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.”
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

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)**

At APA this August, Dr. Wright will assume position as president of the [Council of Counseling Psychology Training Programs](https://www.apa.org/boards/education/programs.counseling) 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.

The Center of Applied Contemplative Studies
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

Faculty Highlight: Dr. Stephen Wright Becomes President-Elect for the Council of Counseling Psychology Training Programs (CCPTP)

In 2024, Dr. Stephen Wright will assume position as president of the Council of Counseling Psychology Training Program. This is an organization whose mission is to be a representative for counseling psychology programs to organizations such as APPIC, ACTA, APA, the Board of Education Affairs and make training-relevant information accessible for counseling psychology programs.

Already being a part of CCPTP, Dr. Wright has been a part of setting up a partnership with the National Multicultural Conference and he has helped...

**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.
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 1st 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
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
“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: 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

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
CONGRATULATIONS TO THE INCOMING 2023 COHORT!
WE ARE SO EXCITED TO MEET YOU!!

Anjulena Bagga, BA
Bradey Disbrow, MA
Jimmy Hendrix, BA
Melina Kehtar-Navaz, BA
Alekx Schneebeck, MA
Leah Skelton, BA
Anda Zhao, MA
PUBLICATIONS (N=7):


PRESENTATIONS: (N=29)


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.


Bowling, J. (April 2023). Online sports betting and gambling-related harm. Oral presentation at the Rocky Mountain Psychological Association 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 130th Annual Convention of the American Psychological Association, Minneapolis, MN.


Sullican, 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


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.
Privilege is like oxygen. You don’t notice it until it is gone.
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: 55.3%
- 6 to 10 appointments: 27.6%
- 11 to 15 appointments: 15.1%
- 16 to 20 appointments: 2%
- 21+ appointments: 4%

### Termination Follow Up
- On Waitlist for New Counselor: 30%
- On Waitlist to Continue with Counselor: 26%
- Ending services at this time: 18%
- Referred out: 4%
- No longer responding to outreach: 22%

### Approx. No. of Sessions by Type
- Individual: 969
- Couples and Family: 127
- Assessment: 37
- Group: 72

### Assessment Type
- Cognitive: 30%
- Academic/Achievement: 31%
- Personality: 10%
- Behavioral: 15%
- Academic/Achievement: 31%
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: 18%
- Black/African American/African Origin: 7%
- Hispanic/Latinx/Chicanx: 3%
- White/Caucasian/European Origin: 2%
- Bi-racial/Multi-racial: 1%
- American Indian/Alaska Native/Canadian First Nations: 3%
- Other: 2%

Gender Identity

- Man/Boy: 60%
- Woman/Girl: 33%
- Non-Binary/Gender Fluid: 2%
- Transgender: 3%
- Other: 1%

Ability Status

- Serious Mental Illness
- Physical/Orthopedic
- Other/Multiple
- Developmental Disability (including Autism spectrum and intellectual disability)
- Deaf/Hard of Hearing
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 (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 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

**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**

**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) or Sadonia Garner at 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/

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