This introduction to the newsletter is being written after Thanksgiving week and a week before finals. We have a lot to be grateful for, and it is also time to be thinking of others. Our thoughts and best wishes to those impacted by the fires in Southern California. Also, to those impacted by the mass shootings which have now become an almost every day occurrence.

This newsletter is full of events from the doctoral life cycle: Welcoming the new cohort, best wishes for those on internship and external practicum, congratulations and best wishes for recent graduates, and lots of pride for those who presented at the APA national convention and other international conferences. The productivity of research-based projects presented and published since last May is impressive.

Dr. Lu Tian developed the DiversiWe series which focuses on multicultural counseling skills training through panel discussion, video demonstration, and role plays. The series has been delivered for three semesters and has served 252 attendees (across all APCE programs). Topics related to counseling diverse populations included African Americans, Asian Americans, Latina/o clients, LGB and other sexual minority clients, low-SES clients, clients involved in the justice system, and first-generation college students. We are very thankful to Dr. Lu Tian for having brought such positive energy on multicultural training to our department.

Welcome to Dr. Rings as the new Clinic Director for the Psychological Services Clinic, our onsite training clinic. Dr. Jeff Rings follows Dr. Brian Johnson as the Clinic Director for three years who is currently on a sabbatical leave, and Dr. Sean O’Halloran for twenty years.

The Counseling Psychology Student Organization continues providing opportunities for our students to have speakers, informal meetings about comps and external practicum, and social events. To the CP students and SAS applicants, we want to acknowledge what an amazing job it was to put together an excellent proposal for the student affiliates of Division 17. Best wishes that you are selected!

We are always happy to receive your news in whatever stage of the doctoral life cycle you are, whether you are just starting or you are an alumni, please let us know of your personal and professional accomplishments and events. We definitely like to hear from you!

Good luck with finals and happy holidays!

Lia Softas-Nall, PhD
Professor of Counseling Psychology
Congratulations Fall 2018 Graduate!

Nicole Justice (Fall Graduate) ➔
Dissertation: Development and Validation of a Measure of Social Alienation for Student Military Veterans
Committee: Dr. Jay Schaffer, Dr. Angela Vaughan, Dr. Brian Johnson and Dr. Jeff Rings
Current position: Nicole was offered a full time position at the end of her internship at the Fargo VA as a resident psychologist.

Summer and Fall 2018 Defenses!

Tricia Steeves (Defended before internship)
Committee: Dr. Clukey, Dr. Rings, Dr. Johnson, and Dr. Murdock
Current position: On internship at the Salt Lake City Health Care System VA in Salt Lake City, UT (APA Accredited)

Jeff Paul (Defended early on in internship) ➔
Dissertation: Sexual minority identity and religious styles: How sexual identity development and religious schemata explain experiences of religious and spiritual struggles and life satisfaction
Committee: Dr. Schaffer, Dr. Johnson, Dr. Woody, and Dr. Tian
Current position: On internship at Colorado State University in Fort Collins, CO (APA Accredited)
Summer and Fall 2018 Graduates

Laura Chang  
Dissertation: Adult attachment in Close Relationships and Trait Emotional Intelligence: The Moderating Role of Mindfulness  
Current Position: Post-doctoral residency in private practice in Austin, TX.

Nicole Justice  
Dissertation: Development and Validation of a Measure of Social Alienation for Student Military Veterans  
Current Position: Resident Psychologist at Fargo VA.

Rachel Haug  
Dissertation: Perceived Belongingness, Self-Esteem, and Outness Level on Psychological Distress Among Lesbian, Gay, and Bisexual Individuals  
Current Position: Post-Doctoral Fellow at Reed Psychological Services in Minneapolis, MN.

Sara Hoffman  
Dissertation: Shame, Aggression, and Self-Compassion in At-Risk Adolescents  
Current Position: Assistant Professor of Psychology at Eckerd College in St. Petersburg, FL.

Congratulations to you all!

From left to right: Rachel Haug (Summer, 2018 Grad), Sara Hoffman (Summer, 2018 Grad), Nicole Justice (Fall, 2018 Grad), Laura Chang (Summer, 2018 Grad)
Congratulations to our students out on internship!

It was a 100% match rate. Students matched with sites that are all APA Accredited!

Jeffrey Paul
Colorado State University
Fort Collins, CO
(APA Accredited)

Kiersten Eberle Medina
University of Notre Dame
Notre Dame, IN
(APA Accredited)

Tricia Steeves
VA Salt Lake City Health Care System
Salt Lake City, UT
(APA Accredited)
External Practicum Placements
Below is a list of students enrolled in external practicum (Spring 2018- Fall 2018) and the sites at which they are placed.

Abi Kimm
University of Northern Colorado, Greeley CO

Callie King
Emerge Professionals, Denver CO

Gurusewak Khalsa
Asian Pacific Development Center, Aurora CO

Jenn Geiman
Colorado State University Counseling Center, Fort Collins CO

Natalie Sachs
Colorado State University Counseling Center, Fort Collins CO

Susannah Turner
Platte Valley Youth Services Center, Greeley CO
Welcome to the new 2018 Fall cohort!

Elizabeth (Liz) Garcia
Degree: BS in Psychology with a minor in Gender Studies
Where: Westminster College, SLC, UT
Fun Fact: I love dark room photography and my dream is to have my own studio in my house one day!
Research interests:
- Sexual Trauma and Aggression
- Suicidality
- Personality and Mood Disorders
- Feminist Therapy

Sean Kershaw
Degree: MA in Clinical Mental Health Counseling
Where: University of Northern Colorado
Fun Fact: I’ve summited 20 of the Colorado 14ers. Also, I have an assortment of animal-themed celebratory dances.
Research Interests:
- Complicated Grief
- Loneliness, Shame, & Guilt
- Post-traumatic Growth
- Psychological Assessment
- Suicidality

Christen (Chris) Misra
Degree: B.A.
Where: Ohio University in Athens, OH.
Fun Fact: I love to go to music festivals.
Research Interests:
- Eating Disorders + Treatment
- Mindfulness

Patty Sparks
Degree: M.S.Ed in Counseling
Where: Indiana University, Bloomington, IN
Fun Fact: I love Star Wars and welcome conversations discussing Star Wars
Research Interests:
- Career development for young adults, women, and underrepresented minorities

Sarah Munoz:
Degree: B.A. in Psychology and Sociology
Where: University of Colorado, Boulder in Boulder, Colorado
Fun Fact: I love making baked good.
Research Interests:
- Co-occurrence of disorders
- Co-occurrence of anxiety, substance abuse, and suicidal ideation
Kristen Stoddard  
**Degree:** Master's in Foundations of Psychology  
**Where:** UNC, as part of the School Psychology Ph.D. program  
**Fun Fact:** I enjoy the arts (playing the piano, singing, drawing, etc. and recently discovered adult coloring books. Simply amazing.)  
**Research Interests:**  
- Transition from high school to vocation or higher education  
- Cognitive dissonance  
- Complex trauma  
- The role of families in developing self-esteem/self-advocacy.

Jackson Roberts  
**Degree:** I am entering with my BA in Psychology.  
**Where:** I went to Fort Lewis College in Durango, Colorado.  
**Fun Fact:** I got a fortune cookie on interview day that said "your hard work in an important area will soon pay off," and I was accepted to the program two days later.  
**Research Interests:**  
- Mindfulness  
- Brief interventions to enhance mental and physical health  
- Positive psychology

McKayla Gorman  
**Degree:** MS clinical psychology  
**Where:** Francis Marion University Florence, SC  
**Fun Fact:** I LOVE zombies  
**Research Interests:**  
- Children  
- Trauma

Adam Simonson  
**Degree:** MA in Counseling Psychology  
**Where:** University of St. Thomas in Minneapolis, MN  
**Fun Fact:** I was named after the cartoon character, He-Man  
**Research Interests:**  
- Social-support as a resilience factor in the wake of trauma

Front row left to right: Jackson, Adam, Sean, Patty, Liz

Back row: Chris, Sarah, Kristen, McKayla
Juried Publications & Presentations (since April 2018)


Paul, J.A. (2018). “It doesn’t have to look a certain way...He is okay with the journey”: Tension and growth among LGBQ Christians. In A. R. Cerbone (Chair), When faith matters more than sexual orientation: Challenges in ethics, training, and psychotherapy. Poster presented at: American Psychological Association Convention, San Francisco, California.


We are always so proud to highlight our students research related accomplishments. Congratulations to you all!
Research Presentations Cont.

Johni Mitchell at APA

Callie King with Dr. Dorothy Espelage. Callie is a student poster award winner for the Prevention Section of Division 17.

Well done to those who went to APA: Johni Mitchell, Seneca Erwin, Callie King, Jenn Geimann, Natalie Sachs, and Jeff Paul.
Research Evening

Several Counseling Psychology students presented at the Research Evening Fall 2018. They worked closely with doctoral students from other programs to present on a variety of topics. Congratulations to all and those who received awards.

**Austin Hamilton** and Christopher Ward
Counseling Psychology and Counselor Education and Supervision  
*Novice Counselors: Lived Experience of Interpersonal Relationship Changes During Professional Transition*

**Jordan Martell**
Counseling Psychology  
*An Exploration of the Perfectionist Experience Through the Lens of Gender Identity*

**Hunter Montoya and Adam Zhao**
Counseling Psychology and Educational Mathematics  
*Discovering Perspectives of Cultural Empathy*

Marissa Moore and **Kady Barthelemy**
Counselor Education and Supervision and Counseling Psychology  
*Adverse Childhood Experiences and Outcomes on Adult Physical Health*

**Tiana Johnson and Nathan Landers**
Counseling Psychology  
*Counseling Faculty Members’ Perceptions of Title IX Reporting Policies and Procedures*

Ciera Street, Jeremy Davis and **Kady Barthelemy**
Educational Mathematics, Higher Education and Student Affairs Leadership and Counseling Psychology  
*First-Generation Graduate Students: Advanced Degrees and Familiar Challenges*

**Kaitlin Ohde**, Lauren Ireland and Christopher Ward
Counseling Psychology and Counselor Education and Supervision  
*Facilitating Undeclared Majors Student Success through First Year Seminars*

Lynda Aouar, Becky De Oliveira, **Christen Misra**, **Sarah Munoz** and Lilly Paradis
Applied Statistics and Research Methods, Counseling Psychology and School Counseling  
*The Relationship Between Social Connectedness and Resilience in High School Students in Colorado*

*Received 1st place for completed Oral Presentation of the Hutchinson-Lahman Research Award*

**Received 2nd place for completed Poster Presentation of the Hutchinson-Lahman Research Award**

***Received 2nd place for Proposed Study of the Hutchinson-Lahman Research Award***
Clinic Data Reports

Many thanks to Dr. Jeff Rings, our new Clinic Director, and Abigail Kimm, the new Assistant Clinic Director, who helped with all the transitions during the summer when the clinic was housed in another building due to construction in McKee. Also, welcome to Allegra Lyon who is the new tech GA for this year.

The following data is based off the 139 individuals seen in the clinic in Spring 2018. A total of 930 sessions were attended. The PSC had an overall attendance rate of 77.1% and a no-show rate of 6.4%. The average number of counseling sessions per client was 7.34.

### Race/Ethnicity

- 12% Asian American/Asian Origin/Pacific Islander
- 79% Black/African American/African Origin
- 1% Hispanic/Latinx/Chicanx
- 4% White/Caucasian/European Origin

### Gender Identity

- 34% Man/Boy
- 63% Woman/Girl
- 2% Transgender
- 1% Non-Binary

### Client Status:

- 49% Community Member
- 51% UNC Student

### Assessment Type:

- 29% Academic/Achievement
- 34% Cognitive
- 4% Autism
- 33% Behavioral

### Ages:

- 2-5yrs old 2%
- 6-11yrs old 7%
- 12-17yrs old 10%
- 18-25yrs old 50%
- 26-64yrs old 30%
- 65+yrs old 1%

### Sexuality*

- 85% Heterosexual/Straight
- 6% Lesbian
- 4% Gay
- 4% Bisexual
- 4% Pansexual

*excluding clients who did not report
Hello students! Congratulations on making it through yet another semester of school. This has been a full semester for everyone, including CPSO. Your CPSO Board has been working hard to get our organization to achieve UNC’s new Recognized Student Organization (RSO) status. By becoming an RSO, we now have many new opportunities, including requesting financial assistance to host events open to all students, use of University facilities and services at a discounted rate, free graphic design services, and free access to technological and other fun equipment for events.

This semester the CPSO Board has hosted several traditional events and tried out some new ones. In September, we held the Annual CP Potluck where CP students in all cohorts had the opportunity to mix and mingle with each other, as well as our wonderful professors. We also had a New Student Information event in which students new to the CP program could get all of their questions asked and answered by other students who have walked in their shoes. Our most recent event was the informal Written Comps meeting. CP students who are recent veterans of written comps and those who are prepping to take them gathered together to discuss and process the experience. Through these CPSO events, we are working to foster a stronger sense of community and support among CP students.

In prepping for the Spring 2019 semester, the CPSO Board is working on several opportunities to continue building up our students, both personally and professionally. We plan to have speakers, informal meetings about oral comps and external practicum, fundraisers, and social events. Your CPSO Board is always open for input and ideas for future events, and we invite you all to reach out personally to your board members or attend the board meetings! Your CPSO Board is always here to support you however we can!

Best of luck to those prepping for their comprehensive exams and dissertation proposals, and working hard on dissertation projects/defenses, internship applications, and everything else that comes with being a CP student. YOU CAN DO THIS!

Your CPSO Board,

Callie King, President
Erin McEvoy, Vice President
Emili Pickenpaugh, Secretary
Tiana Johnson, Social Chair
Hunter Edwards, Treasurer
DiversiWe was created to provide multicultural counseling skill development for counseling students at UNC. Over the last two semesters the DiversiWe team, headed by Dr. Lu Tian, has designed and implemented bimonthly training workshops held on campus at McKee Hall.

Workshops have focused on counseling clients with diverse identities, including sexual minority, African American, Asian American, and Latina/o clients. Training activities have consisted of panel discussions with members of the client population, professional videos of counseling sessions with clients from diverse backgrounds, and role-plays amongst training attendees.

Fall semester focused on issues related to counseling clients with low socio-economic status, including clients involved in the justice system and clients who are first-generation college students. Spring semester 2019 will focus on counseling immigrant, refugee, and international students clients.

Throughout both semesters, assessments will be used to collect data on the efficacy of the program and the results will be presented to the University at the Annual Assessment Fair.

Thank you to the DiversiWe team for providing resources that allow our students to expand their cultural competency!

The team:
Dr. Lu Tian
Natalie Sachs
Adam Chao
McKayla Gorman
Gurusewak Khalsa
Faculty Congratulations!

Dr. Lu Tian and Vinay Sandeep Kumar Guntu got married at Zhengzhou, China on June 3rd, 2018
Best wishes!

UNC’s Dr. Brian Johnson recently brought his insight to the Kavanaugh debate. Dr. Brian Johnson was quoted in USA Today and Denver 7News, explaining that predatory behaviors are not normal behaviors, regardless of age, and to normalize sexual aggression is dangerous. Additionally, 9News recently discussed Dr. Johnson’s tips to identifying warning signs of abuse or potential violence in those around you.

Dr. Johnson on Denver 7News
September 26, 2018
Alumni Congratulations!

- Dr. Julie Barritt (2017) became a LP in FL
- Dr. Marsha Cohen (2016) also became an LP. Marsha Cohen is currently at Florida State Counseling Center
- Dr. Rachel Gall (2015) became a LP in CO

Congratulations to all for becoming licensed psychologists! Keep in touch

Dr. Liesel Christoe-Frazier’s precious newborn! Additionally, Liesel is officially licensed in Oregon and was hired by her post-doc site. She is now a staff psychologist at MindSights Psychological Assessment Services in Portland, OR.
External Practicum Sites approved by the program
Counseling Centers:
☐ Colorado State University Health Network (CSU)
☐ University of Colorado Counseling and Psychiatric Services, Boulder
☐ CAPS (CU Boulder)
☐ University of Northern Colorado Counseling Center, Greeley (UNC)
☐ Regis Counseling Center, Denver
☐ Metropolitan State University Counseling Center, Denver

Integrated Care:
☐ Kaiser-Permanente, Greeley and Loveland
☐ Denver Health Medical Center
☐ Salud Clinic, Brighton and Longmont

Community Mental Health:
☐ Asian Pacific Development Center, Denver
☐ Aurora Mental Health
☐ Aurora Mental Health Child and Family Team, Aurora
☐ Community Reach Center, Denver and Brighton
☐ Mental Health Partners at Longmont Adult Outpatient Services, Longmont
☐ North Range Behavioral Health, Greeley
☐ Reaching HOPE, Commerce City
SummitStone Health Partners, Fort Collins and Loveland

Domestic Violence & Sex Offenders:
- Perklen Center, Greeley

Forensic:
- Platte Valley Youth Services Center, Greeley
- Colorado Department of Corrections, Denver Reception and Diagnostic Center
- Department of Corrections, Sterling Prison, Sterling

Hospital:
- Children’s Hospital Colorado Department of Psychiatry and Behavioral Sciences

VA:
- Veteran Affairs Medical Center, Cheyenne, WY Vital Program, Cheyenne VAMC
- Veteran Affairs Health Care System, Denver TBI/Neuropsych Clinic, Denver VAMC
- Pain Team, Denver VAMC
- Inpatient Mental Health, Denver VAMC

Other:
- Emerge Professionals in Autism, Behavior, and Personal Growth, Denver
If you have any information from now to early April that you would like to include in the next newsletter please contact:

Dr. Lia Softas (basilia.softas-nall@unco.edu) and/or
Liz R. Garcia (garc6472@bears.unco.edu)

Many thanks to Liz and Dr. Softas for putting the newsletter together!

Counseling Psychology Doctoral Program
For more information visit: http://www.unco.edu/cebs/counspsych/index.html.

For more information regarding program accreditation, contact the APA’s Office of Program Consultation and Accreditation, 750 1st Street NE, Washington, DC 20002-4242 or at (202) 336-5979 or at www.apa.org/ed/accreditation/.