved from our TC 6th floor home base, so on a daily basis we still see many of our Teachers College (TC) friends in the elevator. Our school counseling colleagues changed departments, but they did not relocate, either, so we all operate as though little has changed on that front. The strangest part of this change (so far) is that we are isolated physically from our new colleagues, because we are the only unit to have transferred from TC. However, we also have significant contact with our new College of Health (CoH) colleagues via email, and through any number of committee meetings and presentations. In addition, the architects have been quite active in designing the CoH's new building; stay tuned for our move across campus in Fall 2019.

We have taken particular notice of the various ways that CPSY can participate in the interprofessional mission of the new College. Nowhere is this more obvious than with operations of the integrated clinic, along with the Simulation Center in the School of Nursing. For example, imagine a client making a recovery from a minor stroke and who needs speech pathology services to improve speech. That same client (and/or family members) may also seek counseling services to manage post-stroke mental and emotional changes. In addition, the client's physician may make recommendations regarding changes in diet and exercise, or other sorts of health education programs. We anticipate that the integrated clinic will be in a position to offer all of these services – and more – to clients in east central Indiana. In addition, we have the opportunity to work with the Fisher Institute of Health and Well Being. We continue to seek best practices in the area of interdisciplinary health care training. If you happen to have other ideas about how to showcase integrated health care in the department and the Clinic, we would love to hear about it.

In other news, you may be aware that Dr. Larry Gerstein was named the BSU Outstanding Faculty of the Year, the ultimate award of all BSU faculty awards. For those of you planning to walk in the 2017 summer commencement, Dr. Gerstein has agreed to serve as the commencement speaker. I, for one, am looking forward to hearing him in July.

It has been a long year, with levels of uncertainty on campus, across the state, and throughout the country. Our social views, political views, and values in general have been sorely tested. I suspect most of you have fielded a request for a professional opinion on some aspect of change – I personally have taken calls or emails from reporters asking about everything from post-election stress to eating disorders to what it means to be "happy." Thank you for doing what you do to inform the community, and to represent our various professions. Chirp, chirp, indeed!

Best Wishes,
Dr. Bowman

Winter 2016 Calendar Information

- Certified Rehabilitation Counselor Exam: March 3-11, 2017. The exam is required for those in the rehabilitation counseling track.
Visit www.crccertification.com for more information.
- Content Exam: More information will be provided as the exam date approaches. The exam is required for those in the clinical mental health and dual major counseling tracks. Expect an email from cpsygrad@bsu.edu sometime in the spring.



December 10-16 Final Exams

December 12 Last Day of Classes

December 17 Commencement

December 18-January 8 Winter Break

January 9 Spring Semester Begins

Interested in scholarship opportunities? Please visit: <http://cms.bsu.edu/admissions/scholarshipsandfinancialaid/typesofaid/scholarships/ballstatescholarships>

Doctoral Program

Donald R Nicholas, PhD, HSPP, ABPP

Hello everyone and welcome to the newly-positioned, newly-named CPSY, part of the newly-formed College of Health. Despite these exciting times—as we join kinesiology, nursing, speech-pathology/audiology, social work, nutrition and health science—the doctoral program continues its annual cycle of events with prelims, internship applications and the first few weeks for a new 10-person doctoral cohort. Our new cohort consists of six women and four men, with master's degrees from BSU, Illinois State, University of Dayton, IUPUI, and the University of Washington-Seattle. They are eagerly jumping into the multiple activities and responsibilities of their studies and assistantships. Welcome everyone!!

On the other end of the cycle we watched eight students move on to APA-Approved internships at three V.A. medical centers (Biloxi, MS; Danville, IL; Chicago, IL), one academic medical center (Univ. of New Mexico Health Sciences), one military site (U.S. Air Force-Wright-Patterson), one children's treatment center (Virginia), one university counseling center (Virginia Commonwealth) and one community-based consortium (Louisville, KY). We are very proud of these folks for their accomplishments and excited about the excellent training they will receive on internship.

The other ongoing task is to review our program so that it is consistent with a new set of APA Accreditation Standards for Health Service Psychology. These new standards are based upon competency based education and so our program, like all others, is in the midst of modifying how we educate/train and evaluate our students to be consistent with identified competencies. It can be a challenge, but these new competencies more clearly define the outcomes of our program while making it more apparent to all involved what a health service psychologist is competent to do. Take care and keep in touch!

Best,

Dr. Nicholas



News From the Social Psychology Graduate Program

Welcome to all incoming Social Psychology students! We are so pleased to have you here and we look forward to getting to know you.

Congratulations to Joshua Smith, Devan Vaughn, and Sarah Wheat!

These three students—all currently in their second year of the Social Psychology General Track—each presented posters this summer at the Association for Psychological Science convention in Chicago. Nice work!

The Social Psychology program has its own Facebook page. Please consider “liking” it in order to receive occasional reports about social psychological research from all over the world: <https://www.facebook.comthesocialpsychologyprogramatballstateuniversity/>

The Social Psychology Club will be meeting monthly this year to discuss professional issues and socialize (we are the Social Psychology Program, after all!). Be on the lookout for information regarding the date and time of upcoming events.

Wishing everyone a happy, healthy, and successful year,

Dr. Lehmler



News from the Rehabilitation Counseling Program

Welcome to all new and returning students!



Internships

The second-year rehabilitation counseling students are serving persons with disabilities/chronic illnesses, their families, and communities at diverse internship sites. Thank you to all of the agencies and supervisors hosting our students during their training!

Ball State University Practicum Clinic ([Ericka Kelley](#))

Centerstone ([Selena McKibben](#))

IU Health Ball Memorial Hospital, Pastoral Care and Chaplaincy Department ([Sheryl Maupin](#) and [Alex Wallace](#))

IU Health Ball Memorial Hospital Family Medicine Residency Center ([Alex Robinson-Norris](#))

Meridian Health Services ([Torie McFerran](#))

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.

Professional Organizations

Professional counseling organizations provide many resources and participation in such organizations can be a valuable part of developing one's professional identity. Counseling and rehabilitation organizations to consider:

- ♦ American Counseling Association (ACA) <https://www.counseling.org> and divisions, including the American Rehabilitation Counseling Association (ARCA) <http://www.arcaweb.org>
- ♦ National Rehabilitation Association (NRA) and divisions, including the Rehabilitation Counselors and Educators Association (RCEA) <https://www.nationalrehab.org>
- ♦ National Rehabilitation Counseling Association (NRCA) <http://www.nrca-net.org>
- ♦ National Council on Rehabilitation Education (NCRE) <https://ncre.org>



Happy First Semester!
~Dr. Tschopp

News from the Clinical Mental Health Program

Welcome CMHC Students!

Dear Clinical Mental Health Counseling Students, welcome to all of you who are starting and to those of you beginning your second year.

Great Lakes Regional Conference in Counseling Psychology

The Great Lakes conference will be hosted by BSU in 2017. The programming committee is starting the planning process and if you want to get involved, please contact Dr. Gerstein's research assistant pianathani@bsu.edu. They are looking for volunteers to help with planning and organization.

Content Exam

The content exam is administered twice over the academic year. The next administration will be **Spring 2017**. This is a reminder that all students in the Clinical Mental Health Counseling Program must pass the exam before graduation. You may take the exam once you have completed at least 30 semester hours of coursework. Please stop by the main office: Teachers College Room 605 to let us know if you plan to take the exam this semester.

Membership in Professional Organizations

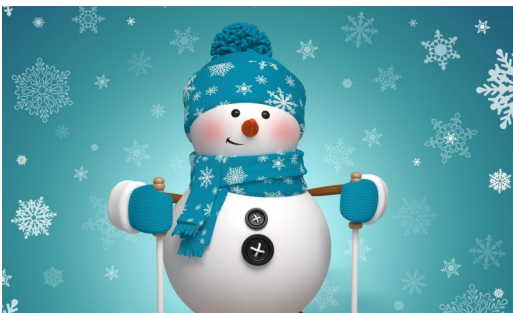
I encourage all CMHC students to become members of the American Mental Health Counseling Association (AMHCA) or the American Counseling Association (ACA). AMHCA is an organization specifically representing Mental Health Counselors. It is important for future counselors to be involved in a professional organization. An added benefit to membership is affordable malpractice insurance, which we require all students to carry once they begin their practicum and internship activities. There are several other benefits to joining. You can enroll through their Website at <http://www.amhca.org/?page=studentbenefits> <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 warm wishes,

Dr., Stef



Dr. Kristin Perrone-McGovern, MS, Ph.D.

Where is your hometown? Madison, Wisconsin

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

Bachelor's in Psychology with a minor in Spanish at the University of Minnesota, Master's of Science in Psychology at Virginia Commonwealth University, and a PhD in Counseling Psychology at Virginia Commonwealth University.

What led you to academia?

I had an early role model as my father was a professor at the University of Wisconsin-Madison. I appreciate the intellectual challenges, the variety of experiences, the freedom, and the ability to shape the future of the field through training graduate students.

Why Ball State?

I think it was serendipity. I wasn't sure I wanted to return to the Midwest, and my first impression of Muncie wasn't entirely positive (I still tease Dr. Nicholas about his city tour all those years ago), but I was genuinely impressed with the faculty and the program and it was important to me join the faculty of a program that had a strong APA-approved doctoral program in Counseling Psychology. As it turns out, I love living in Indiana. It is a great place to raise a family and it has become home to me.

Please describe your role within the department and teaching interests.

I teach masters and doctoral students and supervise doctoral students' research and clinical work. I teach counseling theories, pre-practicum, practicum, group counseling, and research classes.

What are your research interests?

I'm interested in cognitive and affective neuroscience (i.e., how neural mechanisms influence our thoughts and emotions), intelligence/giftedness, attachment, and romantic relationships. My current research focuses on emotional intelligence, perfectionism, attachment, and error-related negativity, using a type of EEG methodology called Event Related Potential (ERP) that allows us to study neural activity in response to specific stimuli.

Outside of academia, what are your favorite activities and interests?

These days, I'm a year-round soccer mom and seasonal golf and basketball mom. I spend a lot of time at practices and games or matches. In general, I enjoy time with the family and friends, running, hiking, swimming, reading, and traveling.

Could you tell us about your recent trip to Europe?

I co-led a study abroad trip to Porto, Portugal and Barcelona, Spain with Dr. Stephanie Simon-Dack from Psychological Sciences. We brought students from both departments (15 total). The study abroad involved didactic learning and community service as well as some unique cultural experiences. It was a fantastic trip! We will likely take another student group again soon.

Favorite book? Favorite television show?

My favorite books are: *One Hundred Years of Solitude*, *Atlas Shrugged*, *Wuthering Heights*, *The Count of Monte Cristo*, *Jacob the Baker*, *The Little Prince*, and *The Velveteen Rabbit*. My favorite TV shows include: *Big Bang Theory*, *Homeland*, *Game of Thrones*, *House of Cards*, and the strangely intriguing social psychological experiment known as the Bachelor/Bachelorette franchise. But mostly, I watch CNN while multitasking...and the Green Bay Packers during football season.





Doctoral Student, Counseling Psychology

Kristen Reser, MA

Where is your hometown? Springboro, Ohio, which is north of Cincinnati.

Where did you earn your master's and bachelor's degree, and what was your major? I received my master's of arts from the University of Dayton, and I got my bachelor's from Miami University of Ohio, and majored in psychology. I also had a minor in neuroscience.

What led you to counseling? I did my master's in clinical psychology, but I realized that the aspects of counseling psychology (person-centered, emphasis on multiculturalism, generally a non-clinical population) fit better with my interests. I got into psychology as a field after switching from a major in engineering! I realized that designing bear-proof trashcans was not the way I wanted to improve people's lives.

Why did you choose Ball State? I loved the collaborative nature of the program. We have the opportunity to work with at least five different professors, rather than being limited to one. We also get experience in clinical work, supervision, research, and teaching, and as someone who has a little bit of interest in everything, I found that very appealing.

What do you think of your experience at Ball State as a doctoral student so far? I'm really enjoying the environment and the classes that I'm taking. I will admit I underestimated the workload! But, I feel like I am finally taking classes that are meaningful to me, and my classmates and professors have been extremely supportive as I've acclimated to the program.

What are your research interests? I did my master's thesis on perfectionism and anxiety in gifted/Honors students. In addition to giftedness and perfectionism, I am interested in positive psychology and help-seeking behavior. I am also interested in neuropsychology and its applications.

What are your future plans and career goals? I would like to have my own practice, where I will do both psychotherapy and assessment. I like the business aspect of having an independent practice, and the freedom it would allow me; I may get involved in a research group on the side.

What are some of your favorite activities and interests? I am an avid reader and creative writer. I am an orchid grower, and currently have 13 orchids in my apartment. I have also recently gotten into crochet.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be? Hermione Granger. She is my favorite literary character. I resonated so much with her as a child, and that sort of strong female is what I aspire to be.

What is something most people don't know about you? I have written a novel. I wrote a fantasy novel in high school, but needless to say, it was never published. I would like to try to rewrite it and get it published, some day.

Favorite book: The entire "Harry Potter" series.

Favorite movie and TV show: The Martian. (The book was better) and Dr. Who.



Master's Student, Social Psychology and Clinical Mental Health Counseling



Steven Scally, BS

Where is your hometown? I'm from Wheatfield, IN. It's a very small town in northwest Indiana, near the Valparaiso area.

Where did you earn your bachelor's degree and what was your major? I earned my bachelor's degree at Indiana University–Purdue University Indianapolis (IUPUI) with a major in Psychology and minor in Sociology.

What led you to counseling? Honestly, I have always been a people watcher. I pay attention the ways that people behave to try to understand how they think. This pushed me toward psychology in college. I also have always been the listener of my friend group. Between this and my interest in psychology, counseling made sense.

Why did you choose Ball State? Initially, Ball State was just one the few programs I applied for. I interviewed for the BA to PhD program here and fell in love with the department. When I was accepted into the master's program it was an easy decision!

What do you think of your experience at Ball State as a master's student so far? So far I enjoy it! I'm still early in my first semester, but so far I am really enjoying my classes. There are so many ways to get involved in things outside of the classroom as well, and I'm grateful for that.

What are your research interests? My research interests are primarily centered around diversity issues, especially in regards to sexual and gender identities.

What are your future plans and career goals? When I'm finished with my master's I hope to enter a counseling psychology PhD program. From there I hope to work with clients while also being involved in psychology within an academic setting.

What are some of your favorite activities and interests? I would definitely have to say that reading is my favorite past time, though like most students I'll partake in the usual binge-watch of something on Netflix. In past summers I have both acted and directed musicals which I enjoy a lot.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be? I would want to have dinner with Robin Williams.

What is something most people don't know about you? One thing that people don't know about me is that I'm a huge geek; I love comics as well as science fiction and fantasy genres in all kinds of media.

Favorite book: I'm an avid reader so it is hard for me to just pick one book to be my favorite. I think I would have to go with Looking for Alaska by John Green.

Favorite movie: I always have such a hard time determining what my favorite movie is. There are so many great ones to choose from! If I'm being forced to just pick one, I think I would need to go with Forrest Gump.

Favorite TV show: I would have to say my favorite TV show is probably Bob's Burgers!

Faculty News & Awards

Dr. Larry Gerstein was named Outstanding Faculty of the Year, on the basis of his amazing career. His dedication to training, social justice, and psychology, is absolutely stellar.



Dr. Gerstein (pictured above) was also voted as the APA Division 52 (International Psychology) International Psychologist of the Year Award-U.S.

Dr. Chan has been named one of four delegates for a rehabilitation psychology exchange program between Division 22 (Rehabilitation Psychology) of American Psychological Association (APA) and the Rehabilitation Division of the Israeli Psychological Association (IPA-Rehab Division).



Dr. Lehmillier has been asked to serve for the next two years (2017 and 2018) as Co-Chair for the largest annual sex research conference in the world: the Society for the Scientific Study of Sexuality. This is an interdisciplinary group dedicated to the systematic study of sexuality.



Student News & Awards



Emily Elder (on left) and Yuri Choi (on right) successfully defended their dissertations.



Georgiana Soufleta (on left) and standing next to Dr. Sharon Bowman, received the Perham Scholarship Award in recognition of distinction in academics and leadership. Congrats!



April Krowel was awarded a Student Veterans of America-Raytheon Patriot Scholarship, which supports two Army veterans with their educational endeavors.

Alumni News

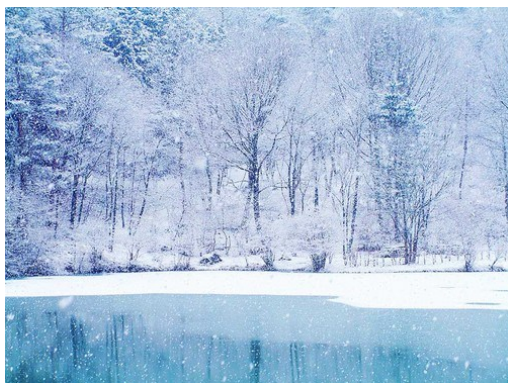
Lamarra Currie, new PhD, is now a Staff Psychologist at the Federal Medical Center—Carswell



Division 52, International Psychology, has announced the winner of the 2016 Outstanding International Psychologist Award (US Based). And that person is our own Larry Gerstein!

Erin Sadler, BSU alumni and now PhD, launched the Photovoice Exhibition that resulted from my dissertation research. You can find it at survivorshipstories.com.

She was also awarded with the Erwin L. Shatus Outstanding Psychology Intern Award.

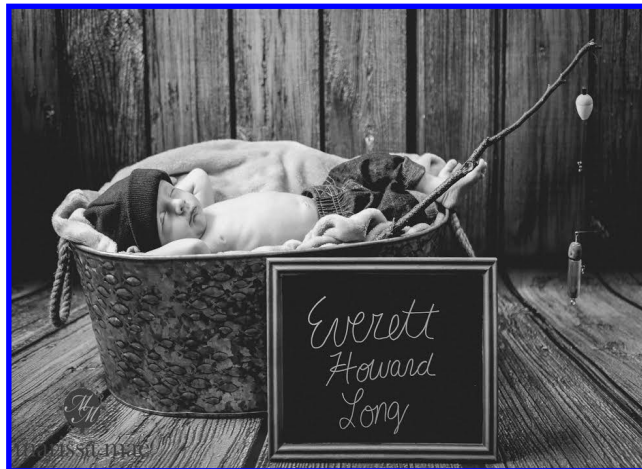


APA has released the Division election results and it seems that the President Elect for Division 48, Society for the Study of Peace, Conflict and Violence is our own alum Scott Moeschberger.

Congratulations and Welcome!



Mom (Emily Mastroianni Elder) and dad are happy to welcome Elisabeth "Elsie" Marie Elder. She arrived on August 1st, 2016 and weighed 7lbs 8oz.



Dad (Byron Long) and mom (Brooke Long) are happy to welcome Everett Howard Long. He was born on February 26, 2016 and weighed 6lbs, 11oz.

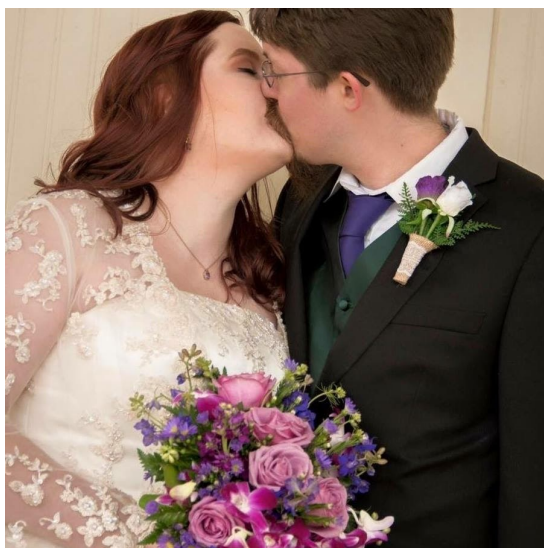




Amber Sapp married Colin Holmes on August 6th, 2016.



Alicia Key got married on May 14th, to Joshua Key.



Weddings!



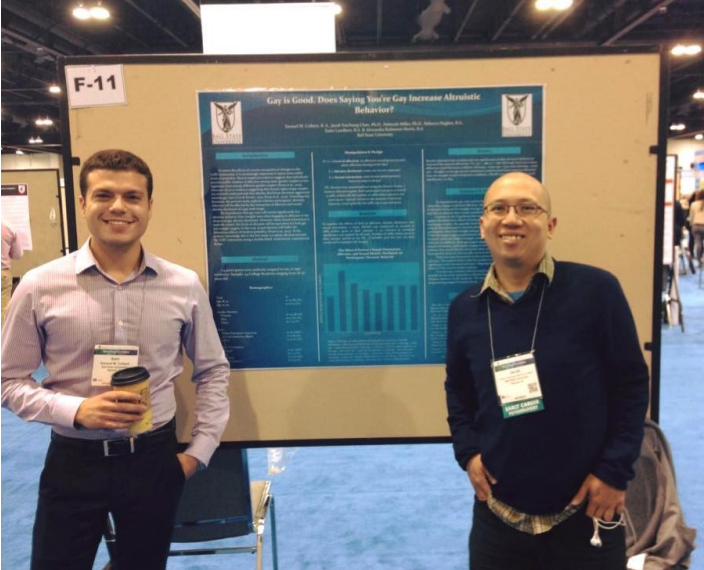
Katie Rider married Peter Munday on August 14th in Columbus, Ohio.



Hunter Sully married Jeff Carter on September 24th in Columbus, Ohio.



The Adventures of Some of Our Masters and Doctoral Students



Administration Coordinator Mary Graham and Admissions Coordinator Barb Irvin decorated the CPSY Department for Homecoming. The CPSY Department won the Spirit Award. Congrats!



Recent Publications and Presentations

Lehmiller, J., J. Harman, J. J., Holmes, B. M., Balzarini, R. N., & Campbell, L. (2016, May). *An Investment model analysis of commitment in polyamorous relationships*. Paper presented at the Annual Convention of the Association for Psychological Science, Chicago IL.

Lehmiller, J. J. O'Sullivan, L. F., & Harman, J. J. (2016, July). *How social media can maximize, your research presence*. Paper presented at the International Association for Relationship Research Conference, Toronto, ON.

McMorrow, S., Saskena, J., Sofletea, G., Kamana, N., & Varga, C. (2016). *Through Their Eyes: Congolese Refugee Women's Experiences with Integration, Health and Healthcare*. Presentation presented at the Indian at the Indian Minority Health Coalition State Master Plan Conference in Indianapolis, IN.

Smith, J. L., Vaughn, D. P., Wheat, S. C., & Lehmiller, J. J. (2016, May). *Self-perceived mate value in friends with benefits relationships*. Poster presented at the Annual Convention of the Association for Psychological Science, Chicago, IL.

Tschopp, M. K., & Frain, M. F. (2016). Cultural issues in counseling today's military veterans. In M. Jackson, M. Casas, L. Suzuki, & C. Alexander (Eds.) *Handbook of multicultural counseling* (4th ed.). Thousand Oaks, CA: Sage Publications

Tschopp, M. K. (2016, May). *Military culture and campus climate: Considerations for student veterans with psychiatric conditions*. Poster presented at the 2016 Psychiatric Rehabilitation Association Recovery Workforce Summit, Boston, MA.

Tschopp, M. K. (2016, May). *Multicultural and social justice considerations in psychiatric rehabilitation*. Poster presented at the 2016 Psychiatric Rehabilitation Association Recovery Workforce Summit, Boston, MA

Additional Presentations

Vaughn, D. P., Wheat, S. C., Smith, J. L., & Lehmiller, J. J. (2016, May). *Orgasm frequency and sexual satisfaction among friends with benefits and romantic partners*. Poster presented at the Annual Convention of the Association for the Psychological Science, Chicago, IL.

Wheat, S. C., Smith, J. L., Vaughn, D. P., & Lehmiller, J. J. (2016, May). *Feminism rates in friends with benefits relationships and romantic relationships*. Poster presented at the Annual Conference of the Association for Psychological Science, Chicago, IL.



Upcoming Workshops & Conferences

American Mental Health Counselors Association

41st Annual Conference
July 27-29, 2017
Washington, D.C.

Society for Personality and Social Psychology

2017 Annual Conference
January 19-21, 2017
San Antonio, Texas

Association for Women in Psychology

2017 Annual Conference
March 2-5, 2017
Milwaukee, WI

Indiana Conference on Disability

22nd Annual Conference
December 5-6, 2016
Indianapolis, IN

National Conference on Rehabilitation Education

April 19-21, 2017
Newport Beach, CA

American Counseling Association

2017 Annual Conference
March 16-19, 2017
San Francisco, CA

National Council on Rehabilitation Education

(NCRE) Conference
October 16-18, 2016
Alexandria, VA

American Psychosocial Oncology Society 14th Annual Conference

February 15-18, 2017
Orlando, FL

Midwestern Psychological Association

89th Annual Meeting
April 20-22, 2017
Chicago, Illinois

American Psychological Association

2017 Annual Convention
August 3-6, 2017
Washington, D.C.

The Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling

2017 Annual Conference
March 16-19, 2017
San Francisco, CA



We are always very curious about what our current students and alumni are up to, so keep those announcements coming! Email cpsy-grad@bsu.edu with any new updates and bits of information.

Check us out on [Facebook](https://www.facebook.com/CPSYatballstate) (www.facebook.com/CPSYatballstate) and [LinkedIn](#) (Counseling Psychology & Guidance Services at Ball State)!

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