

Spring Student Newsletter

FEBRUARY 2020

Letter from the Chair



We have settled into our new home in the Health Professions Building, and most (not all, but most) of our boxes are unpacked. Those of us with south-facing windows get to watch the construction of the Foundational Sciences Building, right behind ours. Come Fall 2021, with its completion, the East Quad will look VERY different. We have hosted several events in the building, including receptions for Roger Hutchinson and for the BSU-wide psychologists in the fall. This winter we have hosted two more events: a workshop on Rapid Resolution Therapy (taught by one of our alumna, LaDonna Hayden), and the doctoral program's on-campus interview day. We have also had random visits from various alumni – some coming by to show off our campus to their children who are college shopping, while others were just passing through town and stopped to say hello. We love having visitors and getting the opportunity to show off the new space – trust me, it is NOT Teachers College! If you plan to be in the area and want to stop by, please let us know. Depending on the time of day, we may not be able to escort you through the Clinic, but we can show you other spaces.

In other news, we are in the middle of a very busy spring semester (well, really, they are all busy, but this one feels particularly fast). Besides the workshop I already mentioned, we may have a second workshop in the works for spring or early summer. We have a wide variety of conferences coming up in the next couple of months. Dr. Kite and some students will be traveling to MISTOP (Midwest Institute for Students and Teachers of Psychology at the College of DuPage in Illinois in early March. Dr. Thiem will travel with students to the Midwestern Psychological Association convention in Chicago in late April. The Indiana Counseling Association conference is in June this year, at the University of Indianapolis (not sure who is attending that one just yet). In addition, many of the doctoral students and faculty will be in New Orleans in early April for the 2020 Counseling Psychology Conference. This one only occurs every 6 years, and so it feels like a family reunion. The conference hotel is in the French Quarter, and there is at least one festival happening in the Quarter at the same time, which will make things just a little crazy!



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Letter from the Chair

One last thing before I finish this off. We have faith that our alumni will go out and do well in the world, but we don't always get to hear what they have done. One exception to that rule is that of Father Andre Sylvestre, Haitian resident, Catholic Priest, and graduate of BSU's MA program in counseling. When he finished the program in January 2010, he prepared for his return home. Just before he left, Haiti was rocked with a particularly devastating earthquake. Father Andre headed home as quickly as he could, and went to work in an overwhelming situation: high needs, few resources (human or material), and constant fear of repeat tremors. He knew there weren't enough counselors to help manage all of the trauma. So, he contacted several of the faculty and some of his peers to ask for support and resources as he started training young medical students to be peer professional counselors. He did so much, at the drop of a hat. In the ensuing years, he achieved his dream of opening setting up an orphanage, which is still going strong. I believe several of his peers have stayed in contact, raising funds for the orphanage or taking students to Haiti to do some work. Father Andre is an example of social change in motion, and we are so proud of him!

Best wishes to you all in 2020!



News from the Doc Program



This Spring marks the 75th anniversary of Counseling Psychology, and will be celebrated in New Orleans April 2-5 at the Counseling Psychology Conference 2020. This professional family reunion occurs only once every six years, so it's kind of a big deal.

The conference's theme, **Reflections on Shared Identity, Cultivating Change, and Building a Counseling Psychology of Liberation**, highlights the centrality of diversity, social justice, and liberation psychology in shaping our field's future. Notably, Liberation Psychology is at the center of the conference's mission – yet Liberation Psychology has yet to be fully integrated in the various hats we wear as Counseling Psychologists. This offers all of us – faculty and students – an opportunity to critically examine our teaching, research, clinical, and supervision practices, and reflect on ways we can all work to integrate liberatory practices into these roles.

If you're reading this and thinking "What the heck is Dr. H talking about?", below outlines a multitude of resources for you to explore. I frequently hear folks articulate a strong desire to increase their multicultural competency, yet also struggle with exactly *how* to do this. Well, that *how* is further outlined below, and I strongly encourage all reading this to take the time to explore these resources and opportunities. Current Division 17 President Anneliese Singh has implemented her presidential initiative *78 Months of Building a Counseling Psychology of Liberation*, which has produced numerous resources to get you started.

This year-long immersion into Liberation Psychology has focused on activities such as online liberation process groups and webinars. Below are a list of these webinars that can serve as a starting point for your own self-reflection on liberation in your own life:

This is a must watch primer as you start to build your own foundation of liberation: ***Building a Counseling Psychology of Liberation: Exploring Liberation Principles in Our Own Lives*** - <https://www.youtube.com/watch?v=BmKYHLnMeYU>

If you are a White ally, exploring your own internationalization of white supremacy and moving beyond an intellectualized discussion of racial justice is critical – view ***Watch what we do not what we say: White allies centering liberation to dismantle white supremacy*** here: <https://www.youtube.com/watch?v=hB6iSLbWPc&feature=youtu.be>

News from the Doc Program

Putting the Liberation principle of decolonizing histories into action, Drs. Oksana Yakushko and Anneliese Singh present on ***Witches, Radicals, and Unfit Women: Decolonizing Histories and Reclaiming Voices***. Watch it here: <https://www.youtube.com/watch?v=yHKTnlCk9gw&feature=youtu.be>

Drs. Minero, Kwong, and Cadenas dive deep into applying liberation principles to immigration issues and tells their own immigrant stories in ***Liberation through Reclaiming Our Immigrant Stories and Putting Privilege to Action***. Watch it here: <https://www.youtube.com/watch?v=Qyr4iCBP0Vo&feature=youtu.be>

CPC 2020 itself, if you are attending, will immerse you in Liberation Psychology's principles and practices. There will be a panel discussion with past APA presidents Sandy Shullman, Rosie Phillips Davis, and Melba Valquez on how their intersecting identities inform liberation focused leadership practices. Dr. Bettina Love will speak to abolitionist teaching practices, and how to build civically engaged schools that fight for increase equity in the classroom. Panelists Jai' Celestial Shavers, Mariah Moore, and Toni-Michelle Williams will discuss the Black trans justice and liberation movements, and how this work can inform our everyday work in practice, research, advocacy, and theory.

These resources are just the tip of the iceberg of the work needed as we embrace Liberation Psychology. To quote from Dr. Anneliese Singh's presidential welcome letter (<https://www.div17.org/about-scp/presidents-welcome/>), "Liberation is a psychological construct, but it only has meaning when we enact it." I look forward to hearing stories of how folks have enacted liberation for themselves, both personally and professionally.

Dr. H



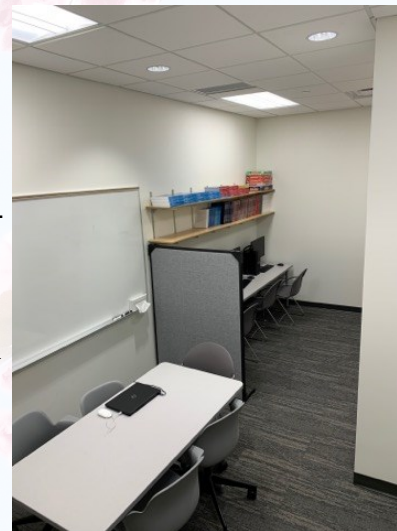
News from the Social Psychology Program

The Social Psychology Program's Brown Bag will meet bi-weekly Thursdays at noon. Please try to attend as we are focusing on professional issues that are important and timely. If you have a topic you'd like to discuss this semester, please email Dr. Kite (mkite@bsu.edu) or Dr. Thiem (kthiem@bsu.edu).

The changes to our Master's in Social Psychology program have been approved by the university governance system. The major changes include adding three new courses: SOPS 625 Psychology of Gender; and SOPS 630 Social Psychology of Prejudice and Discrimination; and SOPS 635 Social Psychology of Health. We will begin offering these courses next fall. Any current Social MA students can change to this new curriculum, but it is not required. See Dr. Kite if you are interested in doing so.

This May, Jenö Millechek will graduate from the Master's in Social Psychology. We are delighted that Jenö has been accepted to a PhD program in Quantitative Psychology at the University of Minnesota. However, it is still early in the admission process, and he will likely get other admission offers as well. In December, Bryan Shurigar graduated from the Master's Program in Social Psychology and Clinical Mental Health; in July, Katie Krupica will graduate from that program. Our program alum, Jarrett Hobby, has accepted a job at the Henry Jackson Foundation in Dayton, Ohio, working on sleep-based studies.

The Social Psychology lab is up and running. Special thanks to Jenö Millechek and Hannah Drake for all they did to make this happen. Dr. Thiem and Dr. Kite have active social psychology research labs with a number of ongoing projects, including exploring gendered ageism in a face-morphing study, research on hiring discrimination for sexual minorities, and research on moderators of the association between race and danger. If you would like to join one of these labs, we encourage you to do so.



News from the Social Psychology Program

Did you know the Social Psychology program has its own Facebook page? Please consider “liking” it in order to receive occasional reports about our current social psychological research and program updates. <https://www.facebook.com/thesocialpsychologyprogramatballstateuniversity/>

Wishing everyone a happy, healthy, and successful semester.

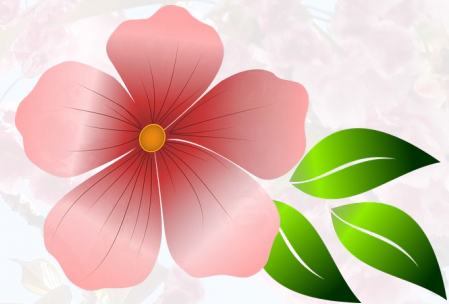
Mary E. Kite, Social Psychology Program Director



Dr. Mary Kite's Lab



Dr. Kelsey Thiem's Lab



News from the Rehabilitation Counseling Program

Welcome back!

We want to welcome all RC students coming back from the semester break and wish you all a wonderful spring semester.

We especially want to welcome Dr. Tschopp back to the faculty from her sabbatical.



Program Update

Starting this spring semester, our 1st year RC Master's students are completing their practicum in the community. Two sites (Hillcroft & VA Marion VRC) are our community partners. This arrangement provides our students with more opportunities to work with people with disabilities in the community.

On January 10, 2020, the RC program held a joint information session with our other Master's programs (CMHC; SP) in the department.

Out-of-state job opportunities

Texas Vocational Rehabilitation is currently looking for rehabilitation counselor
California's department of rehabilitation – Redwood Empire has an opening for a rehabilitation counselor

Feel free to contact Dr. Chan and/or Dr. Tschopp for more information.

Professional Organizations and conferences

Professional counseling organizations provide many resources and participation. These organizations can be a valuable part of developing one's professional identity.



News from the Rehabilitation Counseling Program

American Counseling Association (ACA)

<https://www.counseling.org>



American Rehabilitation Counseling Association (ARCA)

<http://www.arcaweb.org>

April 16-19, 2020 San Diego, CA

<https://www.counseling.org/conference/>

National Council on Rehabilitation Education (NCRE)

<https://ncre.org>

NCRE Spring Conference

April 6-8, 2020 San Diego, CA

<https://ncre.org/spring-2020-conference/>



Brain Injury Awareness month

March is Brain Injury Awareness Month and National Developmental Disabilities Awareness Month.

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



News from the Clinical Mental Health Counseling Program

Happy Spring Semester!

Happy Spring semester to all CPSY Clinical Mental Health Counseling students and welcome back from winter break! I hope your spring semester will be smooth and that you are enjoying your studies and the mild Indiana winter bestowed on us this year.



Important News About Accreditation

We are currently in the process of seeking accreditation from MPCAC - Masters in Psychology and Counseling Accreditation Council. We have sent in our pre-application and are beginning to restructure our evaluation of the program's training methods and student competencies to fit with the MPCAC standards, which differ from those of CACREP, our previous accrediting body. We are also in the process of writing our self-study to be submitted to MPCAC this semester. Following MPCAC's review of the self-study, we will be notified when representatives from MPCAC will have a site visit. Following the site-visit they will make their accrediting decision.

MPCAC and CPSY Clinical Mental Health Counseling Program are a great fit. Our Scientist-Professional philosophy of training fits well with MPCAC mission and goals:

- * To promote master's level preparation in the practice of scientifically-based, culturally responsive counseling and psychological services that promote the public interest of all people.
- * To promote the integration of science and practice as a goal for practitioners working in the areas of counseling and psychological services.
- * To encourage academic programs to conduct continuing review, evaluation, and improvement of their education and training, utilizing measurable outcome criteria.
- * To encourage flexibility through experimentation and innovation in the design and implementation of training programs.
- * To cooperate with other agencies and organizations in promoting education and training in the practice of master's level counseling and psychological services.
- * To provide accreditation for training programs in counseling and psychological services which can be viewed by professional and regulatory bodies, as well as the public, as an indicator of quality preparation.

LMHC Licensure

Please make sure that you know the following about LMHC/LMHCA licensure in Indiana: LMHC and LMHCA licensure in Indiana require certain curriculum experiences which we offer here in the CPSY department at BSU.

News from the Clinical Mental Health Counseling Program

LMHC and LMHCA licensure in Indiana require licensed mental health counselors and mental health counselor associates to graduate from a regionally accredited institution of higher education, which references the university's accreditation status, not the programs. Ball State University is accredited by the Higher Learning Commission (HLC).

As we always want our CMHC students to be licensure eligible upon graduation from our program, make sure you check the licensure requirement in the State you plan to work/practice to verify that our curriculum experiences match the ones required for licensure in the respective State.

In Indiana, the Behavioral Health and Human Services Licensing Board oversees licensing of mental health counselors. For further information, see: https://www.amazon.com/dp/B07W6ZQSDD/ref=sbl_dpx_B082G6HNDY_0



Content Exam

The content exam is administered twice over the academic year. The next administration will be **March 20th**. 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.



American Counseling Association

I encourage all CMHC 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>.

The American Mental Health Counseling Association (AMHCA) is also a professional organization worth joining as they focus solely on Clinical Mental Health Counselors <http://amhca.org>

Warm wishes,

Dr. Stef

Important Dates

March 1st-March 8th: Spring Break!

March 20th: Content Exam!!

April 2nd-5th: Counseling Psychology Conference in New Orleans, LA

April 6th-8th: National Council on Rehabilitation Education Conference in San Diego, CA

April 16th-19th: ACA Conference & Expo in San Diego, CA

April 29th-May 1st: Final Exams

May 2nd: May Commencement

May 11th: Summer Session Begins

June 15th: Part of Term 2 Begins

June 5th: Indiana Counseling Association Conference in Indianapolis

July 17th: End of Summer Session

July 18th: July Commencement

August 6th-9th: APA 2020 in Washington, DC

August 24th: FALL SEMESTER BEGINS!



Keep in touch!

We love to hear what is going on in your life! Keep us in the loop with:

Facebook: www.facebook.com/CPSYatballstate

Twitter: @CPSY_BSU

LinkedIn: Counseling Psychology, Social Psychology, and Counseling at Ball State

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Content Exam Information:

The next administration of the Content Exam will be on **March 20th, 2020**. You must have completed at least 30 credit hours to be eligible to take the Content Exam. Only Clinical Mental Health Counseling and CMH and Social Psychology dual students must take the Content Exam. An email has been sent out to those eligible to take the Content Exam with further information.

