



## COUNSELING PSYCHOLOGY DOCTORAL PROGRAM SPRING 2020 NEWSLETTER

It would be an understatement to say that this spring semester 2020 was an unusual semester. The week before spring break we woke up to a changed world; one in which the threat of the coronavirus brought social distancing, stay-at-home orders in Colorado and around the world, concerns about health and safety, anxiety about students' health and well-being as well as for those close to them, and the unemployment rate impacting millions. We are in a changed world with changed perspectives. We feel gratitude for medical professionals who are risking their lives.

Delivery of classes in March, right after spring break, was quickly transitioned from face-to-face to alternate modes. Students and faculty had to quickly adapt to the new reality of online delivery. We were reminded we are all in this together and hopefully there was enough compassion and self-compassion to accept all the imperfections in teaching, supervising, having orals

and dissertation defenses, faculty meetings, town hall meetings etc...on Zoom and other online modalities. It was a steep learning curve for many of us. Coming to the end of the semester it seems we made it. We are grateful to all of you for your patience, perseverance, and persistence.

Our in-house clinic, the Psychological Services Clinic, had to close down. Dr. Rings, Clinic Director, along with doctoral students and faculty, are preparing to offer distance counseling services starting this summer.

President Feinstein made the difficult decision that UNC would not host May graduation ceremonies following the guidance of the State of Colorado and Centers for Disease Control and Prevention. A disappointment to those graduating; we hope you will be able to attend the December commencement ceremonies scheduled to take place especially for those graduating this spring and summer 2020.

Congratulations to all of you working towards completion of your doctoral internship this coming summer under difficult conditions. You all had to transition to telehealth mode of services. The same was the case, telehealth, for most of the trainees in external practica. We are proud of you for your resilience in these difficult times.

Congratulations to all of our students who captured internships for next year; they were all APA accredited. We wish you the best as you transition from being on campus to your destination at a time when things are fluid. Please remember that we are still here to support you when needed.

Sending you encouragement in these post-pandemic times. Be well and stay healthy.

Lia Softas-Nall, Ph.D,  
Professor Counseling Psychology

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education  
to life.

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## 2

### Congratulations Graduates!

#### **Megan Martinez**

Dissertation: From Invisibility to Belonging: Supports and Challenges of First- Generation College Students who Identify as Racial or Ethnic Minorities



From left to right: Dr. Larkins, Dr. Wright, Megan Martinez, Dr. Softas, Dr. Hess

#### **Deon Hall**

Dissertation: Military Life Narratives and Identity Development Among Black Post-9/11 Veterans



Deon defended his dissertation via Zoom this year due to the COVID-19 pandemic.

From left to right: Dr. Boyce, Dr. Rings, Dr. Johnson, Dr. Clukey, Deon Hall and his ten-month-old girl Selena Amaya



# 3

## Internship Matches

*All sites are APA accredited*

### **Gurusewak Khalsa**

National Psychology Training Consortium  
Central Springfield, MO

### **Abigail Kimm**

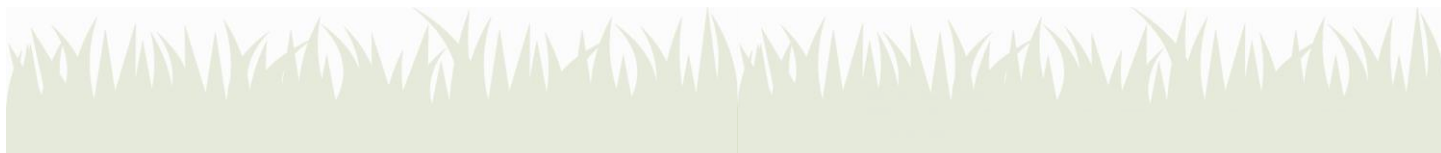
Colorado State University  
Fort Collins, CO

### **Callie King**

National Psychology Training Consortium  
Great Lakes Logansport, IN

### **Susanna Turner**

South Arizona Psychology Center La Frontera Center  
Tucson, AZ



## Program Approved External Practicum Sites

### Counseling Centers

- Colorado State University (CSU)
- The University of Colorado, Counseling and Psychiatric Services (CU) CAPS (CU Boulder)
- Metropolitan State University (MSU)
- Regis Counseling Center
- The University of Northern Colorado (UNC) Counseling Center
- The University of Northern Colorado (UNC) Psychological Services Clinic

### Community Mental Health

- Asian Pacific Development Center
- Aurora Mental Health Clinic
- Aurora Mental Health Child and Family Team
- Community Reach Center
- Mental Health Partners at Longmont Adult Outpatient Services

### Integrated Care

- Kaiser Permanente, Greeley and Loveland
- Salud Family Health Centers, Brighton and Longmont

### Hospital/Medical Center

- Children's Hospital Colorado Department of Psychiatry and Behavioral Sciences
- Denver Health
- The Colorado Mental Health Institute at Fort Logan (CMHIFL)

### Forensic

- Colorado Department of Corrections, Denver
- Sterling Correctional Facility
- Platte Valley Youth Services Center

### Private Practice

- Colorado Center for Assessment and Counseling
- Birch Psychology Private Practice

### VA

- VA Medical Center Denver
- VAMC Cheyenne
- VA Fort Collins

### Other

- La Luna Center
- Alternative Homes for Youth

Students who are interested in external practicum need to contact the current semester's instructor of APCE 795



## Presentations

### APA

**Breseke, S.** (PhD 2017), **Softas-Nall, L.** & **Simonson, A.** (accepted for presentation 2020, August). The Experience of Families with a Child with the Medical Care for the Condition of Cleft Lip and Palate: Implications for Care. Poster to be presented at the *2020 annual American Psychological Association Convention*, Washington, DC.

Lee, J., & **Tian, L.** (accepted for presentation 2020, August). What Should We Do?: Implications of Internationalization and Liberation in Counseling Psychology. In J. Lee (Chair), *Internationalization and Liberation in Psychology: Contributions from International Psychologists*. Symposium to be conducted at the *128<sup>th</sup> American Psychological Association Annual Convention*, Washington D.C.

**Pickenpaugh, E.**, Wayne, I., **Mitchell, J.**, **May, M.**, & **Parnell, K.** (accepted for presentation 2020, August) Graduate Student Perceptions of the Mentor Relationship and Belonging. Poster to be presented at the *American Psychological Association Convention*, Washington, DC.

**Tian, L.**, & Tsai, C. (accepted for presentation 2020, August). How Coping Profiles Relate to Well-Being and Academic Success Among U.S. First-Generation College Students? Poster to be presented at the *128<sup>th</sup> American Psychological Association Annual Convention*, Washington D.C.

Zhang, Q-Y., **Tian, L.**, & Hou, Z-H. (accepted for presentation 2020, August). Examination of Coping Profiles of Chinese College Students and Their Relations to Career and Well-Being. Poster to be presented at the *128<sup>th</sup> American Psychological Association Annual Convention*, Washington D.C.



CP Students presented with other doctoral students from Counselor Education and Educational Psychology at The First-Year Experience (FYE) Conference in Washington D.C. The FYE conference is dedicated to supporting student learning, development, and success in the first college year.

From left to right: Michael Graham, Allie Hauck, Dr. Angela Vaughan, **Emili Pickenpaugh**, **Jordan Martell**, Ivan Wayne.





## Presentations

- Alverio, T., Dent, K., Rings, J. A., & Wright, S.** (accepted for presentation 2020, April). Effectiveness of Physiological Interventions with Veterans with PTSD Symptoms: A Synthesis of the Present Literature Base. *2020 Counseling Psychology Conference*, New Orleans, LA, United States. (Conference canceled)
- Alverio, T., & Rings, J. A.** (accepted for presentation 2020, April). Moral Injury Among Service Members and Veterans: Do Attentional Biases Play a Role and Where Do We Go from Here?. *2020 Conference of the Rocky Mountain Psychological Association*, Denver, CO, United States. (Conference canceled)
- Bortfeld, D., Sullivan, J., & Argento, M.** (accepted to be presented 2020, April). Empathy as a Risk Factor or Protective Factor. Poster to be presented at *Annual Rocky Mountain Psychological Association Convention* Denver, CO. (Conference Canceled)
- Gorman, M., Kershaw, S., Simonson, A. M., & Schweihs, K.** (accepted to be presented 2020, April). Understanding Stigma Among First-Year Students with Trauma Histories: A Phenomenological Exploration. Poster to be presented at *Annual Rocky Mountain Psychological Association Convention* Denver, CO. (Conference canceled)
- Graham, M., Hauck, A., **Martell, J., Pickenpaugh, E.,** Persutte-Manning, S., & Vaughan, A. (2020, March) Comprehensive Assessment of a Peer Mentor Program for First-Year Students. Presented at the *University of Northern Colorado's annual Teaching and Assessment Symposium*, Greeley, CO.
- Graham, M., Hauck, A., **Martell, J., Pickenpaugh, E., &** Vaughan, A. (2020, February) Comprehensive Assessment of a Peer Mentor Program for First-Year Students. Presented at *The First-Year Experience Conference*, Washington, DC.
- Hauck, A., **Pickenpaugh, E.,** Wayne, I., **Martell, J., &** Vaughan, A. (2020, February) Wellness, Critical Thinking, and Holistic Learning through Intentional Course Design. Presented at *The First-Year Experience Conference*, Washington, DC.
- Hauck, A., Graham, M., **Pickenpaugh, E., Martell, J., &** Vaughan, A. (2020, February) Reflective Writing and FYS: Promoting Critical Thinking and Metacognition. Presented at *The First-Year Experience Conference*, Washington, DC
- Hauck, A., Graham, M., **Pickenpaugh, E.,** Wayne, I., & Vaughan, A. (2020, February) FYS Instructor of Record Professional Development and Pedagogy Training. Presented at *The First-Year Experience Conference*, Washington, DC.
- Khalsa, G. S.,** Younis, M., Lahman, M. (February, 2020). The Experiences of Mental Health Service Providers Working With Refugee Clients. Presented at the *Society for Cross-Cultural Research 49th Annual Conference*, Seattle, WA.
- King, C. K., Khalsa, G. S., &** Saltis, M. S. (accepted for presentation April, 2020). The Relationship Between Sexual Orientation, Psychotherapy, and Attachment Style with Romantic Partners in Emerging Adults. Poster to be presented at the *UNC Research Day* in Greeley, CO. (Conference cancelled)
- King, C. K. & Rings, J. A.** (accepted for presentation April, 2020). Adolescent Sexting: Ethical Implications for Counseling Psychologists. Roundtable discussion will be presented at the *2020 Counseling Psychology Conference* in New Orleans, LA. (Conference cancelled)
- King, C. K.,** Wichter, E., Hose, H., & Switzer, A. (December, 2019). Teachers' Perceptions of Engagement, Independence, and Learner Satisfaction in Inclusive Classroom Settings that Utilize Assistive Technology. Poster presented at the *UNC Research Evening*, Greeley, CO.
- Lee, J., Chong, S-S., Wang, L., **Tian, L.,** (accepted for presentation 2020, April) The Special Task Force on International Counseling Psychology and Relations. In J. Lee (Chair), What Does It Mean to Be a Counseling Psychologist Across Borders? Symposium to be conducted at the *2020 Counseling Psychology Conference*, New Orleans, LA. (conference canceled)
- Martinez, M. & Softas-Nall, B.** (accepted for presentation 2020, April). First-generation Diversity Students: Implications for Counseling Psychologists. Poster to be presented at the *2020 Counseling Psychology Conference*, New Orleans, LA. (conference canceled)

## Presentations continued

- Misra, C. A., Landers, N., & Rings, J.** (accepted for presentation 2020, April). Exploring the Relationship Between Gender Dysphoria and Eating Pathology. Poster to be presented at *Annual Rocky Mountain Psychological Association Convention*, Denver, CO. (Conference canceled)
- Motter, B. (PhD 2017), & Softas-Nall, B.** (accepted for presentation 2020, April). Perceptions of Transgender Couples on Transitioning: Implications for Advocacy. Poster to be presented at the *2020 Counseling Psychology Conference*, New Orleans, LA. (conference canceled)
- Pickenpau, E., Wayne, I., Hauck, A., Graham, M., & Vaughan, A.** (2020, February) Strategies for Creating an Atmosphere of Belonging in the Classroom. Presented at *The First-Year Experience Conference*, Washington, DC.
- Simonson, A., Johnson, T., & Parnell, K.** (accepted for presentation 2020, April). Adherence to Traditional Masculinity Ideology & Levels of Loneliness. Poster session to be presented at *Rocky Mountain Psychological Association*, Denver, CO. Conference canceled)
- Sparks, P. D.** (accepted for presentation 2020, April). College Sexual Assault, Career Adaptability, and Grit: A Research Proposal. *Rocky Mountain Psychological Association*, Denver, Colorado. (Conference canceled)

## Publications

- Du Rocher Schudlich, T., Normal Wells, J., **Erwin, S., & Rishor, A.** (2019). Infants' emotional security: The confluence of parental depression, interparental conflict, and parenting. *Journal of Applied Developmental Psychology*, 63, 42-53.  
<https://doi.org/10.1016/j.appdev.2019.05.006>
- Gall, R. T.** (PhD. 2015), **Softas-Nall, L., & Eberle, K. M.** (PhD 2019) (2019). All families are special: Experiences of lesbian-parented families. *Family Journal: Counseling and Psychotherapy for Couples and Families*, 27(1), 58-66.  
doi:10.1177/1066480718807409
- Parnell, K. J., Wood, N. D., & Scheel, M. J.** (2019). A Gratitude Exercise for Couples. *Journal of Couple & Relationship Therapy*, 1-18.

**Wright, S. L., Kacmarski, J. A.,** (PhD 2016) **Firsick, D. M.,** (PhD 2016) **Jenkins-Guarnieri, M. A.,** (PhD 2012) **& Kimm, A. J.** (2020). Family influences on college students' anticipated work-family conflict, social efficacy, and self-esteem. *The Career Development Quarterly*, 68, 112-128.

**Wright, S. L., & Lyon, A. R.** (2019). How parental attachment influences college students' social domains. *Journal of College Student Retention: Research, Theory, & Practice*. Advance online publication.  
<https://doi.org/10.1177/1521025119853827>

## Grants

2019 – Merchant, W., & **Wright, S. L.** cliexa-*OPTIONS for Integrated Health –Digital Health Technology*. U.S. Department of Health & Human Services – Office of Adolescent Health (AH-TP2-18-001). \$1,000,000 (2 years). Funded

## Awards

### 2020 Research Day Research Excellence Award

Finalist Listing Nathaniel Burrow Safety Net: A Police-Mental Health Approach to Social Justice  
**Congratulations Nate!**

### CEBS Award

**Allegra Lyon** was chosen by the Counseling Psychology faculty as this year's Counseling Psychology doctoral CEBS honoree. Only one student a year from the Counseling Psychology doctoral program receives this distinction. The award is based upon a student's academic achievement, research involvement, leadership, and potential for success in the discipline. Congratulations Allegra and thank you for all the support you have provided APCE.

**Megan Martinez** was selected as a recipient of the "Graduate Dean's Citation for Excellence" for Spring Semester 2020. The Graduate Dean's Citation for Excellence was initiated in 1984, for the purpose of recognizing superior academic achievement of students who are candidates for a graduate degree at the University of Northern Colorado. Students receiving the citation will be recognized at the Dean's Citation for Excellence Reception which has been rescheduled for December 2020. Congratulations Megan on the outstanding academic achievement while pursuing the PhD program in Counseling Psychology.



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## Counseling Psychology Student Organization (CPSO)

As another academic year draws to a close, we want to send out a heartfelt thank you to the students and faculty of the Counseling Psychology program. As your 2019-2020 CPSO Board, it was our goal to foster a sense of community across CP cohorts and make all individuals feel welcome at each of our events. We kicked off the year in a lively fashion with our annual CP Potluck at the Garden Theater on Central Campus. It was wonderful for students and faculty to come together outside of McKee and welcome our new cohort! We enjoyed seeing many familiar faces for some camaraderie and self-care time at the Brix Brewery and ~~Taphouse~~ Social, too. We were able to raise funds for CPSO that support our efforts for bringing resources onto campus and at the annual CP Potluck. Additionally, we were happy to support multiple cohorts in sharing information and resources for Comprehensive Exams and Internship Readiness. We appreciate the faculty support in these endeavors and look forward to continuing to connect cohorts in supportive ways.

We are deeply saddened that we could not send off our internship students in style. CPSO had a social in the works, but in following University guidance, decided to cancel our in-person event. To Abi, Callie, ~~Gurusewak~~, and Susannah, please know that we are cheering you on from afar!! We are grateful to have been a part of your journey and we appreciate your mentorship. Best of luck to you on internship!!

*As always, we appreciate any feedback from our CP community and look forward to the future!*

**A heartfelt thank you to our 2019-2020 Board:    Congratulations to the newly elected 2020-2021 Board!**

*President:* Erin McEvoy

*Vice President:* Jordan Martell

*Secretary:* Mack Simonsen

*Social Chair:* McKayla Gorman

*Treasurer:* Sean Kershaw

*President:* Jordan Martell

*Vice President:* Tabitha ~~Alverio~~

*Secretary:* Luke ~~Steineman~~

*Social Chair:* Jack Sullivan

*Treasurer:* Matt ~~Argento~~





# 9

## University 101

### What is University 101?

It is an academic program designed to help students successfully navigate the challenges and meet the expectations of being an undergraduate student scholar at a research university. We have high expectations for our students and want to provide a challenging and supportive environment that helps students maximize their potential now and in the future. Studies suggest that students who participate in seminars like University 101 tend to earn higher grades and to continue in college until graduation more so than those students who do not participate.

### Dr. Angela Vaughan

Provides the overall leadership, administration, and management for the university's first year programs designed to increase student academic engagement, success, and retention. Responsible for the research, planning, development, implementation, and evaluation of the recruitment, enrollment, curriculum and delivery functions of the courses.

She also provides many part-time and full-time graduate assistantships for counseling psychology doctoral students who are looking to teach freshman students. These CP students do not need to have prior teaching experience and allows for students who are interested in getting teaching experience an opportunity to do so.



The above picture shows the fall 2019 instructors team building meeting prior to the start of the academic year. CP instructors this semester were Jordan Martell, Mackenzie May, Emili Pickenpaugh, Abi Kimm, and McKayla Gorman.

### Hear from some of the current University 101 CP instructors!

#### **Sean Kershaw, second year CP student**

"For me, University 101 has meant a great deal as it has allowed me to connect with other students and colleagues beyond McKee Hall and the APCE department. Additionally, University 101 has served to expand my overall lexicon of teaching, enhance my skills as an instructor, and strengthen my value of lifelong learning. What I enjoy specifically about this program is the endless support and guidance I have received from colleagues, in addition to the connections and bonds with students."

#### **Mackenzie May, third year CP student**

"University 101 has meant so much to me! Not only has it introduced me to a wonderful community of instructors, faculty, and students who have impacted me in a number of ways, it has been a source of inspiration for me during some of the more stressful moments in our program. It is truly an honor to be a part of University 101 and getting to see freshmen students push themselves, form genuine connections with each other, and laugh along the way is such an exciting, meaningful, and rewarding thing to witness. I also feel I have grown in my time spent as an instructor and I am incredibly grateful to have had the opportunity to gain a different experience through my UNIV 101 GA at UNC."

#### **Jordan Martell, third year CP student**

"This was my first-year teaching with University 101, and I have learned so much about higher education, student needs, and my own professional identity. Despite the substantial time commitment on top of typical program requirements, teaching has been one of the main aspects of my time in this program where I truly find my passion. Plus, I cannot stress enough the incredible support provided by Dr. Vaughan and the University 101 team! In addition to the phenomenal teaching experience in the Fall, I was also able to gain research experience in the Spring with Dr. Vaughan and a handful of other instructors, including multiple oral presentations at a national conference. I am already looking forward to teaching University 101 again next Fall, and I would highly encourage anyone interested to apply!"

# DiversiWe

Annual Report 2019-2020

Applied Psychology and  
Counselor Education  
Facilitator: Dr. Lu Tian  
Coordinator: Christen Misra

## This Year

DiversiWe provided 18 sessions of multicultural counseling skill development training. Across all 18 sessions, DiversiWe served a total of 183 students with a mean of 10 students per session.

DiversiWe served students from several programs including Counseling Psych, School Psych, Counselor Education and Supervision, Clinical Mental Health Counseling, School Counseling, and Couples, Marriage, and Family Therapy.

DiversiWe sessions included panel discussions, video demonstrations, experiential exercises, role-plays, and current events discussion.

DiversiWe's semester themes were Ability Status and Gender Identity.

## Ability Status

In the Fall 2019 semester, DiversiWe's theme of Ability Status focused on three units: Chronic Illness, Physical Disability, and Psychological/Mental Health Disability.

*"Being honest and learning about our privilege"*

## Gender Identity

During the Spring 2020 semester, DiversiWe's theme of Gender Identity focused on two units: Transgender Clients and Non-Binary Clients.

*"Enlightened perspective, practical knowledge to take into practice"*

## Current Events

In the Fall of 2019, DiversiWe held four current events discussions about Hurricane Dorian Survivors, Food Insecurity among Seniors, Racism in the NFL, and the CAHOOTS first responder program.

*"Critical analysis of the overlapping issues"*

*"The opportunity to exercise what I've learned"*

*"Hearing perspectives across a broad range of experiences"*

*"Focused on practical counseling skills"*

## Feedback

After each session, attendees complete a satisfaction survey and rate the following questions on a scale from 1 to 5:

How well did this event accomplish our goal of facilitating knowledge of diversity?  
(1 = not at all; 5 = very well) (m = 4.81)

How likely are you to return?  
(1 = not at all; 5 = very likely) (m = 4.86)

## Psychological Services Clinic Update: Fall 2019 Clinic Census and Preliminary Data

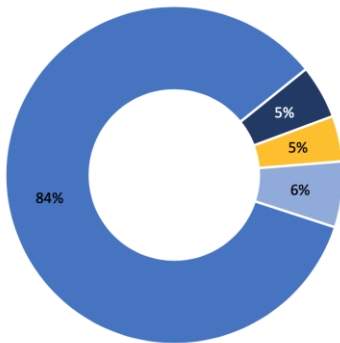
During this semester, the PSC at UNC saw a total of approximately 204 clients. We saw 72 individual and CFT clients pro bono. For those clients who were individual adults attending more than a single session and given the OQ.45, the mean reported OQ score at the first session was 65.57 and the mean reported score at end of treatment was 55.50 (with 63 being the cut off for clinical distress). This is an average difference of 10.07 points (with 10 being clinically meaningful).

A total of approximately 1383 sessions were attended. The PSC had an overall attendance rate of approximately 76.0% and a no-show rate of approximately 6.6%. The average number of counseling sessions per client was approximately seven sessions.

### Types of Services Provided

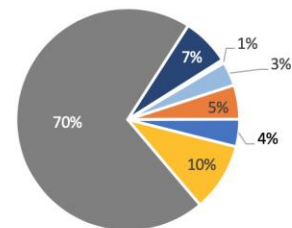
Approx. No. of Sessions by Type

■ Individual = 1004 ■ Couple and Family = 61 ■ Assessment = 52 ■ Play = 75



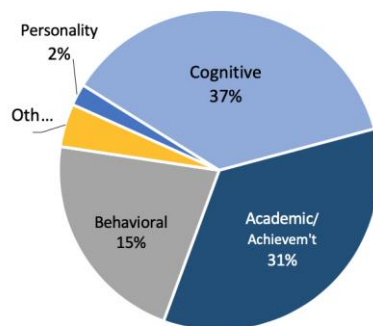
### Demographics

Race/Ethnicity

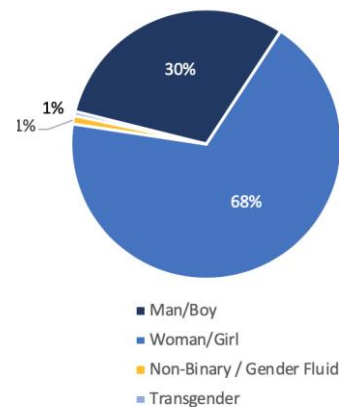


■ Asian American/Asian Origin/Pacific Islander  
 ■ Black/African American/African Origin  
 ■ Hispanic/Latinx/Chicanx  
 ■ White/Caucasian/European Origin  
 ■ Bi-racial/Multi-racial  
 ■ American Indian/Alaska Native/Canadian First Nations  
 ■ Other

Assessment Type



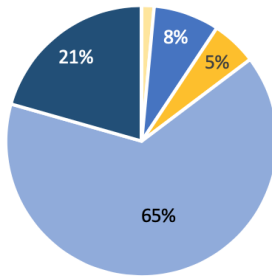
Gender Identity



■ Man/Boy  
 ■ Woman/Girl  
 ■ Non-Binary / Gender Fluid  
 ■ Transgender

## Demographics

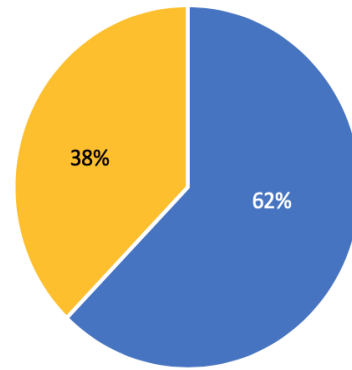
Age



■ Early Childhood (2-5 years) ■ Elementary (6-11 years)  
 ■ Secondary (12-17 years) ■ Young Adult (18-25 years)  
 ■ Middle Adult (26-64 years) ■ Older Adult (65+ years)

*The average age of client at appointment for the semester was 22.16 years.*

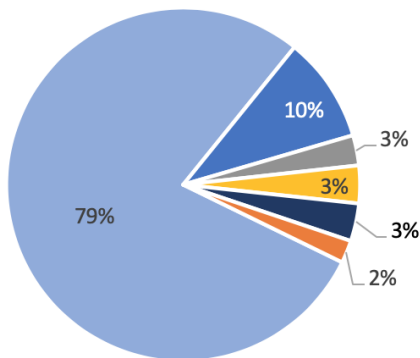
Client Status



■ UNC Student  
 ■ Community Member

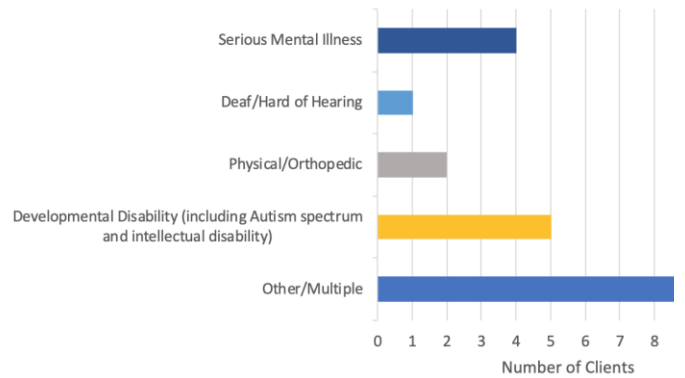
Sexuality\*

*\*excluding clients who did not report*

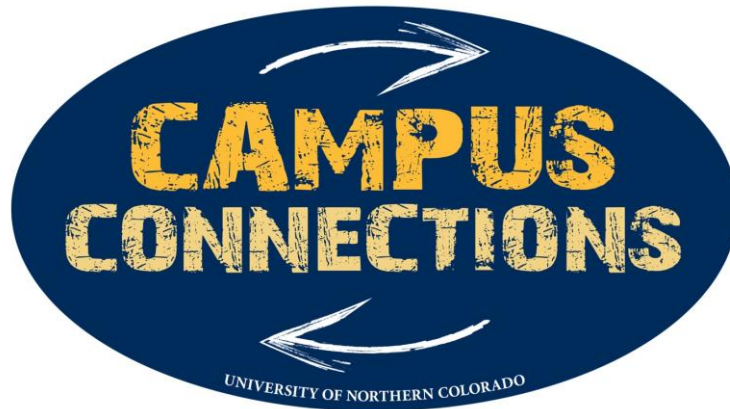


■ Heterosexual/Straight ■ Bisexual  
 ■ Lesbian ■ Gay  
 ■ Other ■ Pansexual

Ability Status







Campus Connections, UNC's therapeutic youth mentoring program, continues to provide services for youth and their families in the Greeley community. Each night, youth in the program spend time dedicated towards academics, activities that facilitate sportsmanship, creativity, and teamwork, and building meaningful relationships with mentors and other youth in the program. In previous years, the majority of the youth in Campus Connections were referred from school counselors or others referral sources to help develop their social skills in Campus Connections. At the start of this academic year, however, the program began working primarily with Weld county probation and Youth and Family Connections in an effort to gain referrals for youth with a wider range of goals for the program. Campus Connections has made efforts to increase its connections with a number of partners in the community and become more involved in the Greeley community as a whole.

Campus Connections has also worked hard to remain a source of support for all involved in the program during this unprecedented time. Through utilizing a combination of two different online platforms, Campus Connections has continued to meet each week to provide training and guidance for working with youth as well as serve as a space for students in the program to connect with and support one another during social distancing. Mentors have also still been able to successfully connect with their mentees each week via three-way phone calls supervised by a clinician. The youth have been very engaged in this new process and the success of these conversations speaks volumes to the depth of relationships that were formed prior to switching to the online format! If anyone is interested in applying to be a mentor in the program, you can reach out to Sydney Cople ([Sydney.cople@unco.edu](mailto:Sydney.cople@unco.edu)) or Summer Yoast ([Summer.yoast@unco.edu](mailto:Summer.yoast@unco.edu)) for more information.



## Life since the COVID-19 Pandemic

We asked students how things have changed since classes moved online and here are some of their responses.

“The shelter in place gave me enough time at home to finally adopt a puppy and spend lots of quality time with my family in New Mexico, who have definitely kept me sane. I also became obsessed with watching travel videos and took the time to write down a bucket list for when this is all over!”- Mackenzie

“Days since the quarantine have been pretty up and down. I’m one who really enjoys and needs structure to be productive, and the lack of structure by not having in-person classes wasn’t too helpful. I’m also much more productive when I’m on campus as opposed to when I’m home. I’ve settled into it more now, but I know the pressure of having all of this extra free time has left me feeling guilty and being hard on myself for not getting more done. I’ve also been put on standby to mobilize with my Army unit for a while now, so that has been at the back of my mind. My partner is also a nurse and she left and took a temporary contract in New Jersey so having to re-adjust to living alone and taking care of the pets and house by myself has also been an adjustment as well. However, I have been good about keeping myself to a strict workout schedule and have lost a bunch of weight!”-Matt

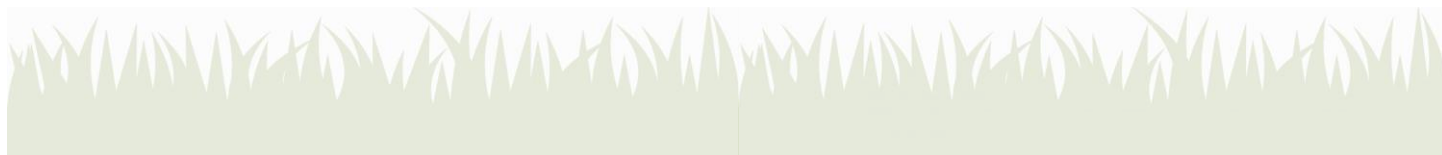
“The shelter in place order has given me the opportunity to slow down a bit - much needed for graduate students!”- Chris

“As I’m sure it has been for others, shelter-in-place life has been both interesting and challenging. I have found myself seeking nostalgic comforts during this time and have reinvigorated my love for Harry Potter and Avatar the Last Airbender. I started re-reading the Harry Potter series during the week after spring break and I’m on the 4<sup>th</sup> book now. I also watched Avatar the Last Airbender with my roommates and partner and I still stand by that it’s one of the best tv shows out there. Honestly, it’s been comforting to visit childhood interests in the wake of tragedy and often not uplifting news.”- Tiana

“I used quarantine time to watch all of the Marvel movies so now I know a lot more about the infinity stones. I have also been grateful to be quarantined with a fantastic partner, playing Yahtzee and having time for meaningful conversations.” -Patty

“The stay-at-home order has made my last semester of school ever quite interesting. I was able to finish my dissertation and the manuscript, focus on another manuscript for publication, and spend extra time on coursework and my assistantship. Focusing on schoolwork helped me manage the emotions that came along with being quarantined for so long. I was also able to spend a lot of quality time with my partner and my roommates before moving across the country for internship. We watched many movies that had been on my list through grad school and we came up with creative games to play around the house. We had time to pack up our house early and prepare for our big move. It is going to be strange to go from staying at home so much to a full-time internship in an integrated care facility. Talk about a change of pace! So, I have been trying to get mentally prepared for that as well. I am definitely going to miss Colorado and I am sad that I did not get to enjoy more of it in the last few months before I leave.” -Callie

“I have been holding up pretty well all things considered. I am fortunate enough to have good roommates and tirelessly needy pets to keep me company through this strange time. I divided my time between schoolwork, working out and running, and playing video games with my friends back home. I've taken up writing in some form every day to try and document my life in my own way although it is rarely filled with much excitement. I've tried to continue to grow in whatever ways I can manage, although this endeavor has certainly stifled me a lot in terms of secondary growth and productivity. I'm just taking it all for what it is through and staying grateful for all that I am still blessed with. Quarantine has given me a great deal of perspective that I keep with me and hopefully continue to hold moving forward. It's certainly trying for me at times but I feel good about my resources and support. I know not everyone has that so I try to help out and check-in where I can. This time can be scary and isolating for anyone, and I know I'd be struggling with it much more without the love and support of my close friends and family. I count myself lucky for that. When times are tough, I try to hold the humility I need to reach out to those close to me and try to provide that same support for them on their more difficult days. We may be separated right now, but we're not in this alone, and it's the support and unity I've seen at times in spite of all this, that gives me solace and hope that we'll make it out stronger and closer on the other side.”- Luke



## External Practicum Since COVID-19 Pandemic

- “I’m very lucky that CSU has provided an abundance of resources, training, and patience with our services moving online. The podcast “Light Up the Couch” was a resource suggested to me by my training director, and they cover an abundance of salient topics including “Swiftly Transitioning to Online Therapy, Ethically and Legally, Ep. 84”. This last half hour or so was really helpful in highlighting some logistical considerations for tele-health that I wouldn’t have thought of, and some ways to overcome barriers that I was acutely aware of (e.g., feeling less connected, accurately conveying empathy, receiving and sending less non-verbal information). The biggest change in seeing clients has been distractibility. Being in my own home and surrounded by so much stimuli that is not typically present in a counseling room has forced me to set up my therapy space in a very intentional way, and I have to be really mindful to not let my attention wander throughout sessions. Having a designated “therapy space” and taking notes during sessions has been helpful, but this is still an issue I’m working to improve.” - Nathan
- “As far as telehealth services go, I have been providing individual therapy, group therapy, and partial hospitalization program services through telehealth at Children’s. I am not sure what other information about these services you would need. The group therapy is based on the unified protocol as is the partial hospitalization program.”- Tyler

## Farewell Notes to our Graduates

“Congratulations everyone!!! What a huge accomplishment! You have all worked so hard to get here and I am saddened with you that this was not the graduation plans you likely expected and hoped for. However, I want you to know that we are all excited for you and are celebrating you during this time. Kaitlin, I hope you get some wonderful doodle cuddles from Ryley. Sarah, I similarly hope you get to snuggle with your cat to celebrate. Deon, my hope for you is that you get to enjoy this time with your family and new (now probably not so new) little one. Megan, I hope you can find time to celebrate out in nature. Guo, I hope you have time to cook or bake something delicious to share and celebrate with others. Again, congratulations to you all – you’re now doctors!!!”- From Tiana

“Most importantly, congratulations to all of you. I am so sorry that your graduation looks so different from what was expected and looked forward to but know that your accomplishments are no less significant. Y’all are proof that there’s a light at the end of the tunnel, and I wish you all the best of luck.”- Nathan

“Kaitlin, I enjoyed hearing about your experiences on internship this past year. It really helped inspire me to get through my comps year knowing about the possibilities that are ahead. I can’t wait to hear about your post-doc! Congratulations on completing your PhD!”- All my best, Patty



## Farewell Notes to our Graduates Continued

“To all of the 2020 graduates!! You have all been such a wonderful group of supervisors, leaders, and mentors for us in the program and your encouragement, guidance, and wisdom will be missed. I am so proud of each of you for working incredibly hard and reaching this major accomplishment in your lives!

Kaitlin, your sense of adventure and genuine love of people added so much fun and warmth to our CP gatherings. I know you will continue building close relationships with colleagues and clients in the future due to your contagious, free-spirited nature!

Megan, your unconditional kindness and compassion were felt by all of us. That in combination with your fearlessness and constant desire to push yourself will take you so far, I just know you’re going to be an incredible psychologist and make such a difference!

Guo, I will deeply miss your playfulness and the thoughtfulness you always demonstrated in celebrating everyone’s birthdays and accomplishments in the program. You reminded others to celebrate along the way, usually with a delicious baked good or homemade dish, and I know that consideration of others will mean so much to your future clients.

Deon, your wisdom, warmth, and willingness to support your peers and clients no matter what added so much to our program! I always felt you cheering myself and others on and I know your selflessness, compassion, and unwavering strength are going to make you a wonderful psychologist.

Sarah, your confidence, sense of humor, and passion put those around you at ease and I know your clients will see a psychologist that they can whole-heartedly trust.

I wish you ALL the absolute best and cannot wait to see the amazing things you contribute to our field. Your clients and colleagues will be lucky to have you - congratulations again to a wonderful group!!!” From-Mackenzie





## Farewell Notes to our Graduates from Faculty

“Congratulations Megan! I know I came to the program late in your studies and you were probably already looking forward to internship and your next steps, but as my GA (in practicum and Cognitive Assessment) and as a student you made a critical difference in helping me transition to UNC. You probably won’t know how important your support was for me. I’ll always be grateful for the generous way you shared your time and experience. I have always been very impressed by your work ethic, knowledge, and interpersonal skills. You made a wonderful impact on our program. We were lucky to have you. I am excited to hear about your future accomplishments. Congrats again and best of luck! –Dr. Parnell

Congratulations Guo! I am so excited for you! It was a pleasure getting to know you as a supervisor in prac and as a student group prac. I appreciated your hard work and sense of humor. You made a great contribution to our program. I wish you good luck on your next steps!” -Dr. Parnell

“Dear CP Graduates – Deon, Sarah, Megan, Guo, and Kaitlin!

Congratulations to each of you and we are so proud of you all. Your work over the years and continued growth has been so fun to watch. Each of you have developed strong competencies in all areas of health service psychology as counseling psychologists. You represent our program and UNC in many positive ways. We are excited to see your future work as counseling psychologists as we know you will continue to bring positive changes to many individuals’ lives. Thank you for all that you have done and for being such amazing students, graduates, and counseling psychologists.”-From Dr. Wright

“Dear graduates,

I am writing this the day the commencement was going to happen. I miss not hooding some of you, hugging and congratulating all of you, and of course missing taking pictures! I hope you can make it in December for the special graduation. It has been an honor and a pleasure getting to know you and work with you. Watching you all grow in the program, watching you find your ways of dealing with challenges, your energy and creativity has been amazing. When there are people like you graduating and becoming young career Counseling Psychologists, it gives me faith and hope the profession is in great hands. I wish all of you the best with your lives, postdocs, and careers. You have enriched my life and I am proud of your great accomplishment.”- Dr. Softas

Dear graduates,

Congratulations to all of you! You are a determined bunch who persevered with hard work and that reflects in your great accomplishments. I started my job at UNC the same time as many of you and it has been a wonderful experience to work with you, grow together, and to see you thrive over years. I am confident that each one of you will be an amazing counselling psychologist and will help better people’s lives. I wish you fulfilling and exciting careers and will be looking forward to hearing about your future accomplishments. ---From Dr. Tian

Dear Deon, Kaitlin, Megan, Sarah, and Yuge,

My heartfelt congratulations on your accomplishments! You all have been valuable members of our CP family and we are so very proud of you. Thank you for letting me be a part of your professional journey. I wish you all much happiness and success in your futures and I am excited to have you out there representing UNC to all of professional psychology. Keep making the world a better place! Please stay in touch and know we are here for you even in your post degree life. Congratulations again, Brian

Dear doctors: It’s been nothing short of an absolute honor for me to have gotten to support you in this process however I’ve been able to do so over the years. Each one of you has grown so immeasurably as you’ve risen to the continual stream of novel challenges placed in front of you throughout this program. Finally, one day, it does end, and we all couldn’t be happier for you! And in what genuinely deserves to be a bidirectional process, each one of you has made such an indelible impact on me, both personally and professionally. I’m far better for having gotten the opportunity to work with you; you all greatly matter to me, and I won’t forget you. Although this is a goodbye of sorts, please do keep in touch with us from time to time to let us know how you’re doing. We dearly miss you all already. -Jeff



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## Congratulations Graduates!

On May 8<sup>th</sup> 2020, the day commencement would have taken place and it was cancelled due to the coronavirus, the five doctoral students graduating with a PhD in Counseling Psychology and the faculty celebrated via Zoom. Graduates were congratulated for their great accomplishments and tremendous growth. The five students are: Yuge Guo, Deon Hall, Megan Martinez, Kaitlin Ohde, and Sarah Zwetzig. We have enjoyed working with you, we will miss you, and we wish you the best in your future endeavors. Keep in touch. Here are some pictures from that celebration.



- Megan accepted a post-doc at Colorado Therapy and Assessment which is a group practice in Denver.
- Guo will be defending her dissertation soon and will be returning to China and accepting a job at a University Counseling Center.
- Following internship, Deon will be completing a one-year residency (post-doc) at Madigan Army Medical Center, and his current goal is to have a 20-year military career.
- Kaitlin accepted a behavioral medicine post-doc fellowship at the Seattle VA Medical Center.
- Sarah will be completing her post-doc at UT Health San Antonio, Texas.

Keep in touch and let us know your news!

**Keep in touch and let us know your news!**

Contact Dr. Softas [basilia.softasnall@unco.edu](mailto:basilia.softasnall@unco.edu)

**A special thanks to Dr. Softas and McKayla for working on the newsletter!**

### **Counseling Psychology Doctoral Program**

For more information visit: <http://www.unco.edu/cebs/counspsy/index.html>.

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