

Counselor Education and Supervision Newsletter

UNIVERSITY OF NORTHERN COLORADO



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A message from your newsletter authors

Dear CES Students, Alumni, Faculty, and Staff:

After a brief hiatus, we are excited to bring back the CES newsletter, #COVIDtime. We hope this newsletter serves to connect us together as we celebrate the accomplishments of our faculty and students, in many aspects of life. We are happy to share about the department, and continue to regularly connect in this way. Thank you for your contributions to this community. Please enjoy the spring newsletter.

Warmest wishes,

Dr. Jennifer Murdock-Bishop
Lexi Wimmer & Eirin Grimes

Please email Lexi Wimmer, lexi.wimmer@unco.edu if you have achievements, events, or other counselor education related information to contribute to further editions of this newsletter.

Awards and Other Accomplishments from Our Program

Awards:

- **Ryan Cheung** was named University of Northern Colorado College of Education and Behavioral Sciences Scholar in 2021
- **Caitlin McKnight** and ?? were awarded the Hutchinson-Lahman Research Award 1st place at Graduate Research Evening in December 2022
- **Lexi Wimmer** and **Caitlin McKnight** were awarded the Hutchinson-Lahman Research Award, 2nd place at Graduate Research Evening in December 2022
- **Ryan Cheung** was named a Student Emerging Leader for ACES in 2021
- **Lexi Wimmer** was named a RMACES Emerging Leader for 2022
- **Stevie White** was named a RMACES Emerging Leader for 2022
- **Dr. Jennifer Murdock-Bishop** received the Outstanding Supervisor award from RMACES 2022
- **Christopher Ward** received Outstanding Dissertation Award from UNC in Fall 2022

- **Stevie White** received UNC's Outstanding Student Award in 2023

Grants:

- **Ryan Cheung** was awarded the 2023-2024 Dissertation Fellowship
- **Ryan Cheung** received a 2022 Graduate Student Association Conference Presentation Grant
- **Ryan Cheung** was awarded a 2021 Graduate Student Association Conference Presentation Grant
- **Lexi Wimmer** received a 2022 Graduate Student Association Conference Presentation Grant
- **Lexi Wimmer** received a 2021 Graduate Student Association Conference Attendance Grant
- **Caitlin McKnight** was awarded a 2021 Graduate Student Association Presentation Grant



Service:

- **Ryan Cheung** is a member of the ACES Teaching Committee 2021- 2023
- **Ryan Cheung** was a Student Representative for UNC in 2021

More Awards and Accomplishments

Training:

- **Ryan Cheung** completed Gottman Method Couples Therapy – Level 1 in 2021
- **Lexi Wimmer** received the Approved Clinical Supervisor Credential (2022)
- **Alex Capraro** is a Certified Dancing Mindfulness Facilitator

More Personal Achievements:

- **Ryan Cheung** won multiple trivia nights!
- **Ryan Cheung** watched the entire Breaking Bad series in five days
- **Alex Capraro** went ice fishing for the first time this winter.

- **Alex Capraro** visited cows for her 28th birthday. See the photo below!
- **Dr. Weingartner** welcomed baby Beckett on April 14, 2023

Personal Achievements:

- **Evan Engle-Newman** accepted a Clinical Assistant Professor role at Northern Arizona University- Phoenix starting in the Fall 2023.
- **Alex Capraro** placed 2nd in a powerlifting meet with a 694 lb total
- **Lexi Wimmer** accepted a Clinical Assistant Professor position at Marquette University's online program starting in the Fall 2023.
- **Amanda Fenn** celebrated a milestone birthday in March! Be sure to ask her which one it was!
- **Alex Capraro's** pup is 6 months in remission for Evans syndrome and is weening off medication



Publications and Presentations

Publications:

- Bronk, K. C., **Cheung, R. C. M.**, Mehoke, S. A., & Pham, P. K. (2022). A thematic analysis of tweets about purpose in life. *The Journal of Positive Psychology*.
<https://doi.org/10.1080/17439760.2022.2109198>
- **Myers, K., Wimmer, L., & Klopfenstein, K.** (April 2023). Strengthening connections: Youth and provider perspectives on youth running from out-of-home placements (Report No. 23-051A). Denver, CO: Colorado Evaluation and Action Lab at the University of Denver.
- Reyes, A.G., **Capraro, A.E.**, & Rodriguez, M. Co-creating rituals to support the practice of anti-oppressive research. *The Qualitative Report* [Under review]
- **Saltis, M. N., Critchlow, C., Cheung, R. C. M., & Smith, J. A.** (Accepted with revisions). Navigating transitions through sand: Using narrative inquiry to explore identity development in CITs. *Journal of Creativity in Mental Health*.

Presentations:

- **Capraro, A. E.** (2022 October) Recommendations for Wellness and Retention of BIPOC CITs [Conference Session]. Rocky Mountain Association for Counselor Education and Supervision Conference, Coeur d'Alene, ID.
- **Cheung, R. C. M., Engle-Newman, E., & Yoast, S. R.** (2022, October). The experiences of CITs learning about consensual non-monogamy [Conference session]. Rocky Mountain Region of the Association for Counselor Education and Supervision Conference, Coeur d'Alene, ID
- **Cheung, R. C. M., Engle-Newman, E., Nicholson, B., Smith, J. A., Manson, J., & Kahlo, D.** (2021, October). Student and faculty experiences of vulnerability in the CES classroom [Conference session]. Association for Counselor Education and Supervision Conference, Atlanta, GA
- **Engle-Newman, E., Yoast, S. R., & Cheung, R. C. M.** (2021, October). CIT experiences learning about consensual non-monogamy (CNM) [Poster presentation]. Association for Counselor Education and Supervision Conference, Atlanta, GA
- **Engle-Newman, E., Yoast, S., & Pendleton-Helm, H.** (2022, October) The Enneagram Personality Indicator in Supervision [Conference Session]. Rocky Mountain Association for Counselor Education and Supervision Conference, Coeur d'Alene, ID.
- **McKnight, C., Wimmer L. H.** (October 2021). Vicarious posttraumatic growth in novice counselors: The formative role of supervision [Poster Presentation]. Association for Counselor Education and Supervision, Atlanta, GA.

Publications and Presentations

- Reyes, A, Rodríguez Delgado, M, and **Capraro, A. E.** (August 2022) Queering Research for Liberation & Healing. Justice SAIGE Webinar
- **Tis, M.** (2022, October) The Experiences of Queer Students at CACREP Accredited Conservative Christian Institutions [Conference Session]. Rocky Mountain Association for Counselor Education and Supervision Conference, Coeur d'Alene, ID.
- **White, S** (2022, October) Anthro-Cultural Counseling- What Anthropology Can Offer Our Practice [Lightening Talk]. Rocky Mountain Association for Counselor Education and Supervision Conference, Coeur d'Alene, ID.
- **Wimmer L. H.** (December 2021). Spiritual competency in counseling: Comparison of counselors in training and supervisors [Poster Presentation]. University of Northern Colorado Research Evening, Greeley, CO.
- **Wimmer, L., Engle-Newman, E., & Cheung, R. C. M.** (May 2023). Harnessing the Enneagram for growth in counseling [50-minute education session]. Association for Humanistic Counseling Conference, Denver, CO
- **Wimmer, L. H., & McKnight, C.** (December 2022). Chaotic growth: A portrait of a student with marginalized identities experience of transformation during internship. [Poster Presentation]. University of Northern Colorado Research Evening. Greeley, CO.
- **Wimmer, L. H.** (February 2023). Religion and spirituality in substance use disorder treatment: A cultural humility perspective [80-minute session]. Strengthening the Heartland's 2023 Winter Virtual Addiction Conference. Virtual, Brookings, SD
- **Wimmer, L., Cheung, R. C. M., & Murdock-Bishop, J.** (October 2022). Telemental health supervision: Recommendations for training in online, live-clinic settings [Lightening Talk]. Rocky Mountain Association for Counselor Education and Supervision. Coeur d'Alene, ID..
- **Wimmer, L. & McKnight, C.** (May 2023). Facilitating trauma transformation in supervision [50-minute education session]. Association for Humanistic Counseling Conference. Denver, CO

Interview with New Faculty: Dr. Tis



Dr. Tis is a new tenure-track faculty at UNC, after serving as an adjunct and most recently a full-time faculty. Dr. Tis shared about his background and experience in counseling. He and his partner went through their master's program together. He appreciated the unique position of having a partner who deeply understood the process of going through counseling program. They had a shared understanding about what they were experiencing without all the explanation. They continue to cultivate a shared understanding through their private practice in Castle Rock.

The road to private practice and especially back to UNC as a professor took a few turns. Following obtaining his master's, he took a job in a small mountain town as a

social worker, knowing it was not his ultimate career goal. Through that experience and the encouragement of his partner, he decided to pursue a PhD. Dr. Tis did his homework and applied to only two programs. Following his interview with UNC, he was hooked and did not pursue the other program.

He shared feeling an immediate connection with the faculty and wanting to be a part of that community. Dr. Tis taught and continued to see clients until he heard about the opportunity to return to UNC as a full-time faculty in 2021-22.

When discussing hobbies

outside of counseling and academia, Dr. Tis referenced bell hooks who said folks in academia tend to be unfit for social interaction, but good at what they do. Dr. Tis is attempting to be fit for social interaction through spending time outdoors through camping, hiking, and snowshoeing. He credits his kids in part for continuing to mutually cultivate their love and wonder toward nature. He enjoys brewing beer occasionally, and watching America's Got Talent when he's in need of a good cry.

He offered advice to doctoral students, saying to hold the plan loosely and be open to changes. He offered his own



experience of responding to changes and being grateful for the experiences it brought. He also noted that doc students have more expertise than they believe. Watch for when what is obvious to you is eye-opening to students or supervisees. Trust that you had something to offer in that moment, and will continue to do so. Dr. Tis shared his excitement for working with students. He appreciates getting to mentor and support students as well as partner in research or other forms of development.

As a closing, I subjected Dr. Tis to a Brene Brown-style rapid fire question round.

Rapid Fire Questions:

Vulnerability is...

hard and good

What is something that people get wrong about you?

I at times wrestle with a lot of anxiety. I tend to have a calming presence, and a sense of groundedness.

That is not always congruent to inner experience.

Favorite movie?

This took a lot of thought. Shawshank Redemption and Castaway

We are excited to have Dr. Tis as part of the APCE faculty. He brings great warmth to his role as a counselor educator. And also are excited to have Dr. Myers as part of the faculty as well. See her interview in the next article!



Interview with New Faculty: Dr. Myers



Dr. Myers is a new tenure-track faculty at UNC, after serving full-time in the 2021-22 school year. I was able to get to know Dr. Myers a bit more in a recent conversation. Dr. Myers is a Bear through-and-through. She completed her undergraduate, masters, and doctoral degrees all at UNC. She was a school counseling graduate from the Colorado Springs campus. Following graduating with her master's degree she went into school counseling, primarily at the high school level in the Colorado Springs area. During that time she began adjunct teaching and knew she loved to teach. She also met a current CES student who helped convince her to return for her doctoral work. At the end of her program, she went to work for the department of education.

During that time she realized that she was "not a bureaucrat" and wanted to make a big change. She took the leap to open a private practice. Two weeks later, Dr. Helm called her about a full-time instructor role and she leapt at the opportunity. A lot of jumping led her back to UNC.

During her doctoral work she noted how projects continued to morph and change and connect with other projects. Her primary research interests include actionable ways to serve historically underserved students. She worked with Dr. Clemens where they worked on the experiences youth in foster care. She completed her dissertation on the experiences of these youth with school counselors. This project became an action report in Colorado, which aligns with Dr. Meyer's goal in research- to be actionable and applicable, especially for underserved students.

While Dr. Meyers' hobbies had been greatly interrupted due to COVID, she does really love live music and traveling. She also scuba dives, and one

of her favorite spots is Honduras. She has quite the travel bug and enjoys exploring new places. She also has two cats and a golden retriever at home. When discussing her advice for CES students, Dr. Meyers adamantly stated, "you are absolutely not an imposter" and went on to say that the faculty really believe in you and your potential and that you are in your place for a reason. She also noted the positive community of faculty at UNC. We are excited to have Dr. Myers as a valued faculty in APCE. Her experience and energy is highly prized in the community.

Rapid Fire Questions:

Vulnerability is...

necessary

What is something that people get wrong about you?

They always think I'm way younger than I am

Favorite movie and why?

Inside Out, love the social emotional movies

From Recent Graduates...

SAVANNAH
CORMIER, PHD,
LPC, RPT-S



How did you decide on a dissertation topic and research methodology?

Well first, I got in my own way by trying to think of “the best” topic before I really knew what I was interested in. Which I think is normal when you start a doctoral program; no one likes to feel discomfort and starting a doctoral program floods you with discomfort. I thought that if I could find my topic then I would feel more comfortable with my new position as a doctoral student. Needless to say, that didn’t work. What ultimately helped me make my decision was not putting so much pressure on myself to figure it out and instead switching to being more reflective with what the professors were teaching, the articles I was

reading, and the experiences I was having. I still remember one of the professors asking one day, “What are you curious about?” I wrote that down at the top of my notebook and every time I was curious about something, I wrote it down. Eventually, I noticed the things I was curious about all had a qualitative spirit to them. It was also around this time that I started reading more about neuroscience-informed counseling. I thought it was fascinating and never got tired of reading about it. I started to wonder if counselors could use neuroscience to inform their counseling practice

What tips do you have for those beginning their dissertation research?

Regardless of how independent you think you are, recognize that you’re going to need help. Reach out and communicate with your chair, students further along in their dissertation process, and even alumni from the program. Then make yourself a very detailed to do list/outline and DO IT. Like I’m talking- Step 1, go sit at your desk. Step 2, turn on your computer. Step 3, Read one article and add it to your

annotated bibliography. Step 4, Stretch. Etc., etc. I struggled with self-motivation so one of my cohort mate Jesse Manson and I became accountability buddies. We would meet about once a week and sit across from each other, set a timer, and just work. I convinced myself that every time I sat and worked on something, it was helping her work. Line by line, we got it done.

One thing I regret that I think made it harder on me is that I didn’t reach out to my chair enough. They can’t help you if you don’t let them know that you need help! I falsely thought that Dr. Helm (my chair) would be impressed if I could just do it on my own, especially because I didn’t want to bother her. False- she was actually more impressed with me when I admitted I was stuck and needed help. And pretty much every time, what I had been struggling with for weeks, she was able to help me with in one conversation.

What advice would you give to incoming first year doctoral students?

First, breathe. Then keep breathing. And then find your people who will help you breathe, and support you in your vulnerability, but who will also hold you accountable and push you. I definitely felt close and friendly with people in my cohort, cohorts ahead of me, cohorts in other doctoral programs but because I was so out of my element, I didn't always let everyone truly in. Now, when I think back to my time in the program, I literally think of it in two halves: before I let people in, and once I found my people.

For me, "my people" who I felt safe with ended up being my cohort mate, the now Dr. Jesseca Manson and Drs. Helm & Smith. That didn't mean we always got along or never had disagreements. Even better, it meant that we had ruptures, or I pushed them away for fear of being vulnerable (still sorry about that Dr. Helm), but that they countered that with dedication to repair and push me to grow. I don't know if I would have finished the program without them.

What was your support system like throughout the doctoral program?

This was actually my biggest struggle in the doctoral program. At first, I had no family or friends in Colorado because I moved from Louisiana. But luckily, in my second year, my partner was able to settle in Colorado and be with me. It was really challenging to cultivate a support system in Colorado because I often felt like I was torn in two different directions/places. While I had physically left my home state, my heart and mind were still there for the first year. There was also a pretty significant culture shock interpersonally that I hadn't expected, both in terms of Louisiana to Colorado but also from being in the field working as a counselor to being in academia. Eventually, I became closer with my cohort-mates and students further along in the program. And slowly I started opening up to the faculty (see last answer). Eventually, I felt I had created my own family in Colorado.

Did you have time to do anything fun or keep up with hobbies while you were in the program?

Of course! Colorado has some of the best breweries in the country! Not to mention you have mountains basically in your backyard. But I think something important to name is that I was only able to do these fun things because Dr. Murdock talked to me once about learning how to say no to things. There's ALWAYS going to be more work to do, or more editing to a paper, or more time-consuming tasks and you have to decide what are the essentials I need to do for my professional integrity and what is my perfectionism telling me I need to do everything and I need to do it perfectly. By saying no to over-working I was able to start saying yes to fun things. I'll never forget one evening we were at one of our cohort mates' (Dave Matheson) house working on homework when we found out there was a Fleetwood Mac cover band playing in an hour or so. We decided to call it on homework for the night and went together to the concert and to this day it is one of my favorite memories of my time in the doctoral program.

From Recent Graduates...

JENNIFER BARKER
SANTOPIETRO,
PHD, LPC



How did you decide on a dissertation topic and research methodology?

I was working on a topic of interest for one of my research internships, and the professor who was mentoring me with that project suggested that it could make a good dissertation topic and that the research internship was a good way to explore the depth of my ideas and passion for the topic. As for the methodology, the topic was a great fit for qualitative research, however, there was already a good amount of qualitative studies completed on the topic and very few quantitative studies. That fact alone piqued my interest towards quantitative, and I decided to create a scale and do exploratory factor analysis.

What tips do you have for those beginning their dissertation research?

Three tips that helped me were: 1) Stay engaged with the topic and the work on a consistent basis--try not to let too much time lapse in between working on the dissertation 2) Meet regularly with your advisor 3) If you struggling to motivate yourself to write, do short "focused writing" in which you set a timer for 20 - 30 minutes and truly focus on writing some aspect of your dissertation. This helped me immensely to get my first three chapters completed.

What advice would you give to incoming first year doctoral students?

You are embarking on something amazing--don't get mired in the systemic annoyances so much so that you stop noticing the wonderful.

What was your support system like throughout the doctoral program?

My support system was my fellow doc students, my professors, my partner, my kids and family, exercise,

music, cool buildings on the UNC campus, and the sunrise as I drove to Greeley early in the morning.

"You are embarking on something amazing--don't get mired in the systemic annoyances so much so that you stop noticing the wonderful."

Did you have time to do anything fun or keep up with hobbies while you were in the program?

I certainly didn't have as much free time, sleep, or relaxation as others in my same phase of life! That being said, I didn't miss anything important going on for people in my life, I did travel some to see kids and family, and I made time with my partner a priority whenever I could. I also have great memories of staying late after supervising practicum and having some deep conversations in the computer lab with one of my fellow doc students. To me, that is priceless.

Our Community





