

# COUNSELING PSYCHOLOGY PHD

SPRING 2023 NEWSLETTER | ISSUE 23

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**UNIVERSITY OF  
NORTHERN  
COLORADO**

**We are a program whose**

**mission is...** to “contribute to the betterment of society through research, professional service, and the preparation of future counseling psychologists in health service psychology, who through research, professional service, clinical practice, and skilled lifelong learning, are capable of working effectively with all populations in a changing global environment.”

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Here we go, another academic year in the rear-view mirror! The Counseling Psychology program continues to train outstanding future psychologists to address the mental health needs of the diverse communities we serve. Given that May was Mental Health Awareness Month, here is a somewhat discouraging snapshot of the state of mental health in the US.

1. According to a 2022 report, over 50 million American adults struggle with mental illness.
2. 1 in 5 high school aged girls reported having made a suicide plan in the past year (CDC, 2021).
3. Youth depression rates have risen from 12.9% to 25.2% during the pandemic (CDC, 2022).
4. Americans lack access to adequate mental health care, with almost 55% of adults not able to access care in the last year (Mental Health America, 2023).
5. Depression is the leading cause of disability worldwide (WHO, 2017).
6. Members of the LGBTQ+ community are almost 3X more likely to experience major depression or generalized anxiety disorders (NAMI, 2017).
7. 50 percent of major mental illnesses show symptoms before the age of 14, and 75% have onset before age 24 (HHS, 2020). Yet of the almost 100,000 psychologists in the APA, fewer than 7,000 have specialized training in the treatment of children and adolescents (APA, 2022).
8. Over 1 in 4 adults living with serious mental illness also struggle with substance abuse (HHS, 2019).

I suspect all of us can come up with additional stats describing the scope of the problem, but the bottom-line is, we have our work cut-out for us.

The CP program is well positioned to train psychologists well into the future. Last May we received confirmation from the Commission on Accreditation (COA) that our program had been reaccredited for 10 years, the maximum length for accreditation! This was a huge accomplishment, and a testament to Dr. Stephen Wright's dedication to the whole process. If you haven't already done so, thank Dr. Wright!

Following their extensive review, we only had 4 items the COA wanted us to address. Three of those items were related to courses delivered by other departments where the instructors needed to update syllabi and/or clarify course descriptions. The last item related to how we ensure students completing a non-APA accredited internship get an equivalent training experience. It has been almost 2 decades since a student completed a non-accredited internship, so we do not encounter this situation often. (Once again, we had 100 percent acceptance to APA accredited sites this year ☺.) Dr. Wright has already responded to these items and the COA has already accepted our revisions.

The APA site-visit team also noted that our "program recognizes the importance of diversity, equity, and inclusion and its curriculum and practices are consistent with this." After the team's extensive review, they reported we met or exceeded all accreditation standards in this area. They specifically noted our integration of diversity related content throughout the curriculum, DiverseWe, Campus Connections, the Psychological Services Clinic, and university-wide trainings and initiatives as examples. The members of the COA agreed with the team's assessment. It is reassuring that relative to other APA accredited programs, we look good. We do not plan to rest on our laurels and will continue to enhance educational and training experiences.

The CP program is a lot of hard and at times lonely work. Periodically it is important to reflect on our collective accomplishments. As you read this newsletter, you will see we have a lot for which to be proud. Enjoy!

Brian Johnson

# MEET THE FACULTY!



Left to Right: Dr. Jeffrey Rings, Dr. Stephen Wright, Dr. Kenneth Parnell, Dr. Brian Johnson  
Not Pictured: Dr. Lu Tian

Our wonderful faculty provide support, guidance, and mentorship to the students of University of Northern Colorado's Counseling Psychology PhD. From supervising students at the Psychological Services Clinic to serving as dissertation committee members, these five faculty challenge students to grow into their identities as a psychologist.

## University of Northern Colorado's Counseling Psychology PhD Program has been reaccredited by APA...

... for the longest amount of time an accreditation can be granted to a program. UNCO's program will be accredited through 2031. According to the APA, this accreditation sends a message to licensing boards and future employers that students from this program receive a sound educational background from which to practice. This would not be possible if it weren't for the hard work and true passion from our faculty, staff, and students to make our program what it is. For more information about accreditation, see the APA website [here](#).

# Faculty Highlights:

Our faculty work hard every day on projects within and outside of UNC. Check out just a few of our faculty's accomplishments this year:

## Dr. Stephen Wright Became President-Elect for the Council of Counseling Psychology Training Programs (CCPTP)



Providing Resources, Information, and Advocacy for  
Counseling Psychology Training Programs since 1975

At APA this August, Dr. Wright will assume position as president of the [Council of Counseling Psychology Training Programs](#) that consist of approximately 70 APA-Accredited Counseling Psychology doctoral programs across the country. The purpose of this organization is 1) to represent the interests of counseling psychology in virtually any forum that might affect training, and 2) support its members by disseminating training-relevant information and by providing a vehicle to communicate with one another. As president, he will serve as a liaison for CCPTP to other national organizations (e.g., APA, Board of Educational Affairs, APPIC, ACCTA) and represent the interests of counseling psychology programs across the nation.

Dr. Wright is currently involved with building a partnership between CCPTP and the National Multicultural Conference and Summit team that comprises of APA's Divisions 35 (*Society for the Psychology of Women*); Div 17 (*Society of Counseling Psychology*); Div 44 (*Society for Psychology of Sexual Orientation & Gender Diversity*); and Div 45 (*Society for Psychological Study for Culture, Ethnicity, & Race*). This partnership will lead to both organizations holding conferences in 2024 at a single location together in hopes that current multicultural research and training reach more directors of counseling psychology programs and clinicians in training across the nation. For our CP students, Dr. Wright's involvement in this uniting council may broaden access to things like multicultural trainings, networking for mentorship/research of a specific interest, and more visibility of the program.

## **Dr. Lu Tian receives a grant to help in her collaboration with the Center for Applied Contemplative Studies (CFACS)**

This year, Dr. Tian worked closely with the Center for Applied Contemplative Studies (CFACS). The CFACS is just one of our campus's resources for student well-being and personal growth.

Dr. Tian's work included using a grant to support a research project she has been working on with students of the CP program. This original study involves a 4-week lovingkindness meditation experience to see if lovingkindness can reduce bias and encourage more effective communication for Hispanic student populations. It is intended to facilitate a more friendly campus climate and encourage positive cross-cultural communications among students. Additionally, the study aims to promote mindfulness practice on campus for overall wellbeing.

Dr. Tian shared that she hopes to use this pilot study to launch more workshops centered around mindfulness and help students and faculty to build their own regular practice of mindfulness and meaningful cross-cultural communication. If any students have any interest in exploring mindfulness, lovingkindness, or other contemplative ways to improve wellbeing, they are encouraged to reach out to Dr. Tian, Emily Bach, Luke Steinman, or the CFACS at [CFACS@unco.edu](mailto:CFACS@unco.edu).



# Internship Sendoff!!

Congratulations to this year's students who are headed off to internship this summer or fall! We are very proud of their hard work and wish them all the best on their new adventure. All sites are APA Accredited.

**Matt Argento:** Captain James A. Lovel Federal Healthcare Center (VMAC) in North Chicago, IL  
Map Number: 1

**Nathan Landers:** Colorado State University Counseling Center in Ft. Collins, CO  
Map Number: 2

**Jansen Legreid:** Black Hills Health Care System (VAMC) in Ft. Meade, SD  
Map Number: 3

**Jordan Martell:** Washington State University Counseling Center in Pullman, WA  
Map Number: 4

**Joni Mitchell:** Denver Health Medical Center in Denver, CO  
Map Number: 5

**Sara Munoz:** Utah Valley University Student Health Services in Orem, UT  
Map Number: 6



# Where Were our Bears This Year??

This year we had UNCO students all over the US and Colorado at both Internship and Externship sites. Sites ranged from college campuses to community health centers to VA-related services. Take a look at all of the places our fellow bears trained.

## Bears on Internship:

**Kady Barthelemy:** Colorado Center for Assessment and Counseling-High Plains Consortium

**McKayla Harrison:** Denver Health Medical Center

**Sean Kershaw:** Student Health Partners Counseling and Psychological Services at Montana State University

**Patty Sparks:** Denver Health Medical Center

**Tiana Johnson:** Cheyenne VA Health Care System

**Hunter Montoya:** University of Colorado Boulder, CO

**Natalie Sachs:** Miami University Student Counseling Services, Oxford, OH

## Bears on Externship:

**Kaitlin Dent:** Child, Adolescent, and Young Adult Connections (CAYAC) program in Fort Collins, CO)

**Arishna Agarwal:** Neuropsychology Externship at Denver Health in Denver, CO

**Jansen Legreid:** Rocky Mountain Regional VA Medical Center (Inpatient Unit), Denver

**Jeff Bowling:** Colorado Mental Health Institute at Fort Logan, CO

**Luke Steinman:** Smith Psychological in Cheyenne, WY

**Jessica Lewis:** Smith Psychological in Cheyenne, WY

**Devon Bortfeld:** Colorado State University Day campus in Fort Collins, CO

**Emily Bach:** Mental Health Partners in Longmont, CO

**Jack Sullivan:** Mental Health Partners in Longmont, CO

**Tabitha Alverio:** Rocky Mountain Regional VAMC MIRECC in Aurora, CO

**Sarah Munoz:** Colorado State University campus in Fort Collins, CO

**Chris Misra:** Colorado Therapy and Assessment Center in Denver, CO

# Words of Wisdom:

A doctorate in Counseling Psychology is a significant investment of time, sweat, and heart. Check out these nuggets of wisdom from our bears currently on Internship!

**“The stronger person is not the one making the most noise but the one who can quietly direct the conversation toward defining and solving problems”**  
~Aaron Beck

## What was the most meaningful lesson you learned in the Counseling Psychology Program that got you to where you are today?

“I think one of the most meaningful lessons I learned was to allow myself to listen to my needs and my body. Going through a PhD program is hard enough, let alone one that is focused on teaching us how to take care of others and their needs. As I am finishing up internship, I am realizing the importance of rest and slowing down if I want to make this work sustainable for me. Tricia Hersey’s work with the Nap Ministry was foundational for me and I would highly recommend reading her work.”

- Tiana Johnson (Left) | Cheyenne VA Healthcare System



## If you could tell the 1<sup>st</sup> Year version of you anything, what would you tell them?

“You have a lot of learning and training ahead of you. This will be a grueling 5 years, yet you will gain so much in the end. Plan ahead, and also focus on one semester at a time. Be ambitious and assertive in your training sites, and also be open to the different opportunities that present themselves. Designing, implementing, and writing an original research study is going to feel impossible until the very end. That’s okay. Don’t forget to make room for the many other important things in your life. It is the non-academic things you love and value that will enrich your experience and make you a better psychologist.”

- Patty Sparks (Right) | Denver Health Medical Center



**“I want you to get excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are now”  
~ Virginia Satir**

## **How has your definition of success, if at all, changed during your time in the CP program?**

“When I first entered the program, success felt more linear and dependent on the evaluative process. There were times when I would try to go above and beyond which would result in my putting my own needs on the backburner. Nowadays, it’s more about setting realistic expectations and goals that fit with where I am developmentally and align with my values, as well as recognizing that success also can mean failing and learning from my mistakes/shortcomings”

- Sean Kershaw (left) | Student Health Partners Counseling and Psychological Services at Montana State University



## **What was the best advice you received about life in the psychology field?**

“You have to take care of yourself in order to take care of others. I think graduate school can make you stretch your definition of taking care of yourself. Doing what we do is heavy and emotional; you need time away from the heaviness in order to be able to sit in the mud meaningfully with clients. It can be really easy to become jaded, burnt out, and cynical so we have to be careful of that and listen to others who are seeing us struggle.”

- Kady Barthelemy (Right) | Colorado Center for Assessment and Counseling - High Plains Consortium

**Thank you for the wisdom, internship**

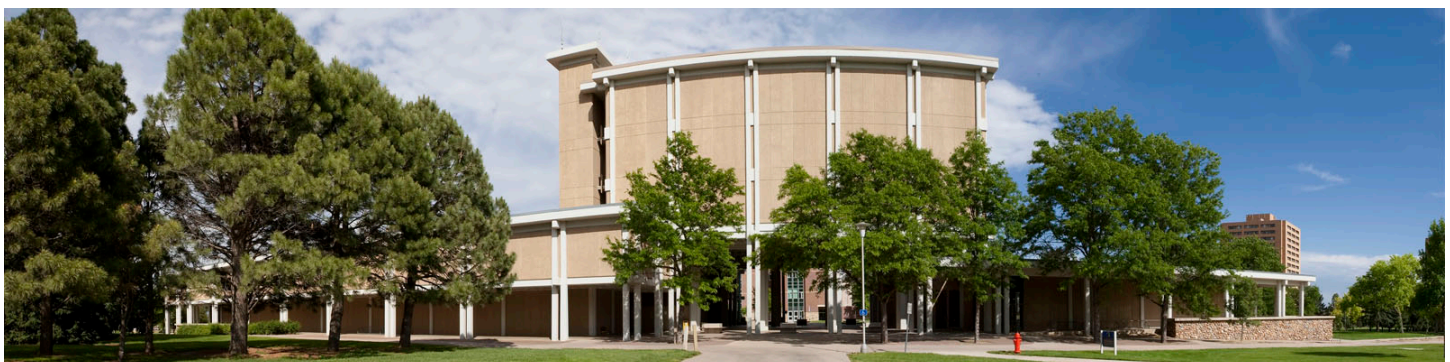
**folks!** We are honored to have you all to look up to. For anyone interested in the full interviews with each scholar, reach out to Sadonia Garner at [sadonia.garner@unc.edu](mailto:sadonia.garner@unc.edu) for all the wonderful nuggets of wisdom.



**What was the most meaningful lesson you learned in the Counseling Psychology Program that got you to where you are today?**

“Putting in effort to make relationships with the people in my cohort and other students in the program was priceless to me. I leaned on “the fellowship” and a few older students to guide me through some rough times. Without these relationships, my success in the program would have been more difficult to accomplish. Also, enjoy these relationships and do things together that make you happy!

- McKayla Harrison (Below) | Cheyenne VA Healthcare System



# Meet the 2022 Cohort!

(Left to Right: Wayne South, Katherine "Kath" Drake, Sadonia Garner, Julia Spellman, Brittney Frankson, Emma French; Not Pictured: Alicia Guler)



**This is:** Emma French!  
**Hometown:** Moscow, ID  
**Coming From:** University of Idaho and Idaho State University  
**What Sparks Joy for her:** Travel (especially to small quaint places), trail running, and water sports  
**Favorite Counseling Theory:** Existentialism and ACT



**This is:** Kath Drake!  
**Hometown:** Washington, DC  
**Coming From:** Florida State University  
**What Sparks Joy for her:** Skiing, Pottery, and Backpacking  
**Favorite Counseling Theory:** ACT

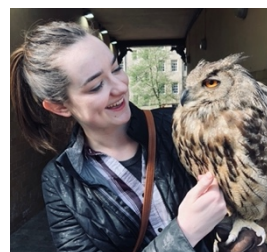


**This is:** Alicia Guler!  
**Hometown:** Fort Collins, CO  
**Coming From:** Adams State University  
**What Sparks Joy for her:** My cats, baking, and the great outdoors  
**Favorite Counseling Theory:** ACT



**This is:** Julia Spellman!  
**Hometown:** Charlotte, NC  
**Coming From:** University of Northern Carolina Charlotte

**What Sparks Joy for her:** Baking, spending time outside with my pup, listening to music with a good drink!  
**Favorite Counseling Theory:** IPT and Person-Centered



**This is:** Sadonia Garner!  
**Hometown:** Spokane, WA  
**Coming From:** Whitworth University and Chestnut Hill College

**What Sparks Joy for her:** Golfing and lazy lake days!  
**Favorite Counseling Theory:** Psychodynamic Psychotherapy and Feminist Therapy

# CONGRATULATIONS TO THE INCOMING 2023 COHORT!

WE ARE SO EXCITED TO MEET YOU!!

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Anjulena Bagga, BA

Bradey Disbrow, MA

Jimmy Hendrix, BA

Melina Kehtar-Navaz, BA

Alekx Schneebeck, MA

Leah Skelton, BA

Anda Zhao, MA



# THIS YEAR'S PUBLICATIONS/PRESENTATIONS

## PUBLICATIONS (N=7):

De Oliveira, B., **Dent, K.**, Smith, J. A., Merchant, W., & **Wright, S. L.** (in press). A comparative case study of the implementation of a digital app-based platform aimed at reducing sexual risk in adolescents and young adults. *Child & Youth Services*.

Dixon, B., Agboola, O., Hauck, A., **Argento, M.**, Miller, C., & Vaughan, A. L. (2023). Peer mentoring: Benefits to first time college students and their peer mentors. *Journal of Higher Education Theory and Practice*, 23(2), 202-217.

**Hofmann, S., Johnson, B.D.** & Jeffries, Z. (2023). Self-Compassion as a Potential Mediator of Shame and Aggression in Youth Offenders. *International Journal of Criminal Justice Sciences*, 17, pp., 1-17. <https://doi.org/10.5281/zenodo.4756106>

**Paulez, J., Johnson, B. D.**, Davis, E. B., Lacey, E. K., **Sullivan, J.**, & Brandys, T. R. (in press). Religious/spiritual struggles and life satisfaction among sexual minorities. *Psychology of Religion and Spirituality*. <https://doi.org/10.1037/rel0000492>

**Tian, L.**, Hou, Z-J. (2023). Gender discrimination and EPCD among female Chinese students: Role of coping styles. *The Career Development Quarterly*, 71, 56-67. <https://doi.org/10.1002/cdq.12314>

**Tian, L.**, Tsai, C-L., **Khalsa, G., Condie, M., Kopystynsky, N., Ohde, K., Zhao, A.** (2023). A PROACTIVE Coping Scale for U.S. College Students: Initial Evidence and Implications. *Journal of Psychoeducational Assessment*, 0(0). <https://doi.org/10.1177/07342829221151005>

Tsai, C.-L., Brown, A., Lehrman, A., & **Tian, L.** (2022). Motivation and Postsecondary Enrollment Among High School Students Whose Parents Did Not Go

## PRESENTATIONS: (N=29)

**Anderson, T., Drake, K., & Rings, J. A.** (2023, August). *Disability identity: The relationship between stigma, quality of life, and psychological distress*. [Poster session]. 2023 Convention of the American Psychological Association, Washington, D.C., United States.

**Argento, M., Munoz, S., Dent, K., & Brass, H.** (2023, April). *A history of transportation technology and its mental health effects on soldiers returning from combat*. University of Northern Colorado Research day, Greeley, CO, United States

- Agarwal, A.** (2023, April). The experiences of self-compassion among graduate students in academia. [Oral presentation]. The 93rd Rocky Mountain Psychological Association Annual Convention, Albuquerque, NM.
- Agarwal, A., & Henry, J.** (2023, April). Male mentorship: Examining the experiences of male mentors in a therapeutic mentoring program [Oral Presentation]. The 93rd Rocky Mountain Psychological Association Annual Convention, Albuquerque, NM.
- Bass, H., Rangel, B., & Shields, C.** (2023, April). Internalized weight stigma and exercise identity: An Exploratory study of variables impacting internalization. Poster presented at University of Northern Colorado Research Day, Greeley, CO.
- Bowling, J.** (April 2023). Online sports betting and gambling-related harm. Oral presentation at the Rocky Mountain Psychological Association Convention, Albuquerque, NM.
- Cople, S., Wagner, K., & Rings, J. A.** (2023, August). *Clinicians' experiences with conducting suicide risk assessments and interventions.* [Poster session]. 2023 Convention of the American Psychological Association, Washington, D.C., United States.
- Delgado, M., Schaller, S.,** (2023, April 13-15). Ethical implications for counselor self-disclosure. [Poster presentation]. RMPA 2023 Convention, Albuquerque, NM, United States.
- Drake, K. Spellman, J. & South, W.** (2023, April 6). How Does Practice Setting Influence Burnout Among Mental Health Care Providers? Poster presented at University of Northern Colorado Research Day, Greeley, CO.
- Drake, K. & Spellman, J.** (2023, April 6). Immediate Familial Incarceration and its Effect on Adult Health Outcomes. Poster presented at University of Northern Colorado Research Day, Greeley, CO.
- Garner, S., & Guler, A.** (2023, April). Birth trauma: understanding risk and prevention. [Poster presentation]. RMPA 2023 Convention, Albuquerque, NM, United States.
- Gretz, D., French, E., & Rings, J. A.** (2023, August). *Assessing the impact of ManTherapy.com on men's likelihood to seek psychological services.* [Poster session]. 2023 Convention of the American Psychological Association, Washington, D.C., United States.
- Hamilton, A. D., Wagner, K., & Rings, J. A.** (2022, August). *Lived experiences of reintegration among involuntary separated OEF/OIF veterans.* [Poster session]. 2022 Convention of the American Psychological Association, Minneapolis, MN, United States.
- Haribhakti, P., Bryson, S. P., & Younis, M.** (2023, April). Help-Seeking Experiences of South Asian American Men: A Phenomenological Exploration. Poster presented at: 2023 Rocky Mountain Psychological Association (RMPA) Convention, Albuquerque, NM
- King, C., Johnson, B.D., Alverio, T., & Lewis, J.** (2022, August). The impact of perceived parenting styles during childhood experiences of bullying on emerging adult attachment. Poster presented at the 130<sup>th</sup> Annual Convention of the American Psychological Association, Minneapolis, MN.

- Martell, J., Rangel, B., French, E.,** & Vaughn, A. (2023, February). The impact of FYS curriculum on Student Perfectionistic Tendencies. Presentation made at the First-Year Experience Conference, Los Angeles, CA.
- Merchant, W., Merchant, M., **Wright, S. L.,** & De Oliveira, B. A. (2023, January). Age and Gender Comparisons on the Effect of the Global Pandemic on Anxiety, Depression, and Resilience in Adolescents. Poster session presented at the 8th IAFOR International Conference on Education in Hawaii. Honolulu, Hawaii.
- Mikkilineni, N., **Barthelemy, K.,** Beltran, G., Buchanan, C., & Vemulakonda, V.M. (2023, February). Barriers to Gender Diversity and Higher Leadership Roles of Women in Urology: A Qualitative Interview Study [Oral presentation]. PURE Research Conference, Children's Hospital Colorado, Aurora, CO.
- Razo, J. T.** (2022, December). *Utilization of social support among cohabitating couples and relationship satisfaction* [Poster presentation]. Graduate Research Symposium, University of Northern Colorado, Greeley, Colorado.
- Russell, P. D., Scheiling, J. H., **Alverio, T.,** Mealer, M., Mignogna, J., Borah, E., Brenner, L., Monteith, L., Battaglia, C., Bryan, C., Peterson, A., Williams, M. D., Villareal, E. J., Polk, M. L., Weinberg, K. A., Heise, J., Baack, S. T., Bongiovanni, K., & Debeer, B. B. (2023). *Pilot to improve VA and community care coordination: An analysis of participants' qualitative post-intervention interview.* Colorado University School of Nursing Conference, Denver, CO
- Steinman, L., Schaller, S.,** Dunn, T., Johnston, J., & Frey, K. (2022, August) *Pathological healthful eating: An examination of lifestyle and experience of person's living with Orthorexia Nervosa.* APA Minneapolis
- Steinman, L., Schaller, S.,** Frey, K., & Dunn, T. (2022, August). A phenomenological approach to understanding orthorexia nervosa [Poster presentation]. APA 2022 Convention, Minneapolis, MN, United States.
- Sullivan, J., Johnson, J., & **Munoz, S.K.** (2023, May). *Relationship between self-care practices and imposter syndrome among psychology graduate students.* [Poster presentation]. UNC Graduate Research Symposium, Greeley, CO, United States
- van Gorkom, E.,** (2023, April). *Sexual assault disclosure motives* [Poster presentation]. 2023 UNC Research Day, Greeley, Co, United States.
- Vaughan, A., & **Martell, J. L.** (2023). Research-based academic FYS: First-year college achievement Educational Research Association Annual Meeting, Chicago, IL.
- Vaughan, A., **Martell, J. L.,** & Sands, H. (2023). Research-based academic FYS: Short- and long-term Hispanic student academic success. Oral presentation given at the annual meeting on the First Year Experience, Los Angeles, CA.
- West, K. & Dent, K.** (2023, May 3). Before I could "see" it: Understanding the early experiences of abusive relationships [Oral presentation]. UNC Graduate Research Evening, Greeley, CO.

**Wright, S. L., Bach, E., Bryson, S., Schaller, S.** (2023). *Using the Apple Watch as a Brief Mindfulness Intervention: A Mixed Methods Approach*. American Psychological Association Annual Conference 2023, Washington DC.

**Wright, S.L., Bach, E., Bryson, S., Schaller, S., Leight, C,** & Wright, D.A. (2022, August). The Effectiveness of Brief App Based Mindfulness Interventions. Poster session presented at the 130th Annual Convention of the American Psychological Association, Minneapolis, Minnesota.



Privilege is like oxygen. You don't notice it until it is gone.



# Psychological Services Clinic (PSC) at UNC:

Thanks to the leadership and hard work of Student Director Kaitlin Dent, Student Assistant Director Hannah Brass, and the many faculty supervisors, students in our program were able to provide a wide variety of services to our community members. For a sample of the impact our students made this year, check out these statistics from Fall 2022! Special thanks to Dr. Jeffrey Rings for compiling all this information.

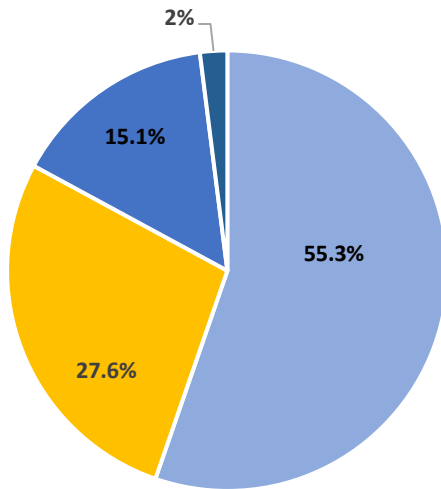
During this semester, the PSC at UNC saw a total of approximately 199 clients. For those clients who were individual adults attending more than a single session and given the OQ.45, the mean reported OQ score at the first session was 67.47 and the mean reported score at end of treatment was 62.64 (with 63 being the cut off for clinical distress). This is an average difference of 4.83 points (with 10 being clinically meaningful).

A total of approximately 1,205 sessions were attended. The PSC had an overall attendance rate of approximately 78.9% and a no-show rate of approximately 5.9%. The average number of counseling sessions per client was approximately 6.06 sessions.

*At times, the data reported was not complete either from clients (e.g., demographics) or from practica (e.g., estimates for numbers of sessions), so percentages may not always equal 100.*

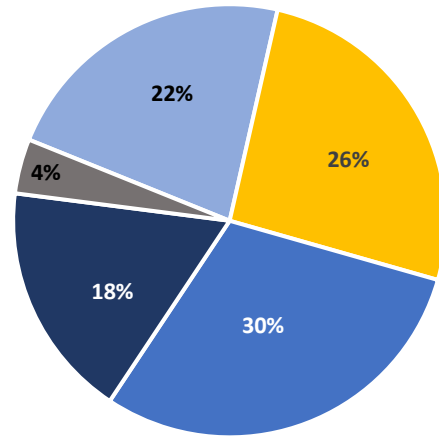


**No. of Sessions per Client**



- 1 to 5 appointments
- 6 to 10 appointments
- 11 to 15 appointments
- 16 to 20 appointments

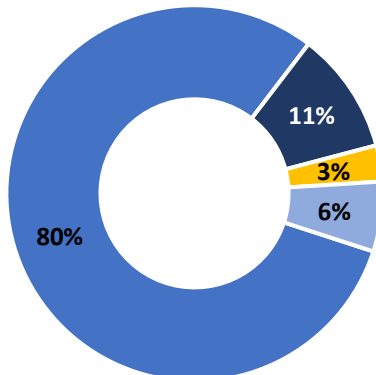
**Termination Follow Up**



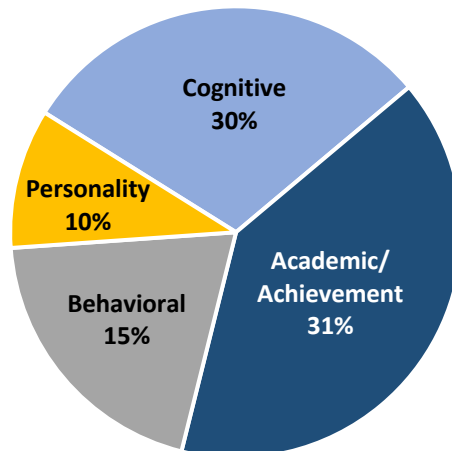
- On Waitlist for New Counselor
- On Waitlist to Continue with Counselor
- Ending services at this time
- Referred out
- No longer responding to outreach

**Approx. No. of Sessions by Type**

- Individual = 969
- Couples and Family = 127
- Assessment = 37
- Group = 72

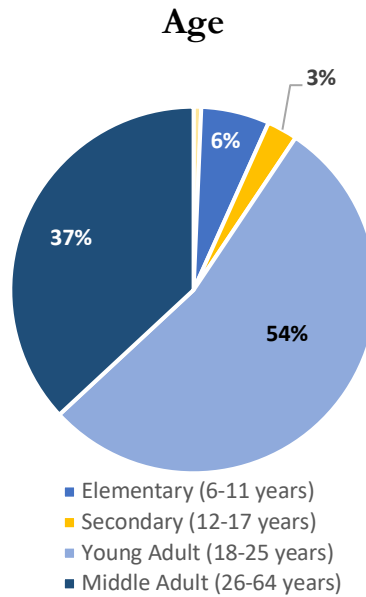


**Assessment Type**

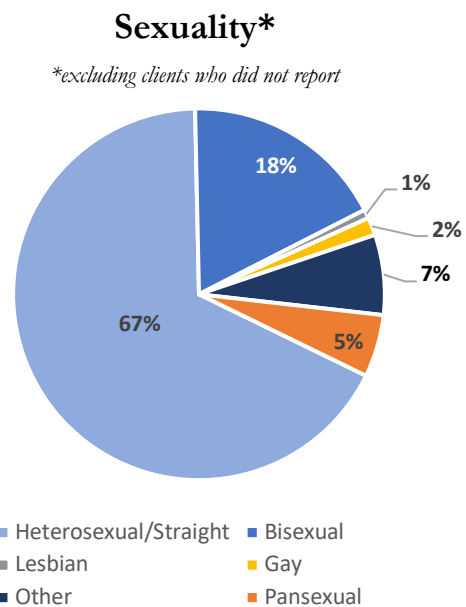
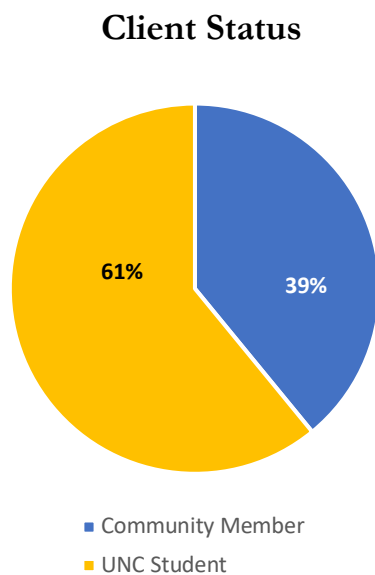


## Approximate Demographics

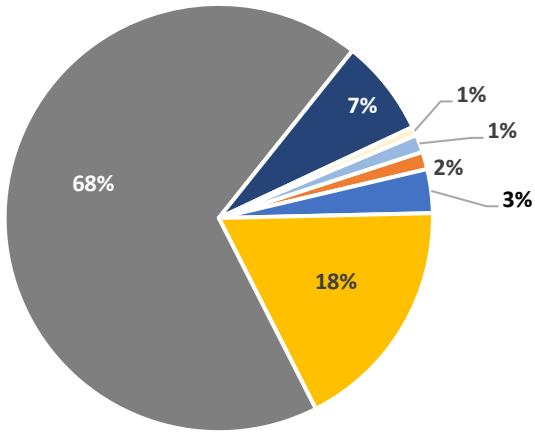
Below is a breakdown of demographic information for the clients\* who were seen for therapy services. Information is based on client or parent report.



*\*151 clients provided consent to use their demographic information.  
The average age of clients at appointment for the semester was 24.50 years.*

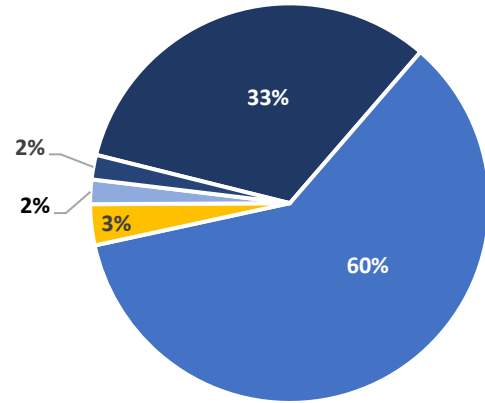


### Race/Ethnicity



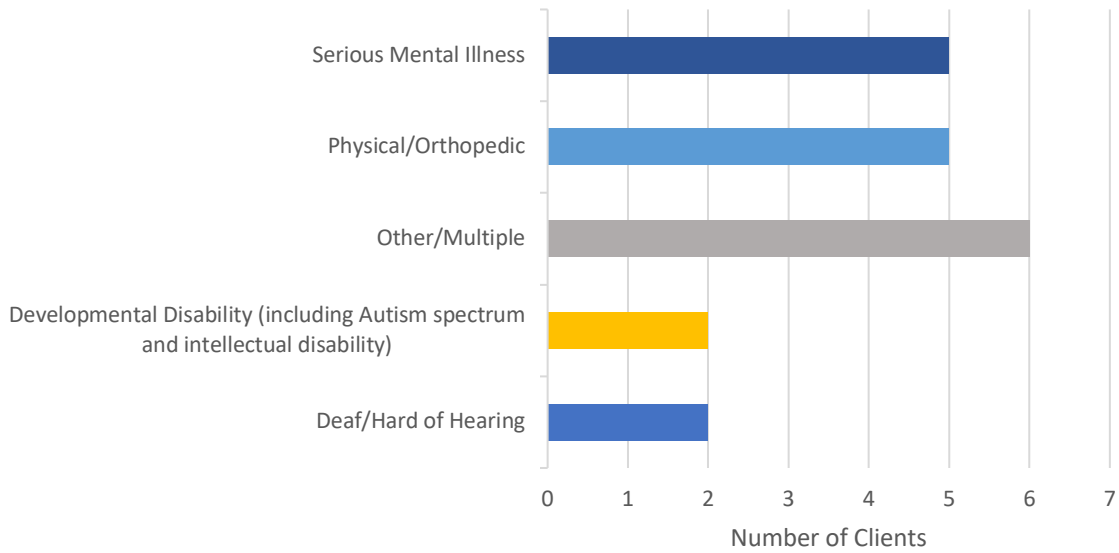
- Asian American/Asian Origin/Pacific Islander
- Black/African American/African Origin
- Hispanic/Latinx/Chicanx
- White/Caucasian/European Origin
- Bi-racial/Multi-racial
- American Indian/Alaska Native/Canadian First Nations
- Other

### Gender Identity



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

### Ability Status



# CPSO '22-'23

The Counseling Psychology Student Organization is a student leadership board created to support the academic success and personal development of students to the CP program. This year's officers worked hard to encourage a sense of community and belonging for all students. Thank you CPSO officers!



## THIS YEAR'S EVENTS

- ANNUAL CP POTLUCK AT BITTERSWEET PARK
- "SELECTING YOUR COMMITTEE" MEETING ON ZOOM
- COMPS INFORMATION SESSION
- FALL SOCIAL AT ODELL BREWERY
- EXTERNAL PRACTICUM INFORMATION SESSION
- SWEATSHIRT FUNDRAISER
- END OF YEAR CAFÉ MEXICA SOCIAL
- COMPS SUPPORT LETTERS EVENT
- SOCIAL AT WIBBY BREWING
- SPRING BOWLING SOCIAL
- ORAL COMPREHENSIVE EXAMS INFO SESSION

## This Year's Board:

President:  
**Jasmine Razo**



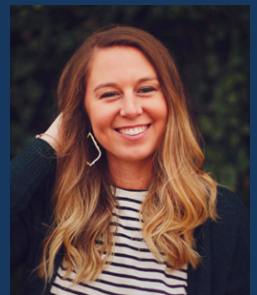
Vice President:  
**Pranali Harbhakti**



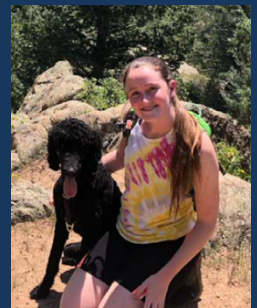
Treasurer:  
**Sarah Schaller**



Secretary:  
**Courtney Shields**



Social Chair:  
**Erin Van Gorkom**



# Campus Connections

Campus Connections (CC) is a therapeutic mentorship program developed in 2015 from assistance through the Colorado State University's Campus Connections team. Campus Connections has since then served youth in the Greeley community and surrounding areas. It is a for-credit, community engagement course which pairs UNC students (undergraduates and graduates) as mentors with local community youth (ages 11-18). Youth are referred through Weld County community partners and are provided one-on-one therapeutic mentoring throughout the entirety of the semester. Campus Connections has continued to grow and evolve in the most successful manner to accommodate the needs for youth and their families along with our student mentors. Youth and their family receive support academically, occupationally, socially, behaviorally, mentally, and emotionally through the dedication and hard work of the mentors and the leadership team. CC also ensures that safety is promoted for the well-being of our youth while they are enrolled in the program. Every semester we have a waitlist of youth who are eager and excited to start the program as either first timers or returners. Each semester also brings numerous invaluable experiences and myriad of memories with the youth who capture our heart.

In a collaborative manner between the Counseling Psychology and Counselor Education and Supervision doctoral programs, CC has been fortunate enough to mentor students through their professional and personal journeys in their respective programs/fields. We are able to provide mentors with early foundational level therapeutic training, especially with adolescents in an experiential way. This looks like supporting the mentor in a way that fits their needs, whether that be helping them through their first mentor experience as a sophomore or their years of counseling work with children. We also strive to create a comfortable and caring environment for everyone while fostering connections and opportunities to network for our mentors.

Recently, CC has been conducting research to understand perspectives and experiences of our mentors, youth, and the youth families. We are excited to use this research to make the program a more effective place for everyone involved so we can continuously provide to the best of our abilities. We hope to generate new research to present and publish to further the value of mentorship programs in the psychology field and the impact they have on adolescents.

We are excited for future semesters of Campus Connections where we can help our UNC students grow, support youth and their families, and provide ongoing care and advocacy for the greater community!

Go to <https://www.unco.edu/campus-connections/> to learn more about Campus Connections

- By Arishna Agarwal, Campus Connections Instructor



# DIVERSIWE

## '22-'23

### This Year's Feedback:

Scale: 1 (Not Well) - 5 (Very Well)

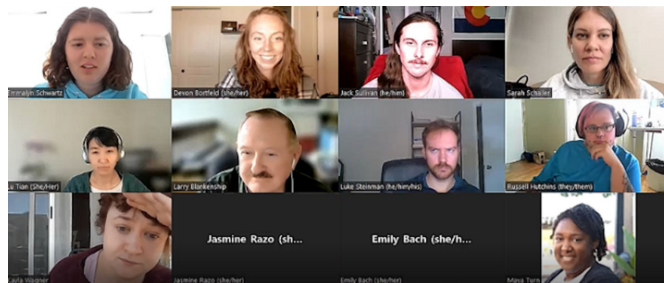
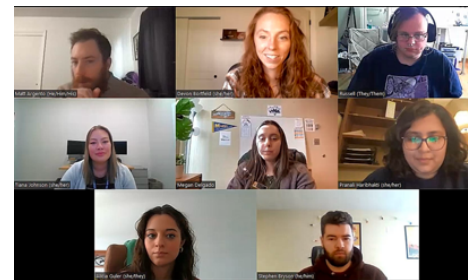
“DiversiWe accomplished its mission of facilitating diversity”  
**4.79**

“I feel more equipped to evaluate this system of oppression in my own work”  
**4.51**

“I have gained more knowledge in working with the content of interest”  
**4.57**

“Will you return to future events?”  
**4.94**

DiversiWe is an optional seminar for graduate APCE students to foster culturally humble and decolonized counseling practices. Seminars often include activities such as panel discussions, demonstrations, and roleplays. This year there were 18 sessions that included a total of 95 participants.



### FALL TOPICS:

- COMBATTING ABLEISM
- DISABILITY STATUS
- NEURODIVERSITY
- INTERSECTIONAL CONCERNS IN THE DISABILITY COMMUNITY

### SPRING TOPICS:

- COMBATTING PATRIARCHY
- COMBATTING TRANSPHOBIA
- TRANS-AFFIRMING CARE
- GENDER DIVERSITY

\*\* Special thanks to Devon Bortfeld, DiversiWe Program Coordinator, for sharing this information to the newsletter \*\*

# CONGRATULATIONS ON ANOTHER GREAT YEAR CP STUDENTS AND FACULTY!



For questions or more information on our newsletter, please contact Dr. Brian Johnson ([Brian.Johnson@unco.edu](mailto:Brian.Johnson@unco.edu)) or Sadonia Garner at [garn4429@bears.unco.edu](mailto:garn4429@bears.unco.edu)

For more information on the Counseling Psychology Doctoral Program, find us on our website at [www.unco.edu/cebs/applied-psychology-counselor-education/counseling-psychology/](http://www.unco.edu/cebs/applied-psychology-counselor-education/counseling-psychology/)

For more information on our accreditation status, visit <https://accreditation.apa.org/>