



BALL STATE UNIVERSITY

College of Health

Counseling Psychology, Social Psychology, and Counseling

Spring 2019 Newsletter

Greetings, one and all,

I hope your winter/spring (okay, WINTER) is going well, or as easily as possible during the polar vortex passing across most of the country.

Things are hopping around here. We are roaring toward the next major change in our professional existence: the move out of our long-time home in Teachers College to the newly constructed Health Professions Building. While we figuratively moved into our new College of Health home almost two years ago, we have been waiting for the building to finish up so we could make the physical change. We anticipate moving in July or early August. Be on the watch for various opening celebrations in late summer/early fall! Have pity on us in the next few months, as we begin the process of packing this department and the Practicum Clinic.

We are also adjusting to temporary and permanent staff and faculty changes. **Dr. Don Nicholas** is on a well-deserved phased retirement, traveling throughout the U.S. As you know, we have a new doctoral program training director, **Dr. Ashley Hutchison**. We also have a new clinic coordinator, **Baylea Holdcraft**, who started with us at the beginning of the spring semester. We are also looking to hire a new social psychologist to join our faculty.

We are moving from CACREP accreditation for the clinical mental health master's program and looking into other options. We know this is confusing for current students. I assure you that we are not going anywhere, and we see this change as a positive.

Also in this edition of the newsletter, you will see that **Dr. Lawrence Gerstein** has won three awards for his work in international psychology and social justice. He is being honored for the work that has been his passion throughout his career here at Ball State. We are so very proud of him.

Best wishes to you as we move through this cold, unpredictable winter.

Sharon Bowman, Chair

A Note From



Dr. Sharon Bowman

Keep in Touch

We love to hear how you are doing!



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Publications

Grzankaa, P. R., **Spengler, E. S.**, Miles, J., DeVore, E. N., Frantell, K. (In press). "Sincerely held principles or prejudice?: The Tennessee Counseling Discrimination Law." *The Counseling Psychologist*.

Hardin, E., Eschman, B., **Spengler, E. S.**, Grizzell, J. A., Moody, A T., Ross-Sheehy, S., & Fry, K. M. (In press). "What happens when trained graduate student instructors switch to an open textbook? A controlled study of the impact on student learning outcomes." *Psychology Learning and Teaching*.



Congratulations and Awards

- **Dr. Lawrence Gerstein** won the Elder Award at the 2019 National Multicultural Conference and Summit, as well as the American Psychological Association 2019 Award for Distinguished Contributions to the International Advancement of Psychology, and the APA's Division 17 Social Justice Award.
- PhD students **Betsy Varner**, **Paulina Wojtach**, and **Samantha Hinnenkamp** were recently accepted to the Academic Feminist Leadership Academy sponsored by the Society for the Psychology of Women (APA Division 35).
- **Grace Yoder**, a student in the counseling psychology PhD program, accepted the position of responsible conduct of research officer at Ball State in the Office of Research Integrity.
- **Rachael Collins**, a student in the counseling psychology PhD program, was awarded the Hollis Grant from Ball State's Sponsored Programs Administration for her dissertation research.
- **Kailah Glock** and **Paulina Wojtach**, students in the counseling psychology PhD program, presented a roundtable discussion "Study Abroad: Increasing Multicultural Competence" at the National Multicultural Conference and Summit in Denver, Colorado, January 17–18. The presentation was about Glock's experience in Amsterdam, Wojtach's experience in Iceland, and **Dr. Stefánía Ægisdóttir's** research regarding study abroad experiences. Wojtach also received the Aspire Travel Grant for this conference presentation. Glock and Wojtach have a poster accepted to be presented at the Annual Midwestern Psychological Association Meeting in Chicago, Illinois, which will run April 11–13.
- **Dr. Stefánía Ægisdóttir**; PhD students **Becca Hughes**, **Derek Gosman**, and **Paulina Wojtach**; and master's student **Eric Stone** have two posters accepted to be presented at the Annual American Psychological Association Convention in Chicago, Illinois, which will run August 8–11.
- **Dr. Mary Kite**, **Kailah Glock**, **Scott Barrera**, **Steven Scally**, and **Paulina Wojtach** presented "Social Justice in the Classroom" at the 26th Annual Midwest Institute for Students and Teachers of Psychology at the College of DuPage February 22.
- **Elliot Spengler**, MA '14, is in the midst of his third year in a counseling psychology Ph.D. program at University of Tennessee, Knoxville. He is thoroughly enjoying being immersed in the field and the surrounding natural beauty of East Tennessee. He has recently published two manuscripts.
- **Michele Owen**, master's student, has been offered a job at A Better Way Crisis Center and is very excited to continue working as a counselor with survivors of domestic violence and sexual assault.
- **Dr. Rosalyn Davis**, PhD '06; **Dr. Yamini Bellare**, PhD '18; **Dr. Beth Trammell**, '04, MA in Counseling '06, PhD in School Psychology '12; **Dr. Deborah Miller**, MA '10, PhD '15; and **Dr. Alyssa Brown**, MA, '14, PhD '18 are teaching in a collaborative master's in mental health counseling program that launched in Fall 2018 at Indiana University Kokomo and Indiana University East in partnership with Indiana University Southeast.



Laura Stevens (Huber), MA '14, moved to Round Rock, Texas with her husband. She has started working at Integral Care, the largest community mental health center in Austin, as a case worker visiting clients in the community while transferring her counseling license from New Mexico to Texas. Stevens is pregnant with their first child, due May 26.



Adam Zagelbaum, PhD '05, won an award from the Western Association for Counselor Education and Supervision.



Master's Student Interview: Sasa Vann

Where is your hometown?

I was born in Florida and raised on Long Island, New York in the towns of Mastic Beach, Babylon, and Smithtown.

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

I earned my bachelor's of arts in psychology and hospitality management from SUNY Buffalo State College.

What first interested you in counseling?

My experience working with the homeless population in Buffalo was the first time I thought about counseling as a profession. My interest has continued to grow over the last seven years as I have learned more about the field and the possibilities in treatment for clients. My current interests include CBT and ACT therapy.

Why did you choose Ball State?

I chose Ball State, because of the research and practical opportunities they provided. The financial value of the school is fantastic and was a huge factor in my ultimate choice of Ball State. After speaking with current students, I had a better understanding of the culture within the program, and I was really happy with what I learned.

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

Being a master's student is what I envisioned college would be like—everyone equally passionate about their own specific topic moving forward and gathering all the skills they can. I love the autonomy and creativity within a master's program.

What are your research interests?

I would like to explore the role of a woman's partner in her abortion. I found the women I interviewed for my thesis were influenced by their religious and ethnic customs related to abortion which impacted their willingness to communicate with their teammates and coach. I am also interested in how mindful exercise, acceptance, and commitment therapy can reduce psychological distress and improve overall well-being in women and men diagnosed with infertility.

What are your future plans and career goals?

I intend on focusing my career in the area of maternal mental health and student-athlete mental health to best serve people during their peripartum period and sport-related mental health issues. Within these populations, I envision conducting both individual and group therapy sessions. In the next 10–20 years, I hope I have a well-established connection with the community I am working within so I can best serve these desired populations. As a shorter-term goal, in the area of sport, I hope to continue my experiences working with athletes gaining the necessary hours to sit for the certification exam to become a certified mental performance consultant.

What are some of your favorite hobbies?

I really enjoy running and working out. I recently have taken up rock climbing. On the rare occasion, I have time to write or read something for fun, I love to write poetry and read books on travel. I love going to the spa. I am not sure if that classifies as a hobby, but Spa Castle is my favorite place to relax.

If you could time travel, to when would you go and why?

I do not think I would want to time travel knowing I could not change anything or if I did things would be different.

What would be your ideal vacation destination and why?

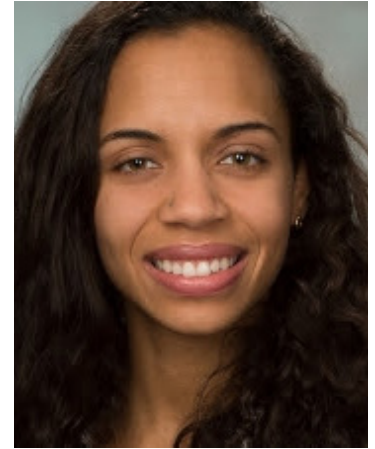
I have wanted to go to the Galapagos Islands since I was a little girl. My grandmother is from Ecuador, and my dad would always tell me stories of her running around the turtles on the Galapagos Islands. It would be pretty magical to go back to the place she used to live and play.

How do you practice self-care?

I love Debbie's Soaps (a local shop downtown Muncie). I take long baths and listen to music and indulge in all the good foods. Cooking is something I use to center myself. I recently started rock climbing. I have always found running and dancing are great ways to let go and be in the moment.

What is your favorite sweet?

Chocolate covered strawberries.



Fall 2018 Graduates

Clinical Mental Health Counseling
Kelsie Payne

Counseling Psychology
Andrew Brimhall
Alyssa Brown
Rebecca Kinsey



Doctoral Student Interview: Lauren “Lo” Wruble



Where is your hometown?
Platteville, Wisconsin

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

I completed my bachelor's degree at the University of Minnesota and received a BS in child psychology. I completed my master's degree in counseling with an emphasis in health psychology at Arizona State University (ASU).

What first interested you in counseling psychology?

My dad is a clinical psychologist so I grew up around the field. I used to accompany him to classes he taught at the University of Wisconsin–Platteville and spent a lot of time asking questions and learning about his private practice. After discovering nursing was not my passion early in my undergraduate career, I switched to child psychology. I love pediatric psychology, working with children and families, and being part of a field that has such a strong focus on diversity and social justice as well as endless possibilities for interests and careers.

Why did you choose Ball State?

Ball State has a strong reputation for being an outstanding program for students interested in health psychology. I was excited about the program being housed in the College of Health and the opportunities for interprofessional education.

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

One semester into the program, I absolutely know that I made the right decision! I enjoy the collaborative environment and have felt very supported by students and faculty.

What are your research interests?

My primary research interests are all housed within pediatric psychology and include pediatric psycho-oncology, chronic pain, symptom management, pediatric medical traumatic stress, and medical treatment adherence.

What are your future plans and career goals?

Upon the completion of my PhD, I plan to obtain a postdoctoral fellowship in a pediatric hospital working with children and adolescents diagnosed with a variety of medical conditions. My primary goal is to practice as a pediatric psychologist in a children's hospital. I am also interested in conducting research and teaching classes related to pediatric psychology and/or patient care for aspiring medical professionals.

What are a few of your favorite hobbies?

I enjoy exercising, cooking, meal prepping, watching sports (especially my Michigan Wolverines—Go blue!), visiting local breweries and coffee shops, and listening to alternative music (especially Young the Giant). I also volunteer as a mental health professional for Camp Kesem ASU each year.

If you could time travel, to when would you go and why?

Maybe five years in the future so I could meet future Dr. Lo and know that all of the hard work I am putting in now will be worth it!

What would be your ideal vacation destination and why?

I love backpacking and have been considering a trip to Nepal to backpack through the Himalayas.

How do you practice self-care?

I go to the gym every morning at 6 a.m. to work out before starting my day. I am trying to be more intentional about setting time for myself each day to talk with friends or enjoy a cup of tea without doing anything related to school. I also love “New Girl” and “The Office” and find myself watching those when I need a break.

What is your favorite sweet?

My mom makes “healthy brownies” that are amazing. Does that count?



Taciana Indovina, MA '14, PhD '18, and her husband **Chris**, welcomed their first son, **James Douglas Indovina** on December 14, 2018.



Faculty Interview: Dr. Michelle Beddow

Where is your hometown?

Livonia, Michigan. It's a 20 minute drive from Detroit.

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

I earned my bachelor's and master's degrees from the University of Michigan–Dearborn. I double majored in psychology and women's and gender studies with a minor in business management for my bachelor's degree. My master's degree is in health psychology. I earned my doctoral degree from the University of Toledo, where I specialized in experimental (specifically social) psychology.

What first interested you in social psychology?

It really was kind of random. I decided to take a summer class my first year of undergrad, and due to my work schedule, I needed one that ended in June. Social psych was being offered, and because I had really liked my intro courses that year (our intro psych course was two semesters) I decided to enroll. Midway through the first week of that semester, I declared a psychology major. A lot of my love of psychology comes down to that class. I talk now about how I love the applicability of social psychology. It's so easy and fun to find concrete examples of every concept we discuss in social psych. That class helped me make those initial connections.

What brought you to Ball State?

My family is in the Midwest, I was fortunate enough to get a job there. I knew of Ball State's psychology programs (a couple friends went here for their master's degree) and so when I saw the job advertisement, I jumped on it.

Please describe your role within the department.

The main focus of my role is teaching. This year, I've been teaching the graduate research methods course, as well as a social psychology course (intro to social psych in the fall, and counseling applications of social psych now). I am also the supervisor for a number of the doctoral instructors. I have really enjoyed both aspects of this role. I have loved getting to know the students in my courses, as well as my supervisees, and watch them grow as graduate students.

What are your research and teaching interests?

My research interests have mainly revolved around prejudice and discrimination. I have looked at one's physiological response to perceived discrimination (blood pressure, heart rate, etc.). I have also looked at how people react if they read a story in which a member of their group was attacked. Lately, I have been examining physical characteristics like tattoos, piercings, and non-natural hair colors. Specifically, I am interested in how people with these elements are perceived by others, and why someone might make the choice to get a tattoo or dye their hair green. I have a larger hypothesis in mind with all of this, but I have to do some of the background work first.

In terms of teaching, I really enjoy teaching classes on social psychology, whether it be a survey type course or a more

specialized course. I also have a blast teaching research methods and statistics. I know, I'm weird. When I was a graduate student, I taught introductory psychology four times, and I really loved teaching that course as well. Several times, I'd have a student tell me that they thought they'd hate that course, and it turned out to be their favorite course. It's fun for me to introduce students to the field of psychology and have them see all the applications of this field.



Outside of academia, what are your favorite hobbies?

I love to read. I read mostly fiction, but I also like memoirs and historical books. When the weather is warm, I love to garden. I like to spoil my dog by going for walks or car rides. I also like to watch movies, go on bike rides, go running (when my bad knee is behaving), play video games, send my cousin dog memes/videos, and try out new recipes.

If you could time travel, to when would you go and why?

I'd probably have to say the Revolutionary War. I've always been fascinated with this time period, long before "Hamilton" came out, and I've always wondered what it would have been like to be alive at that time. Especially, if I could time travel there without anyone being aware I was there, I would like to just be a fly on the wall during some of the meetings, see Paul Revere's ride, etc.

What would be your ideal vacation destination and why?

My dream vacation is to go to Australia and New Zealand. Back in fifth grade, I did a huge report on that area (mostly Australia) and ever since I've always wanted to go there. Otherwise, my ideal vacation is somewhere near a body of water, either a lake or ocean. Particularly in a place where I can do a lot of nothing, but where there are some things to do if I get bored. I love going to northern Michigan for this reason.

How do you practice self-care?

I am an introvert—which should come as no surprise to some of you—so most of my self-care activities revolve around "recharging". If the weather is nice, then I love to go for a walk or run outside. If it's winter, then I usually will take a hot bath and listen to relaxing music. In general, taking time to read for fun, watch a movie, cuddle with my dog, or do something crafty. My cousin is a massage therapist, so I try to schedule a massage every so often as well. It's amazing how much that helps.

What is your favorite sweet?

That's a complicated question. If we are talking candy, then I'd say Skittles (usually the red bag). Otherwise, probably ice cream, especially moose tracks or mint chocolate chip. I also have a great affinity for hot chocolate.