



COUNSELING PSYCHOLOGY DOCTORAL PROGRAM FALL 2019 NEWSLETTER

Here we are. Time for another issue of the CP Newsletter! As I looked over previous issues, I was reminded just how much the CP program has changed. When I started here over 20 years ago, we had a faculty of four, today we are six. We were an APA accredited PsyD program, today we are an accredited PhD program. We had ONE fulltime GA, which went to the assistant clinic director. Today, every student who wants a GA usually gets one. Back then, we only admitted students with master's degrees; today we have equal numbers of BA and MA students. We also have a larger pool of applicants to choose from. Back then, we typically received 30-50 applications, today we routinely receive 100-130. In addition to changes in the composition of our faculty and students, there have been significant changes in program training opportunities too. When I started, all practica were completed in the Psychological Services Clinic (PSC). We recorded sessions by

moving carts with mounted VHS cameras to windows. Simultaneous sessions were limited to four, the number of carts we had in the cave. Session sound quality was rather poor, and students would bring in their own tape recorders for session feedback. Much has changed! We now have digital recording, real time feedback dubbing, and electronic medical records. No more clunky carts! CP practicum is now completed both in the PSC and at numerous sites along the Front Range. This issue highlights the various sites and types of activities our 13 external practicum students are currently engaged in. They received a special prize if they could describe their sites with a haiku. You will see how some of their creative juices flowed. When I came here, there were no Assessment Clinic, Campus Connections, DiversiWe, University 101, or funded grants. All of these give students opportunities to gain clinical/teaching experience, and

hone their research/leadership skills. More information about Campus Connections, DiversiWe and Dr. Wright's grant are in this newsletter. We will update you on the Assessment Clinic and University 101 in future newsletters. This Fall we learned that our program's reaccreditation site-visit will be Fall 2020. This Newsletter provides several tables of information about our program compiled by Dr. Wright and his team of students. Thank you for your hard work! As you will see, our students consistently perform above expectations for each of the profession wide competencies (PWC) and they are quite productive in terms of professional presentations, publications, and leadership roles. We are very proud to highlight the accomplishments of our students, graduates, faculty and staff. We are in a very good place heading into the 2020s and excited to see what is to come.

Brian Johnson, Professor CP

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Congratulations 2019 Spring and Summer Graduates!

Chloe Hinton

Dissertation: Non-suicidal self-injury among adolescents and young adults of color: How racial identity impacts self-harm use

Current Position: Psychologist at the Colorado State University counseling center



Right to left: Dr. Cardona, Dr. Softas, Chloe Hinton, Dr. Rings, Dr. Middleton

Kiersten Eberle-Medina

Dissertation: Afterlife beliefs, attachment and continuing bonds in predicting complicated grief

Current Position: Post-doctoral fellow at the Counseling Center at Washington State



From left to right: Dr. Moore, Dr. Helm, Kiersten Eberle-Medina, Dr. Rings, and Dr. Tian.

Tricia Steeves

Dissertation: A phenomenological exploration of moral injury among female operation enduring freedom/operation Iraqi freedom veterans.

Current Position: Bower Psychological Police and Public Safety Services in Aurora, CO.



Dr. Clukey, Dr. Rings, Tricia Steeves, Dr. Johnson, Dr. Murdock

Jesse Valdez

Dissertation: Latinos' intention to seek mental health services: A cultural adaptation of the Theory of Reasoned Action



Left to right Dr. Romero, Dr. Rings, Jesse Valdez, Dr. Johnson, Dr. Hutchinson

Jeffery Paulez

Dissertation: Sexual minority identity and religious styles: How sexual identity development and religious schemata explain experiences of religious and spiritual struggles and life satisfaction

Current Position: Post-doctoral fellow at Colorado State University



Left to right: Dr. Schaffer, Dr. Johnson, Jeff Paulez, Dr. Woody, and Dr. Tian

Ring of the Bell!



Dr. Chloe Hinton



Dr. Jeff Paulez



Tricia Steeves, Jeff Paulez, Kiersten Eberle- Medina

Dr. Kiersten Eberle-Medina



From left to right: Dr. Johnson, Tricia Steeves, Jeff Paul, Jesse Valdez, Dr. Rings, and Kiersten Eberle-Medina



External Practicum Placements

Morgan Condie and Nate Burrow, University of Northern Colorado Counseling Center:

Haiku

Counseling Center is fun
Client problems quite varied
Learning new things too!

Johni Mitchel, Ft. Logan: Haiku

Patience and persist
Manage your expectations
Small change is still change

Emili Pickenpauh, Colorado State University Counseling Center: Haiku

Assessments? No, no
Weekly meetings on Thursdays
All staff are lovely

Tyler Anderson, Children's Hospital, Pediatric Mental Health Institute

Outpatient individual therapy with a case load of 6 patients. CBT anxiety group therapy ages 8-12. Psychodiagnostic intake assessments. Multidisciplinary consultation as part of the IBD team.

Sydney Cople, Community Reach Center- Jail Services Behavioral Health Unit

For Jail Services, performing intake assessments, crisis interventions, and brief individual therapy with adult clients with a wide range of presenting concerns. The BHU houses up to 63 clients who qualify due to severe and persistent mental health concerns, developmental concerns, and severe suicidal or homicidal ideation. Clients on the BHU require daily clinical contact to assess their needs regarding safety and functioning. Other clients from various cellblocks and booking are seen in the BHU as needed to assess risk and work on coping skills and connection to resources. For JAR, assisting with a DBT group and seeing a caseload of 2-4 adults and adolescents who are court-mandated for individual therapy.

David Gretz, Colorado Mental Health Institute at Fort Logan

Individual and group therapy, as well as likely milieu therapy and potentially a little bit of assessment



External Practicum Placements Cont.

Nathan Landers, Colorado State University Counseling Center

I will be seeing mandated and voluntary individuals with a focus on alcohol and other substance use. Mandated clients will have received some form of AOD sanction through the university. I will also run 4-6 psychoeducation groups (values clarification and LiveSafe 101).

Allegra Lyon, Colorado State University Center Health Network Counseling Services
OCC (On Call Clinician): Triage and service matching for walk-in clients + crisis intervention

- Brief Therapy + Individual Counseling
- Weekly Professional Development + Diversity Seminar + Group Sup
- Receiving 1.5 hours of weekly individual supervision

Mackenzie May, Community Reach Center/Intensive Residential Treatment

Individual therapy, Co-facilitating groups, and helping with intakes as needed

Erin McEvoy, Colorado Center for Assessment and Counseling (CCAC)

I am administering and scoring a wide range of assessments for children and some adults. I then write the results and appendices in evaluation reports and turn them in to Dr. Sharp. I have done some of the writing for some reports, but hope to do more as my externship continues.

Natalie Sachs, CSU Health Network in Counseling Services, DAY Programs

I am working with the Open to Change (OTC) program, which is a 12-week, abstinence-based, substance abuse counseling program for CSU students. CSU students are referred to us through Student conduct and other avenues to address substance use following an alcohol or drug related incident. I will be seeing mandated and voluntary clients for therapy, working as a clinician and case manager with OTC students. I will also be running psychoeducation groups on drugs and alcohol.

Susannah Turner, Community Reach Center- Brighton Outpatient

Individual therapy, family and couples therapy, group therapy.



WELCOME NEW CP 2019 DOC STUDENTS

Tabitha Alverio

Degree: Masters in Cognitive Psychology
Where: University of North Carolina in Charlotte, NC
Fun fact: I've kissed the Blarney Stone!!
Research interests: PTSD, TBI in active duty service members and veterans
Favorite thing about Colorado: The views of the Rockies

Matt Argento

Degree: Master's in Counseling Psychology
Where: Chatham University in Pittsburg, PA
Fun fact: I have a dog and two cats
Research interests: Re-integration techniques for soldiers returning from combat deployments; CPT,CBT,EMDR treatments of PTSD
Favorite thing about Colorado: The amount of outdoor activities everywhere

Emily Bach

Degree: Bachelor's in Psychology
Where: Skidmore College in Saratoga Springs, NY
Fun fact: I have been lucky enough to hike the Inca Trail to Machu Picchu!
Research interests: Meditation/mindfulness, positive psychology/gratitude, individual differences in emotional experience/empathy/emotional intensity
Favorite thing about Colorado: The Mountains and the friendliness of Coloradans

Devon Bortfeld

Degree: Bachelor's in Psychology
Where: Washington State University in Pullman, WA (Go Cougs!)
Fun fact: I have a hedgehog named Scooter
Research interests: Gender norm adherence and empathy/violence
Favorite thing about Colorado: Lightning storms and solid running trails

Kaitlin Dent

Degree: M.S. Ed. in Counseling & Mental Health Services; M. Phil. Ed. in Professional Counseling
Where: University of Pennsylvania in Philadelphia, PA
Fun fact: I grew up in the moonshine capitol of the world (Franklin County, VA)!
Research interests: Complicated grief, suicidality, trauma, post-traumatic growth
Favorite thing about Colorado: I love the breathtaking mountain views – reminds me of home!

Luke Steinman

Degree: Master's in Clinical Mental Health counseling
Where: Western Michigan University in Kalamazoo, MI.
Fun fact: I've hiked mountains in Nepal but have yet to hike any in Colorado.
Research interests: Public Perceptions on Social Issues, Climate Change, and College Access for Underrepresented Populations.
Favorite thing about Colorado: The altitude

Jack Sullivan

Degree: Bachelor's in Psychology with a sociology minor
Where: Texas A&M University in College Station, TX
Fun fact: I can make a pretty convincing crow noise.
Research interests: trauma and suicide, maybe some attachment theory
Favorite thing about Colorado: I love that I can be in the mountains within an hour! All of the greenery is really nice too.



Counseling Psychology Student Organization (CPSO)



From left to right: Erin McEvoy, Sean Kershaw, McKayla Gorman, Mack Simonson, & Jordan Martell

CPSO is the professional association for graduate students in the CP program and exists to support the academic success, professional development, and social community of our doctoral students. CPSO also assists with facilitating communication between students within our program and other organizations at UNCO as well as professional organizations.

2019-2020 CPSO Officers

Erin McEvoy, MA (3rd year) — President

Jordan Martell, BA (3rd year) — Vice President

McKayla Gorman, MA (2nd year) — Social Chair

Adam “Mack” Simonson, MA (2nd year) — Secretary

Sean Kershaw, MA (2nd year) — Treasurer

Fall 2019 Events:

- * Our **Annual CP Potluck** was a huge success this year as CP faculty and students came together to welcome the new cohort, eat delicious food, and play yard games at a new location —the Garden Theatre Pavilion on east campus. The Garden Theatre provided a lovely backdrop for the potluck, provided ample space and lighting, and allowed for greater visibility of the CP program to the campus community.
- * CPSO partnered with the Gender & Sexuality Resource Center (GSRC) at UNCO to sponsor an **educational training on working with clients who identify within the LGBT+ community**, led by GSRC director Stephen Loveless. The training was packed with faculty, and students from various programs within the APCE department and marks a budding new relationship between the Psychological Services Clinic (PSC), CPSO, and the GSRC.
- * The CPSO board arranged the **annual student-led Comprehensive Exam (COMPS) informational meeting**. Students who took COMPS the previous year gather with the students who will be sitting for COMPS this coming January to answer questions, provide support, ~~(a)~~^{and} advice on studying and stress management. While the sitting cohort are understandably nervous, they found the meeting to be extremely helpful and were grateful to the older students and CPSO for putting this on.
- * CPSO ^{IS} organized the **2nd annual COMPS support letter writing event** in which students who are not sitting for COMPS this year volunteer to write supportive and encouraging letters for the sitting cohort. This event not only provides much-appreciated support for the sitting cohort but also promotes a sense of community and solidarity throughout the CP program students.



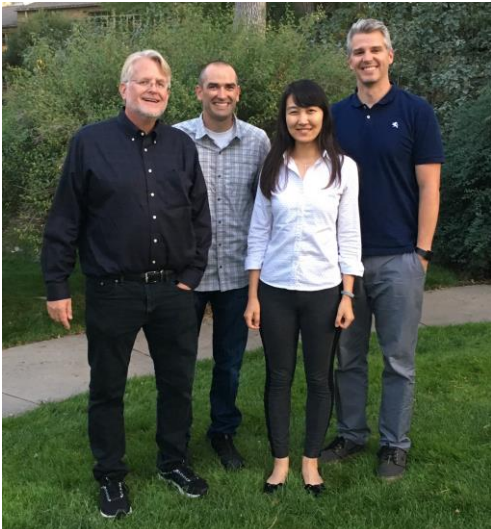
CPSO First of the Year Potluck Photos



Left to right: Morgan, Abi,
Allegra, Tyler
Front: Jen



Left to right
Front):
Mackenzie,
Kady, Tiana,
Johni
Left to right
(Back):
Jordan,
Nathan, Nate,
Erin, Sydney



Dr. Johnson, Dr. Wright, Dr. Tian, Dr. Parnell



McKayla, Chris, Sarah, Patty, Sean, Mack



Left to right (Back): Devon, Jack, Matt, Luke
Front: Kaitlin, Tabitha, Emily



Campus Connections

Campus Connections is a therapeutic mentorship program that pairs UNC students with youth ages 11 through 18 years old from the local community. The program aims at providing social skill development, academic support, and career and academic planning for youth in Weld County. Campus Connections meets once per week as a course for undergraduate and graduate students who receive training in topics related to the issues facing the youth of the local Greeley community. Additionally, students are taught skills for working with youth, families, and utilizing community resources. After a few weeks of training, each mentor in the program is matched with a youth for a semester so that they may work together on developing and working toward goals for the youth.

A typical night of Campus Connections entails continued training for the mentors, followed by greeting the youth and touring different buildings on the UNC campus to provide exposure to university life. Youth and mentor pairs then work on academic and career goals, such as completing homework, exploring career options, or reading books checked out from the Campus Connections library. Next, mentor and youth pairs eat dinner with their Campus Connection “family,” which is composed of a small group of other mentor-youth pairs. Dinner is provided at Holmes Dining Hall, which serves as a major resource providing hot meals to all of the youth in the program. After dinner, the youth choose two activities to engage in for the night. Activities are run by the mentors, with the help of their youth, and can include anything from karaoke to baking, to kickball, to Jeopardy. After engaging in activities, the night ends and mentors regroup to process events of the day and acknowledge the accomplishments that occurred that day.

The mentor experience in Campus Connections is unique, as it involves students connecting with one another as well as with youth and other community members. Mentors have the ability to interact with students from a wide array of academic programs, including undergraduate psychology, criminal justice, graduate psychology and counseling degree programs. Many students utilize Campus Connections as an opportunity to gain experience working with youth, connecting with the local community, and gaining further exposure to social justice issues. Mentors have also used their experiences in the program to help them specify their own career and academic interests.

For those who are interested in more information about Campus Connections or would like to get involved, please refer to the website (<https://www.unco.edu/campus-connections>) or feel free to contact Dr. Brian Johnson via email at Brian.Johnson@unco.edu



Publications & Presentations

Publications

- 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
- Hofmann, S.A.** (PhD 2018). (2019). The student assessment fellows program: Elevating the student role in academic assessment. *Journal of Leadership Education*, 18, 157165. <http://dx.doi.org/10.12806/V18/I4/A2>
- Papadioti-Athanasiou, V. & **Softas-Nall, L.** (2019) Eds. *Scholes Oikogeniakis-Systemikis Therapias. Σχολές οικογενειακής-συστημικής θεραπείας. [Schools of Family-Systemic Therapies]*. Topos: Athens, Greece.
- Wright, S. L.**, **Kacmarski, J. A.** (PhD 2016), **Firsick, D. M.** (PhD 2016), **Jenkins-Guarnieri, M. A.** (PhD 2012), & **Kimm, A. J.** (in press). Family influences on college students' anticipated work-family conflict, social efficacy, and self-esteem. *The Career Development Quarterly*.
- 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

APA, RMPA, and more

- Barritt, J. A.** (PhD, 2017), **Softas-Nall, B. C.**, & **Sparks, P. D.** (2019, August). *Adaptive and maladaptive perfectionism on depression: Implications for counseling psychologists*. Poster presented at the annual American Psychological Association Convention, Chicago, IL.
- Brown, A., Tsai, C., & **Tian, L.** (2019, August). *Pre-college academic motivation and postsecondary enrollment among first-generation college students: Findings from the education longitudinal study of 2002 (ELS 2002)*. Poster presents at the 127th American Psychological Association Annual Convention, Chicago, IL.
- Cople, S.**, **Johnson, B.D.**, & **May, M.** (2019, October). *Campus Connections: A therapeutic mentoring approach to university/community engagement*. Symposium presented at the annual convention of the Engagement Symposium Conference, Denver CO.
- Gorman, M.**, **Kershaw, S.**, **Simonson, A. M.**, & **Schweihs, K.** (2019, December). *Understanding Stigma Among First-Year Students with Trauma Histories: A Phenomenological Exploration*. Oral presentation at the University of Northern Colorado Research Evening, Greeley, CO.
- Gorman, M.**, **Zhao, A.**, **Sachs, N.**, **Khalsa, G.**, & **Tian, L.** (2019, August). *Developing effective assessment procedures and instruments for the DiversiWe Program*. Poster presented at the Annual Meeting of the American Psychological Association in Chicago, IL.



Presentations Continued

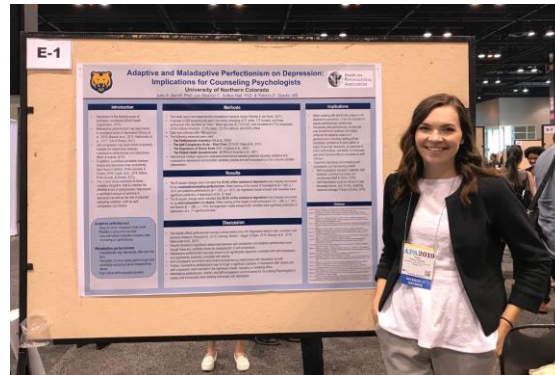
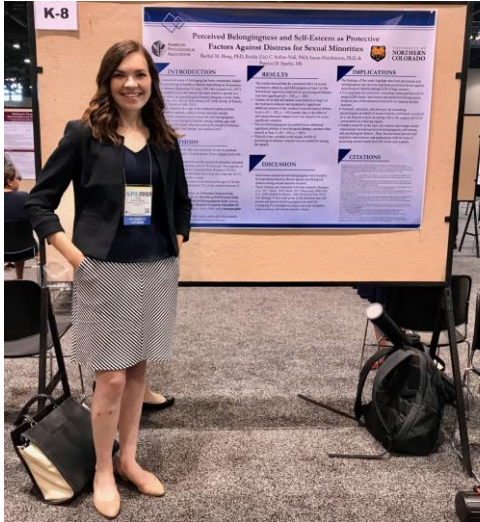
- Hamilton, A. D.,** Ward, C. J. (2019, April). *Novice counselors: Lived experience of interpersonal relationship changes during professional transition*. Poster session presented at the Annual Convention of the Rocky Mountain Psychological Association, Denver, CO.
- Haug, R. M.** (PhD 2018), **Softas-Nall, B. C.,** Hutchinson, S., & **Sparks, P. D.** (2019, August). *Perceived belongingness, and self-esteem as protective factors against distress for sexual minorities*. Poster presented at the annual American Psychological Association Convention, Chicago, IL.
- Hofmann, S.** (PhD 2018) & **Johnson, B.D.** (2019, August). *Shame, aggression, and self-compassion in at-risk and offender youth*. Poster presented at the 127th Annual Convention of the American Psychological Association, Chicago, IL.
- Johnson, T., Landers, N., & Rings, J.** (2019, August). *Expanding awareness during the me too movement: Counseling faculty perceptions of Title IX reporting*. Poster presented at the annual American Psychological Association Convention, Chicago, IL.
- Steeves, T.** (PhD 2019), **Rings, J., & Misra, C.** (2019, August). *A phenomenological exploration of moral injury among female Operation Enduring Freedom/Operation Iraqi Freedom veterans*. Poster presented at the annual American Psychological Association Convention, Chicago, IL.
- Tian, L.** (2019, August). *How non-action coping plays a role in Chinese international students' psychosocial adjustment in U.S.* Poster presented at the 127th American Psychological Association Annual Convention, Chicago, IL.
- Woody, W.D., Gretz, D., LaFary, K., & Rosenblum, C.** (2019, August). *Making an interrogator: From Cold War defensive strategies to EITs in the War on Terror*. Oral presentation at the annual American Psychological Association Convention, Chicago, IL.

Funded External Grant

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. \$1,000,000 (2 years). Funded

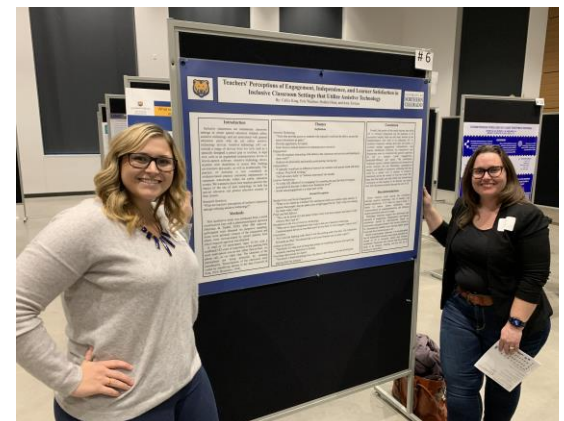
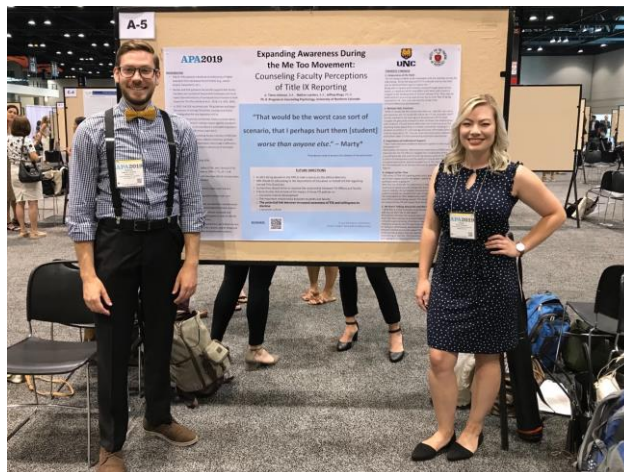


Research Conventions and Photos



Patty Sparks presenting two posters at APA this summer in Chicago.

Nathan Landers and Tiana Johnsons presenting at APA this year in Chicago.



Callie King presenting at Research Evening at UNC.



McKayla Gorman receiving an award from the Section on Supervision and Training of Division 17 at APA.

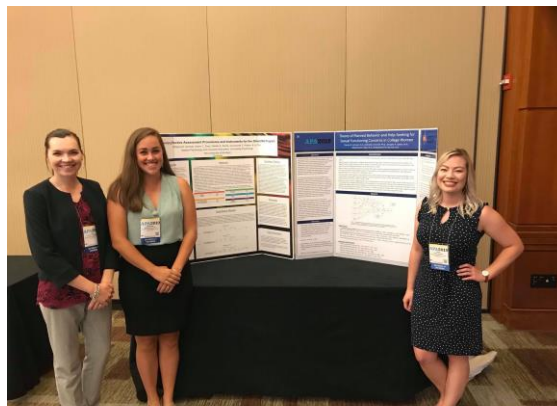


Research Conventions and Photos Continued



Everyone found some time to enjoy the architecture boat tour through Chicago!

Left to right (Back): Dr. Parnell, Patty, Tiana, Jenny, Caroline, Nathan
(Front) Erica, McKayla



Psychological Services Clinic Update

The Psychological Services Clinic's (PSC) Director is Jeffrey Rings, Ph.D., Associate Professor of APCE and a Licensed Psychologist in the state of Colorado. This year, the PSC Assistant Director is Allegra Lyon, BA, a fourth-year doctoral student in Counseling Psychology, and the Technology Staff is Patricia Sparks, MS, a second-year doctoral student in Counseling Psychology. Furthermore, this semester the PSC also is staffed by 15 other advanced Ph.D. students in either the Counseling Psychology or Counselor Education and Supervision doctoral programs.

For Fall 2019 inclusive, the PSC houses 11 unique internal practicum courses taught by eight different faculty members across two departments (Applied Psychology APCE, and School Psychology SP). Among these courses, 83 graduate students are enrolled as counselors-in-training. The faculty for some of these courses are assisted by 10 advanced doctoral student supervisors-in-training. An additional four faculty members (Drs. Robyn Hess, Brian Johnson, Ken Parnell, and Stephen Wright) supervise psychological assessment work for the PSC that is not directly tied to any course.

The PSC has seen some growth and accomplishments over the past three years.

1. APCE faculty member Dr. Jeffrey Rings was brought in as the PSC's new Director in Summer 2018, replacing Dr. Brian Johnson, also from APCE.
2. Over the past three years, the PSC has grown in size. Due to continually increasing enrollment numbers in graduate programs across both the APCE and SP Departments over the past few years, increased numbers of clinical practicum courses have been offered over time, facilitating an increased degree of availability of services provided and available clinicians. Such recent trends have helped to further solidify the PSC's stance in the community as a resource to which clients can be more routinely referred as opposed to one to be considered on a more intermittent and infrequent basis.
3. Over the past three years, the PSC has gained a greater standing in the community. This semester, all counseling practica filled their client capacity in record time, and our counseling waitlist at one point was the longest in recent memory, if not ever. This trend appears to be the result of many factors, including but not limited to:
 - Our streamlining of recruitment and intake procedures, particularly for historically harder-to-fill practica (e.g., Group).
 - Our increased commitment to outreach efforts; PSC staff have provided outreach to approximately 4,200 members of both the UNC campus community and the greater Greeley community at large from Fall 2017 to present.
 - Our strengthened partnerships and liaisons with many excellent UNC-based and other local agencies/advocacy groups. To reference a few:

The UNC Counseling Center, The UNIV 101 Program (UNC), UNC Student Outreach and Support (Dean of Students Office), The UNC Gender and Sexuality Resource Center, The UNC Disability Resource Center, The UNC Center for Human Enrichment (CHE), Aims Community College, United Way of Weld County, Greeley-Evans School District 6, GOAL Academy (Greeley) and Milliken Community Center.

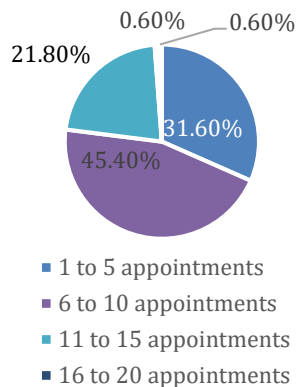
Psychological Services Clinic Update

Spring 2019 Data Clinic Census and Preliminary Data

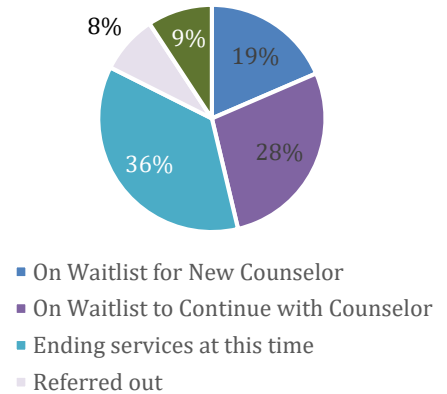
During the spring 2019 semester, the PSC at UNC had approximately 131 clients. We saw 31 individual and CFT clients pro bono. For those clients who were individual adults attending more than a single session and given the OQ.45, the mean reported OQ score at the first session was 59.84 and the mean reported score at end of treatment was 50.73 (with 63 being the cut off for clinic distress). This is an average difference of 9.11 points (with 10 being clinically meaningful).

Approximately, there were 1281 sessions attended. The PSC had an overall attendance rate of approximately 74.5% and a no-show rate of approximately 8.5%. The average number of counseling sessions per client was approximately 7.36.

Number of Sessions per Client



Termination Follow Up

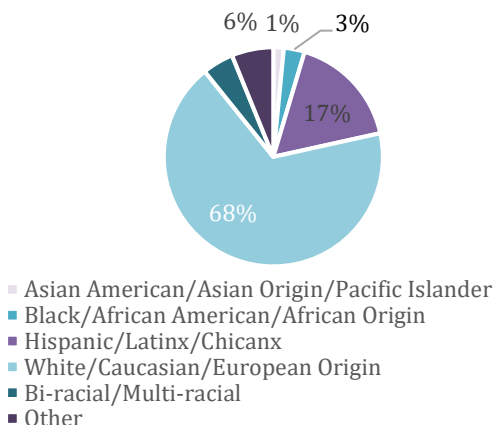


Types of Services Provided

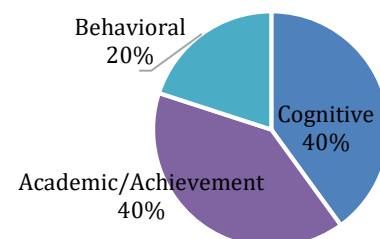
Approximate Number of Sessions by Type:

- Individual: 908
- Couples and Family: 108
- Assessment: 32

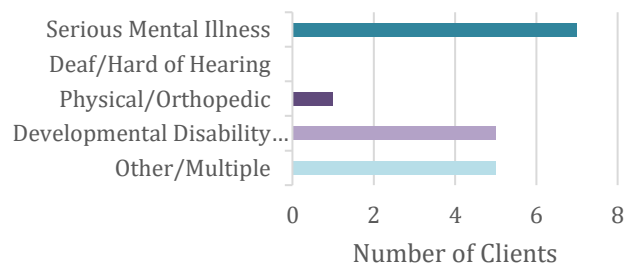
Race/Ethnicity



Assessment Type



Ability Status*



Thanks to the hard work of the DiversiWe team, Dr. Lu Tian (faculty director), Christen Misra (Coordinator), Gurusewak Khalsa (GA), and Matt Argento (GA), DiversiWe has held 13 hours of multicultural counseling skill development workshops this semester!

In Fall 2019, DiversiWe hosted nine SELF sessions and four LEAD sessions. The topic for DiversiWe SELF this semester was ability status. This was broken into three units: Chronic Illness, Physical Disability, and Psychological / Mental Health Disability. For each unit, DiversiWe facilitated a panel discussion, video demonstration, and role-play.

LEAD meetings this semester have focused on Hurricane Dorian survivors, seniors facing food insecurity, the Denver CAHOOTS program, and racism in the NFL. Attendees have come from several programs such as Counseling Psychology, Clinical Mental Health Counseling, and School Psychology. The team is now turning their focus to Spring Semester so that DiversiWe may continue providing diversity training for all APCE students and fulfilling its mission statement: to foster the development of culturally competent mental health professionals.



DiversiWe SELF

FALL 2019

Semester topic: Ability Status

LEARN AND PRACTICE CULTURALLY COMPETENT COUNSELING SKILLS THROUGH PANEL DISCUSSIONS, DEMONSTRATIONS, AND ROLE-PLAYS.

<i>Chronic Illness</i>	<i>Physical Disabilities</i>	<i>Mental Health Disabilities</i>
PANEL DISCUSSION 9/11*	PANEL DISCUSSION 10/9	PANEL DISCUSSION 11/6*
DEMONSTRATION 9/18	DEMONSTRATION 10/16*	DEMONSTRATION 11/13*
ROLE-PLAY 9/25	ROLE-PLAY 10/23	ROLE-PLAY 11/20

MCKEE HALL 282
WEDNESDAY'S 12 - 1PM

* Meetings will be held in McKee 136

DIVERSIWE LEAD

FALL 2019

Current Events Discussion

A discussion of current event articles aimed at increasing self-reflection, dialogue, and advocacy for APCE students.

MONDAY'S

9. 16
9. 30
10. 14
10. 28
11. 4
11. 18

MCKEE HALL, 282
12 - 1PM

Alumni Updates and Congratulations

- Aaron Wallis (PhD 2013) and Melissa Horn (PhD 2012) are both moving to North Carolina in 2020. Melissa will be working as a testing psychologist, primarily working with wilderness and adventure therapy programs as well as therapeutic boarding schools in the NC, UT, and CO areas. Aaron will be a clinical director for Foothills at Red Oak Recovery, a residential treatment program for adolescent boys.

really enjoying this work. I recently earned my ABPP.



Michael
and his two
children

- Tricia Steeves (PhD 2019) and Rachel Haug (PhD 2018) both passed the EPPP.
- Rachel Gall (PhD 2015) welcomed a baby boy this year, Ori Alexei.



Aaron, Melissa, and Griff after passing
his Canine Good Citizen test



The newest addition to the
family, River

- Laura Oyer, (PhD 2012) started a new position in May 2019 working at Park Center (a community mental health agency and affiliate of our local hospital) to develop an Eating Disorders Outpatient program in Fort Wayne, IN. Park Center has an APA accredited internship and will be supervising an eating disorders rotation.
- Nicole Justice (Ph.D. 2018). Passed her EPPP and is officially a Licensed Psychologist. She is shifting from Resident to Staff Psychologist at the Fargo VA.
- Michael Jenkins-Guarnieri (Ph.D. 2012). Both kids started preschool and love it! We moved to Louisville and are really liking the area and being close to family. I am an assessment psychologist for the local VA medical center doing mainly psychological evaluations and

Big Sister Adina and
baby brother Ori Alexi



Husband
Dmitry, baby
Ori, Rachel,
Adina

- Steven Pote (PhD 2016) is leaving his position as a Pain Psychologist at the Boise VA Medical Center for a PCMH position at the Fort Collins VA Clinic later this month. Living and working in Boise has been amazing and it will be fantastic to be back in Colorado.
- Cassie Comeau (PhD 2012) is currently trained in EMDR level I & II, Mindfulness Based Stress Reduction, Mindful Self-Compassion, Comprehensive Dialectical Behavioral Therapy, Cognitive Behavioral Therapy for Insomnia, Emotion Focused Couples Therapy, Transgender Healthcare, Reiki and Classical Hatha Yoga. Cassie is the only bilingual Spanish-speaking psychologist in her area. Cassie served as the Chief Behavior Health Officer for the Summit Community Care Clinic (SCCC) in Frisco, CO for 7 years, and currently holds a position as a Special Projects Coordinator. SCCC is an integrated Community Health Clinic that serves largely underserved populations with primary care, oral health and behavioral health. During her time as Director, she grew the Behavioral Health Department from 4 providers to 12 providers. Cassie recently moved back into private practice where she spends part of her time doing clinical work and part of her time consulting on mental health program development. She is currently serving as a consultant for the Summit County Sheriff's Office and is working to revamp and implement a Co-Responder Crisis response model in her Community. In 2015, Cassie got married and shortly after, she and her husband Brian had Eugene "Buck". Buck has been yet another adventure in her life and she and her family are grateful for the life they are creating together.

- Jeff Paulez (PhD 2019) is a post-doc at the CSU Health Network working on the iTEAM (DBT informed post-hospitalization stabilizing team). He loves working there and having weekends post-graduation to spend with friends and recharge! He is also studying to take the EPPP in December. "Personally, I married my best friend, Michael, over the summer at Sweet Heart Winery in Loveland and we bought our first home. So, lots of exciting life things."



Jeff and Michael on their wedding day.

- Meag-gan O'Reily (PhD 2015) visited the campus this semester with her family and chatted with faculty. She is still working at Stanford University.



Student News



Sydney and her wife Trelsie welcomed baby Benton into the world this summer! Congratulations!



Seneca added to the family with her new kitten, Tova.



Students planned a rafting trip this summer down the Colorado River, that set sail in Grand Junction, CO and landed in Westwater, UT.



Below students not only participated but also made it to the playoffs in intramural soccer. They are actively seeking more players, if interested reach out to Austin Hamilton.



Students and partners celebrated together in Ft. Collins.

PhDefense made its second annual debut in intramural basketball. If you are interested in playing, reach out to Adam Zhao, team captain.

Faculty, Staff, and Administration News and Congratulations

Happy Retirement Gloria Sedillos!

In August 2019, Gloria Sedillos retired from UNC after 20 years with the APCE family. She was an administrative assistant-extraordinaire and is already greatly missed! Always with a kind greeting, cheerful smile, and willingness to help, Gloria was essential to the day-to-day operations of the office. She helped countless students and clinic clients throughout her time at UNC. While we were sad to see her go, she has earned well-deserved time with her husband Joe, her children and her grandchildren. Gloria is still living in the Greeley area, so we hope she will stop by often just to say “hello”. Congratulations Gloria!



Congratulations to Dr. Softas-Nall who was able to take a sabbatical leave this fall semester 2019. While on sabbatical, she worked diligently on many projects. One of those projects was finishing writing a book that was published December 2019. She traveled to Greece and presented her research work.

Dr. Wright Receives \$1,000,000, two-year grant involving the Psychological Services Clinic

The Department of Health and Human Services recently awarded the University of Northern Colorado a \$1 million grant to collaborate on the project with cliexa, a digital health technology company based in Denver. The funding supports a trial involving 700 participants, ages 14-24, in clinical settings where cliexa's risk screening tool (a digital platform and mobile health follow-up program) will be in use. The study sites are the UNC Student Health Center, UNC Psychological Services Clinic and Montrose County Family Planning. With unplanned pregnancy and sexually transmitted infections at epidemic proportions among young people, this is an important study to foster earlier identification in high-risk adolescents. The need is well documented as the CDC estimates half of new STDs reported each year are among youth ages 15-24.

The groundbreaking two-year study, led by principal investigators and UNC professors William Merchant and Stephen Wright, will also assess the effectiveness of deploying the new technology in clinical workflows and the benefits of earlier identification of adolescents at highest risk for adverse health outcomes. “We will assess the quad aims of patient/provider satisfaction, reduced costs and improved outcomes with this study,” said cliexa-OPTIONS Senior Advisor Dr. Lisa Rue. “We want to empower clinicians and providers to do what they do best—counsel patients and encourage optimal wellness.”

Congratulations to Dr. Wright!

Faculty, Staff, and Administration News and Congratulations continued

More about the Grant

- Project Title: cliexa-OPTIONS for Integrated Health –Digital Health Technology
- Grant award: \$1 million, July 2019-July 2021
- Funding Agency: Department of Health and Human Services
- Researchers: Principal investigators Will Merchant (Associate professor of Applied Statistics and Research Methods), Stephen Wright (Professor of Applied Psychology and Counselor Education), and Investigator Lisa Rue (cliexa-OPTIONS Senior Advisor).
- This past year, Dr. Wright completed the APA self-study report as part of maintaining accreditation for the Counseling Psychology Ph.D. program. Dr. Softas-Nall completed our last self-study in 2013 and since then APA has developed new accreditation standards for all accredited doctoral programs. Our program has been doing very well based on the new standards and our outcome data further demonstrates this. Below outcome data for a brief overview of how the data shows our students are producing literature that is more scientific and are achieving professional competency in a developmental and systematic manner. Preliminary review of our self-study report from the Commission on Accreditation asked two clarification questions and permission to schedule a self-study APA site visit, which will occur fall of 2020. A special thanks to Dr. Wright, Allegra, Erin, Jordan, McKayla, and Sarah for their time and commitment to helping with the self-study. The self-study report consisted of over 1000 pages along with over 75 appendices and tables. Way to go Counseling Psychology Ph.D. students.

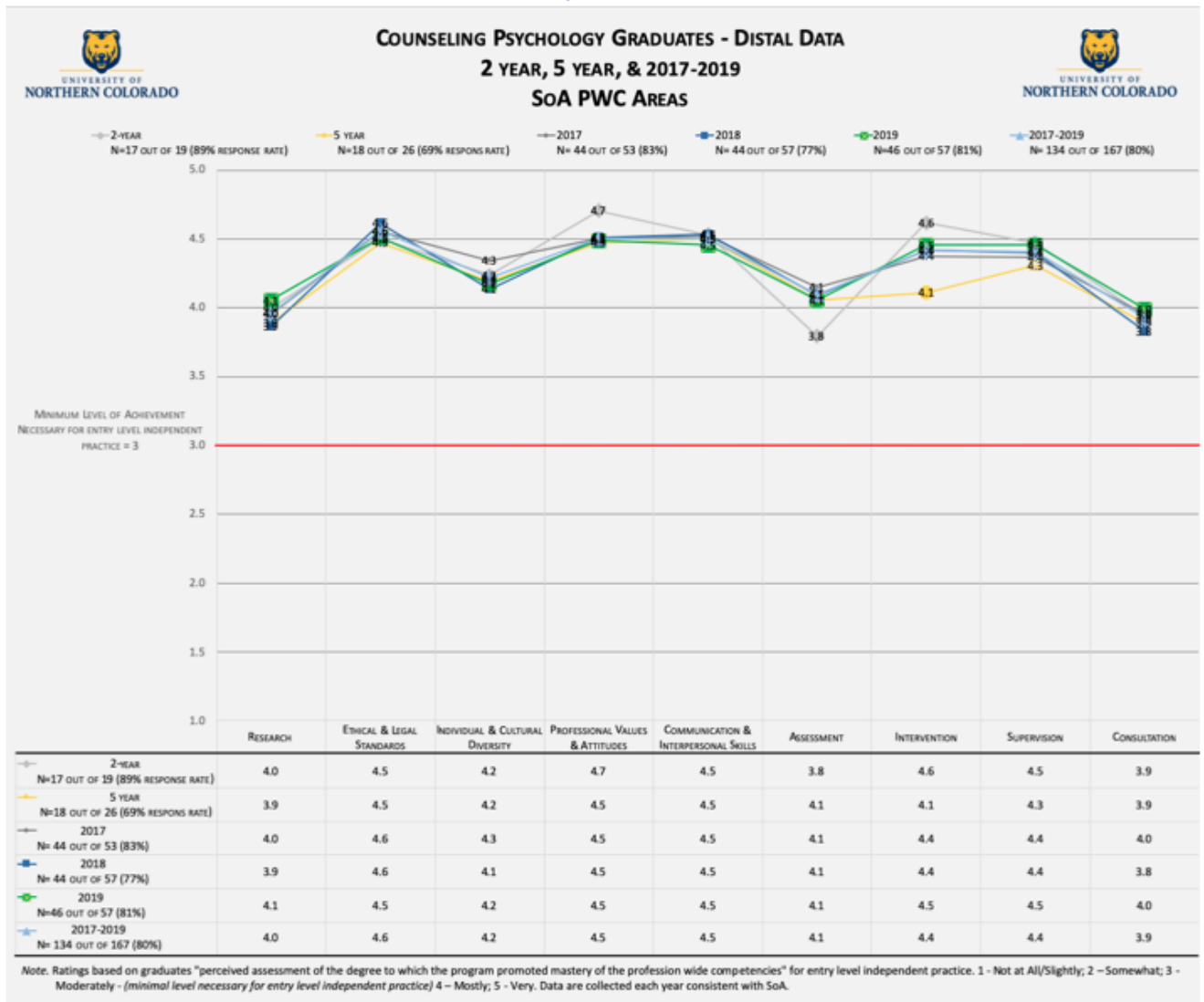
Special thanks to Dr. Johnson and McKayla for putting the newsletter together this fall semester 2019 while Dr. Softas was on sabbatical leave.

Counseling Psychology Doctoral Program

For more information visit: <http://www.unco.edu/cebs/counspsyh/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/.

APA Self-Study Outcome Data



COUNSELING PSYCHOLOGY GRADUATES - 10 YEAR DISTAL DATA 2010-2019 SoA PWC AREAS



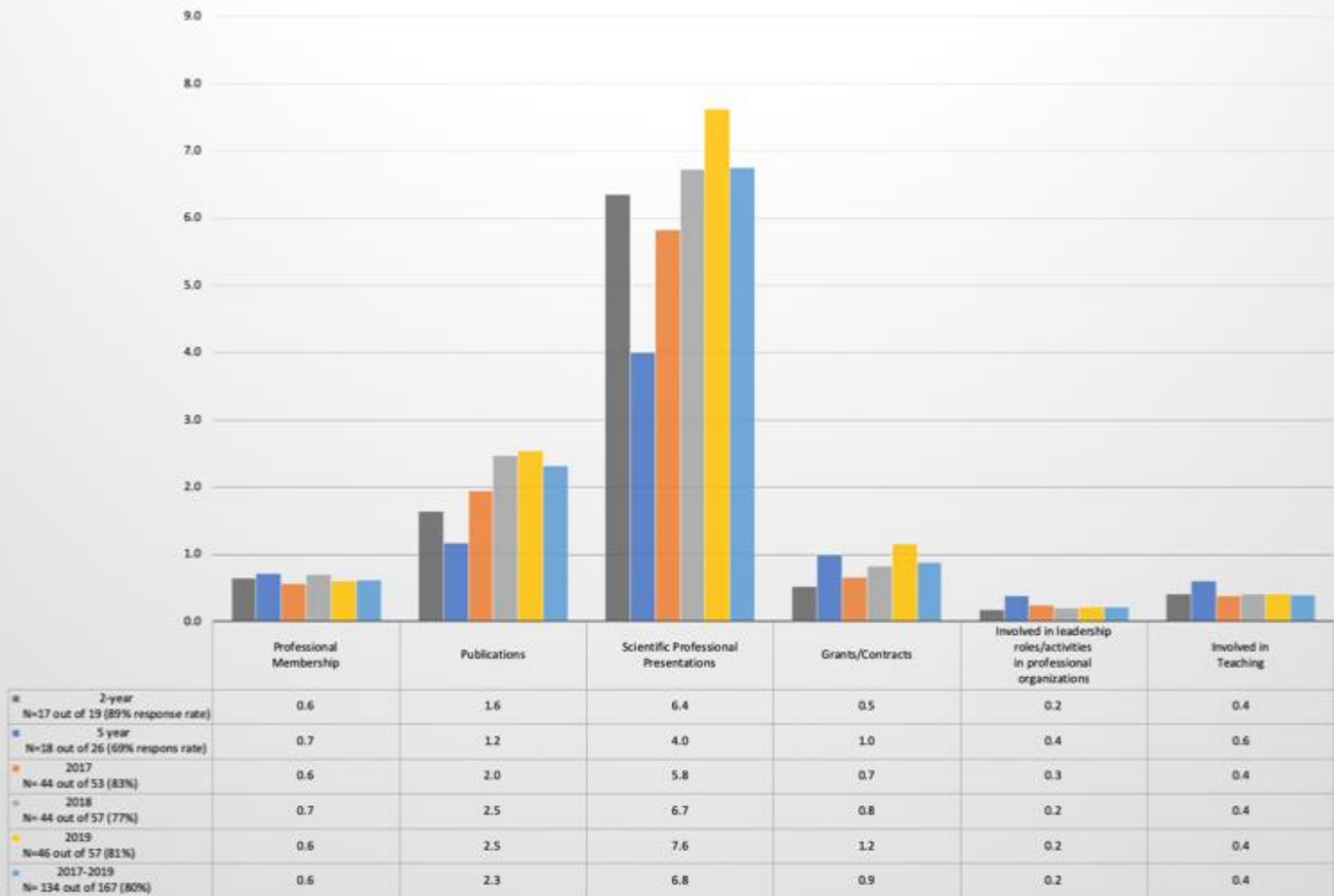
Note. Data based on graduates average self-reported scores for each year collected. Table Key: 1 - Not at All/Slightly; 2 - Somewhat; 3 - Moderately - (minimal level necessary for entry level independent practice) 4 - Mostly; 5 - Very. Corresponding G&P 36 evaluation items used from 2010-2016 were averaged and assigned to the similar SoA PWC areas for consistency. 2017-2019 data based on SoA. Total average reported consistent with SoA.

COUNSELING PSYCHOLOGY GRADUATES - DISTAL DATA 2010-2016
SoA PWC AREAS



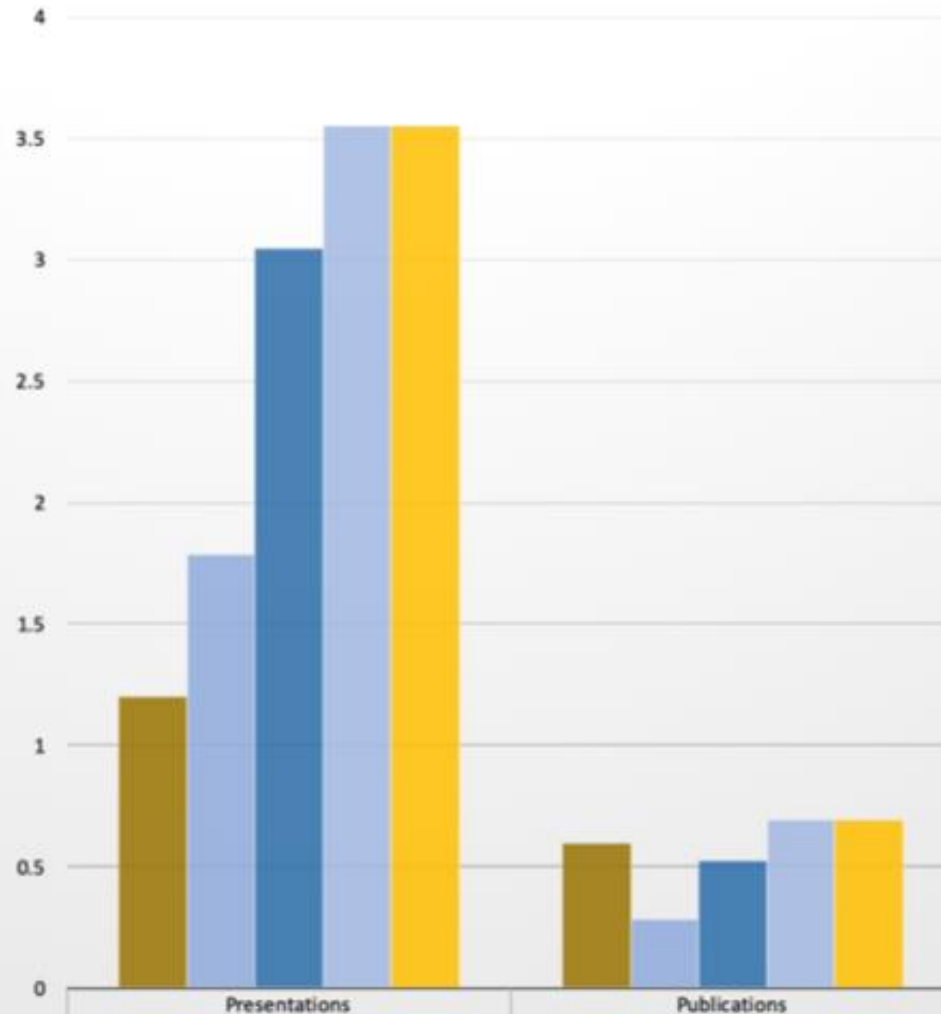
Note: Data based on graduates average self-reported scores for each year collected (2014 missing data, see narrative). Table Key: 1 = Not achieved; 2 = Somewhat achieved; 3 = Moderately achieved (program Minimum Level of Achievement); 4 = Mostly achieved; 5 = Achieved. Corresponding G&P 36 evaluation items used from 2010-2016 were averaged and assigned to the similar SoA PWC areas for consistency. In one PWC area there were missing data due to no corresponding G&P evaluation items (i.e., Communication & Interpersonal Skills).

Counseling Psychology Graduates 2 year, 5 year, & 2017-2019 Distal Data Scholarship (e.g., Publications, Presentations, Grants)



Note: Data based on annual questions from ARO asked of graduates and faculty members each year (e.g., average number of scientific publications for program graduates for each year data collected).

Counseling Psychology Distal Data 2010-2016 Publications & Presentations

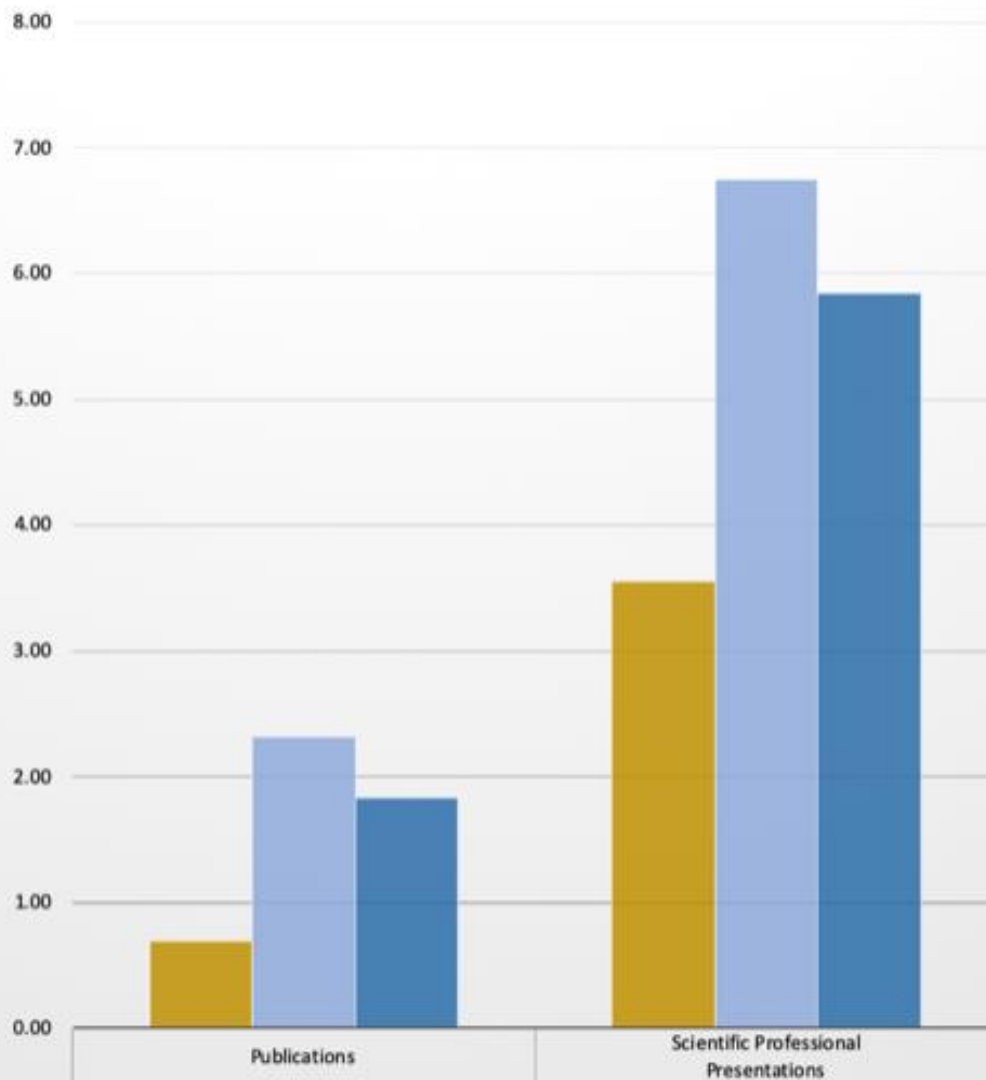


2010-2012 N=9 (53% response rate)	1.2	0.6
2013 N=14 (54%)	1.79	0.29
2015 N=21 (51%)	3.05	0.52
2016 N=20 (42%)	3.55	0.70
6 year average N=64 (48%)	3.55	0.70

Note. Data based on average number of publications for program graduates for each year collected (2014 missing data, see narrative).



Counseling Psychology 10 year Distal Data 2010-2019 Publications & Presentations



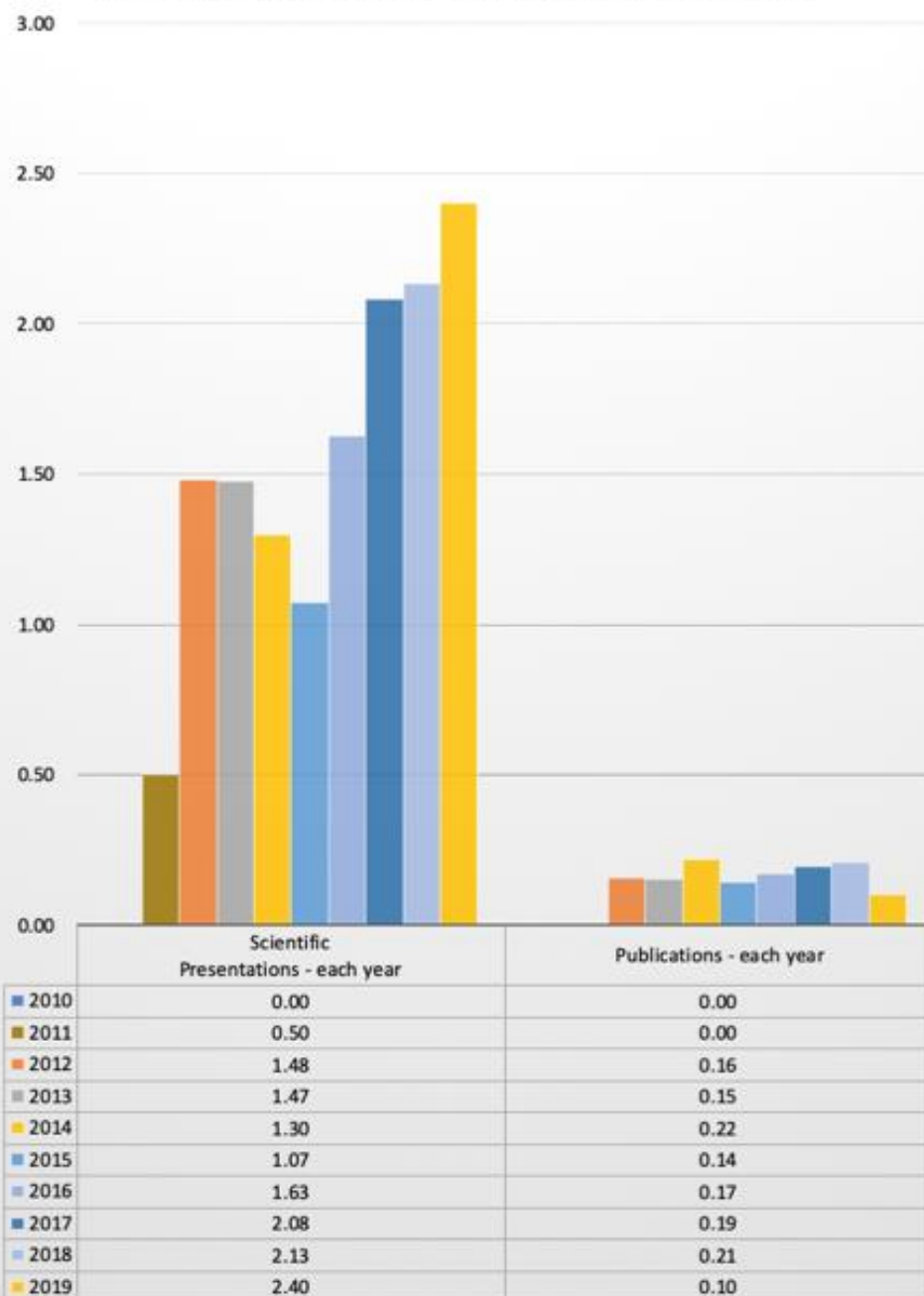
■ 2010-2016
N=64 out of 132 (48%)

■ 2017-2019
N= 134 out of 167 (80%)

■ 2010-2019
Total Average
N=198 out of 299 (66%)

Note. Data based on average number of publications for program graduates for each year data collected. 2010-2016 data collect according to G&P; 2017-2019 data collected based on SoA; data were combined based on SoA (see narrative).

Annual Student Presentations & Publications



Note. Data based on average number of annual scientific presentations and publications for current students in the program based on ARO data collected each year. Scientific presentation = workshops, oral presentations and/or poster presentations at professional meetings of which the student was an author or co-author. Publications = number of books, book chapters, or articles in peer-reviewed scientific journals of which the student was an author or co-author. Publications "in press," under review," or "submitted" were not counted.



UNIVERSITY OF
NORTHERN COLORADO

Counseling Psychology

2017 - 2019 Student Outcomes

Proximal data (students currently in the program)

YIP = Year in Program

PWC Average Student Scores are split by YIP to better understand the effectiveness of program objectives and student learning trajectories.

0.5 = 1st Year BA

1.5 = 2nd Year BA / 1st year MA

2.5 = 3rd Year BA / 2nd year MA

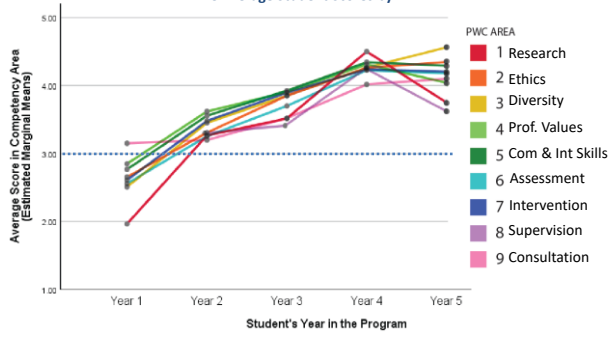
3.5 = 4th Year BA / 3rd year MA

4.5 = 5th Year BA / 4th year MA

5.5 = 6th year BA / 5rd year MA

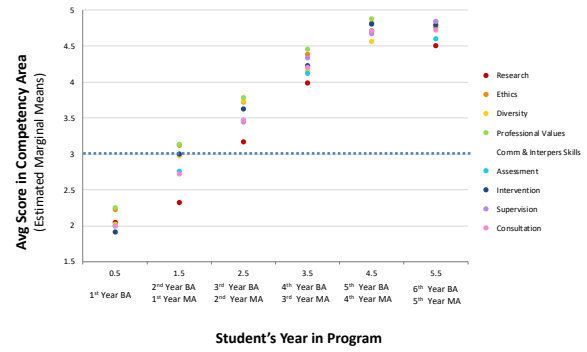
2017

PWC Average Student Scores by YIP



2018

PWC Average Student Scores by YIP



2019

PWC Average Student Scores by YIP

