



2019 Issue 18  
May 2019

## Counseling Psychology Doctoral Program Spring 2019 Newsletter

It is with great pride we share yet another newsletter full of the accomplishments of our students and faculty. Congratulations to our 2019 summer graduates. You have worked hard and you should be proud of your great accomplishment in completing your doctoral program. It is a big deal moving on to a post-doctoral program or a job! Best wishes in your future career endeavors and keep in touch.

For another year all students who applied for internship matched and all sites are APA accredited. We will miss seeing you on campus and we are excited for your next step in the doctoral program.

We had the largest group of students take comprehensive exams and best to all of you as you are navigating coming to the completion of this experience.

The DiversiWe series, led by Dr. Lu Tian and team of students, has enriched our experiences and knowledge working with diverse populations. Dr. Wright, the training director, recently shared a program update related to diversity issues. Starting fall 2019, students are asked to attend at least one diversity training experience or workshop. Many of the presentations listed in this newsletter reflect topics on diversity and address gaps in the literature.

We appreciate when students talk to us about their challenges around funding, balancing of workload, self-care, and personal relationships, and navigating interpersonal relationships within the program. We would like students to know that if there are events impacting their lives and studies that we want to be able to support them.

This issue of the newsletter includes short interviews with some of our alumni that responded to our request for information. We appreciate their advice in highlighting what prepared them for their current positions. It is amazing to see all the things you are all doing and your contributions to the field of Counseling Psychology.

Dr. Wright is working on the APA self-study and we wish him and his team the best in completing this big project.

Stay in touch with us by communicating life events and accomplishments that we can put in future newsletter editions. We look forward to meeting the new cohort joining us in the fall.

Happy spring and enjoy a beautiful season in Colorado.

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

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## Bell-Ringing

### Kiersten Eberle Medina

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

Committee: **Dr. Rings**, Dr. Tian, Dr. Helm, and Dr. Moore



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

## Congratulations- Commencement Spring 2019

Kiersten Eberle-Medina, Jeff Paul, Tricia Steeves, Jesse Valdez



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

- ❖ Tricia Steeves accepted a job at Bower Psychological Police and Public Safety Services in Aurora, CO.
- ❖ Jeff Paul will be continuing at the counseling center at CSU in CO as a post-doctoral fellow.
- ❖ Kiersten M. Eberle-Medina accepted a post-doctoral position at the counseling center at Washington State in Pullman.



## **Internship Matches**

*All sites are APA accredited*

### **Yuge Guo**

North Carolina State University  
Raleigh, NC

### **Deon Hall**

Madigan Army Medical Center  
Tacoma, WA

### **Megan Martinez**

University of Puget Sound  
Tacoma, WA

### **Kaitlin Ohde**

VA Salt Lake City Health Care System  
Salt Lake City, UT

### **Sarah Zwetzig**

University of Texas Health San Antonio  
San Antonio, TX



## **Program Approved External Practicum Sites**

### **Counseling Center:**

- 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
- The Colorado Mental Health Institute at Fort Logan (CMHIFL)

### **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

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





## Presentations

### UNC Research Day

Baker, A., Yoast, S., **Pickenpough, E.**, & Vaughan, A. (2019, April). *Supporting First-Year Undeclared Student Success with UNIV-101*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

\***Barthelemy, K.** & Moore, M. (2019, April). *Adverse Childhood Experiences and Outcomes on Adult Physical and Mental Health*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**Burrow, N.** (2019, April). *Legal and Ethical Considerations for Hospitalizing Suicidal Youth*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**Garcia, E., Munoz, S.** (2019, April) *Substance Addiction: The relationship to becoming a sexual predator*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**Gorman, M., Kershaw, S., & Simonson, A. M.** (2019, April). *Child Suicide in Colorado: A growing concern*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**Kimm, A., & Geiman, J.** (2019, April). *I Identify as Tired: Autoethnography as professional development*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**Martell, J.** (2019, April). *An Ethical Consideration of Interjurisdictional Televideoconferencing and its Relation to Client Termination and Abandonment*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**May, M. B. & Cople, S. L.** (2019, April). *Exploring Substance Use as a Form of Deliberate Self-Harm*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**McEvoy, E.** (2019, April). *Caregiving as a Military Spouse: A Case Study Approach*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.

**Turner, S. J.** (2019, April). *Parenting Competency Model*. Poster presented at the University of Northern Colorado Research Day, Greeley, CO.



**Adam Simonson, McKayla Gorman & Sean Kershaw**  
(from left to right)  
UNC Research Day  
Greeley, CO

\*First place winner of the Research Excellence Award



## Presentations Cont.

### To be presented: 2019 APA Convention in Chicago

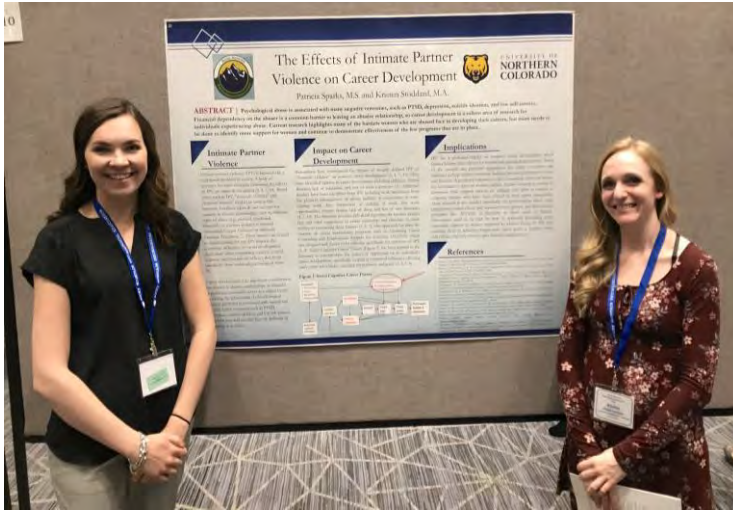
- Barritt, J. A.** (PhD, 2017), **Softas-Nall, B. C.**, & **Sparks, P. D.** (2019, August). *Adaptive and maladaptive perfectionism on depression: Implications for counseling psychologists*. Poster presented at the annual American Psychological Association Convention, Chicago, IL.
- Haug, R. M.** (PhD 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.
- 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., 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.
- 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.

### SRM Research Evening April 2019

- Condie, M., Guo, Y., Duncan, K., & Gagliano, S.** (2019, April). *Secondary Traumatic Stress in Elementary Special Education Teachers and School Psychologists: Perspectives from the field*. Poster presented at the University of Northern Colorado Research Evening, Greeley, CO.
- Garcia, E., Weaver, L., Katoh, R., & Liu, M.** (2019, April). *Sexual Trauma: A proposal to research risk factors associated to adolescents with intellectual disabilities*. Poster presented at the University of Northern Colorado Research Evening, Greeley, CO.
- Kimm, A. & Geiman, J.** (2019, April). *"I identify as tired": Autoethnography as professional development*. Poster presented at the University of Northern Colorado Research Evening, Greeley, CO.
- McEvoy, E.** (2019, April). *Caregiving as Military Spouse: A case study approach*. Poster presented at the University of Northern Colorado Research Evening, Greeley, CO.
- Sachs, N. A., Lyon, A. R., & Turner, S. J.** (2019, April). *Resilience in Formerly Incarcerated LGBTQ Identified Individuals*. Poster presented at the University of Northern Colorado Research Evening, Greeley, CO.
- Stoddard, K.** (2019, April). *Why do domestic violence prevalence rates vary so much? A meta-analysis of operational definitions and population characteristics*. Poster presented at the University of Northern Colorado Research Evening, Greeley, CO.



## Presentations Cont.



**Patty Sparks & Kristen Stoddard**  
(from left to right)

*Rocky Mountain Psychological Association Annual Conference*  
Denver, CO



**Austin Hamilton**

*Rocky Mountain Psychological Association Annual Conference*  
Denver, CO

### Rocky Mountain Psychological Association

**Anderson, T.** (2019, April). *Counseling literature's blind spot: Disability*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.

**Condie, M. & Merchant, W.** (2019, April). *Post-traumatic Growth After a Wound and Self-Stigma: Effects on disclosure of distress*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.

**Erwin, S., Cardona, B., Moore, M., & Allison, E.** (2019, April). *Familiarizing the Unspoken: Domestic Violence and Sexual Assault in Mental Health Training*. Workshop presented at the Rocky Mountain Psychological Association Convention, Denver, CO.



**Tyler Anderson**

*Rocky Mountain Psychological Association Annual Conference*  
Denver, CO





## **Presentations Cont.**



**Johni Mitchell & Dr. Softas**

*Rocky Mountain Psychological Association Annual Conference  
Denver, CO*

### **Rocky Mountain Psychological Association Cont.**

- Roberts, J. & Misra, C.** (2019, April). *Mindfulness in the treatment of eating disorders*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.
- Sparks, P. & Stoddard, K.** (2019, April). *The Effects of Intimate Partner Violence on Career Development*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.
- Stoddard, K., LaFary, K., Erwin, S., Sanchez, A.** (2019, April). *Long-Term Effects of Emotional Abuse: A call to action for further research*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.
- Woody, D.W., Grogan, C., Ohde, K., Scott, L, Borotto, A., FelizHamilton, S., Freeman, C., Henderson, J., & Palacios, T.** (2019, April). *Civil Jurors and Corporate Interrogations: Effects of deceptive tactics and confessions on jurors' perceptions and trial decisions*. Oral presentation at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.

### **Rocky Mountain Psychological Association Cont.**

- Hamilton, A. & Ward, C.** (2019, April). *Novice Counselors: Lived experience of interpersonal relationship changes during professional transition*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.
- Khalsa, G., Zhao, A. & Tian, L.** (2019, April). *Coping Strategies as Interventions for Somatic Symptoms: A synthesis of research across cultures and settings*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.
- Misra, C. & Rings, J.** (2019, April). *The role of attachment in eating disorders*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO.
- Motter, B. (PhD, 2017), Softas-Nall, L., & Mitchell, J.** (2019, April). *Relationship Changes for Transitioning Couples and Feedback for Therapists*. Poster presented at the Rocky Mountain Psychological Association Annual Conference, Denver, CO



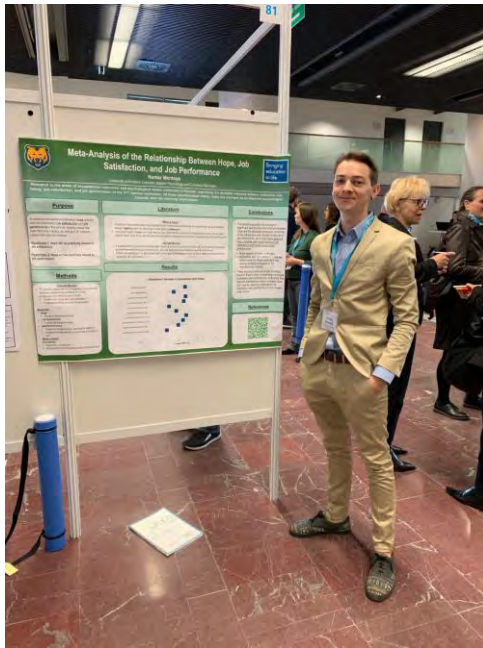
**Kaitlin Ohde (far right)**

**The undergraduate research team Dr. Woody and Kaitlin have led at RMPA for the past couple years**  
*Rocky Mountain Psychological Association Annual Conference  
Denver, CO*





## Presentations Cont.



**Hunter Montoya**

*International Convention of Psychological Science  
Paris, France*

### Other Conferences

- Bates, K., **Khalsa, G. S.** (2018, November). *Conflict Resolution Skills for Adult Immigrants/Refugees*. Oral presentation at the Colorado Teachers of English to Speakers of Other Languages Convention (CoTESOL), Aurora CO.
- Brottman, A., **Munoz, S., & Cople, S.** (2019, February). *Suicide Risk Assessment Training: Current challenges and trends*. Oral presentation at the Law and Ethics in Counseling Conference, New Orleans, LA.
- Hauck, A., Critchlow, C., Persutte-Manning, S. L., Ward, C., **Ohde, K.**, & Vaughan, A. L. (2019, February). *Designing FYS Curriculum to Promote College Engagement, Academic Self-Efficacy, and Student Achievement*. Oral presentation at the First Year Experience Conference, Las Vegas, NV.
- King, C. K.** (2018, September). *Mindfulness in Play Therapy*. Poster presented at the UNC Play Therapy Symposium, Greeley, CO.
- King, C. K.** (2018, August). *Does parenting matter during youth experiences of bullying? The relationship among emerging adults' retrospective reports of perceived parenting style, youth bullying experiences, and adult's attachment*. Poster presented at the annual American Psychological Association Convention, San Francisco, CA.
- Montoya, H.** (2019, March). *Meta-Analysis of the Relationship between Hope, Job Satisfaction, and Job Performance*. Poster presented at the International Convention of Psychological Science, Paris, France.
- Sachs, N., Zhao, A., Gorman, M., Khalsa, G., Misra, C., & Tian, L.** (2019, March). *Developing Effective Assessment Procedures and Instruments for the DiversiWe Program*. Poster presented at the University of Northern Colorado Annual Assessment Fair, Greeley, CO.
- Ward, C., **Ohde, K.**, Rose, J. S., Park, J., & Vaughan, A. L. (2019, February). *Successfully Leading STEM College Students' Through a Demanding First Year with a Research-Based Academic FYS*. Oral presentation at the First Year Experience Conference, Las Vegas, NV.
- Yost, S., **Pickenpau, E.**, & Vaughan, A. (2019, February). *Undeclared students at-risk? Supporting first-year college success with FYS*. Oral presentation at the First-Year Experience Conference, Las Vegas, NV.



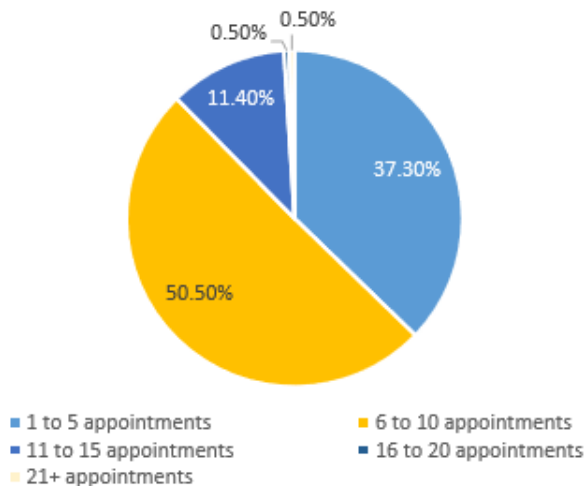
## Psychological Services Clinic Update:

### Fall 2018 Clinic Census and Preliminary Data

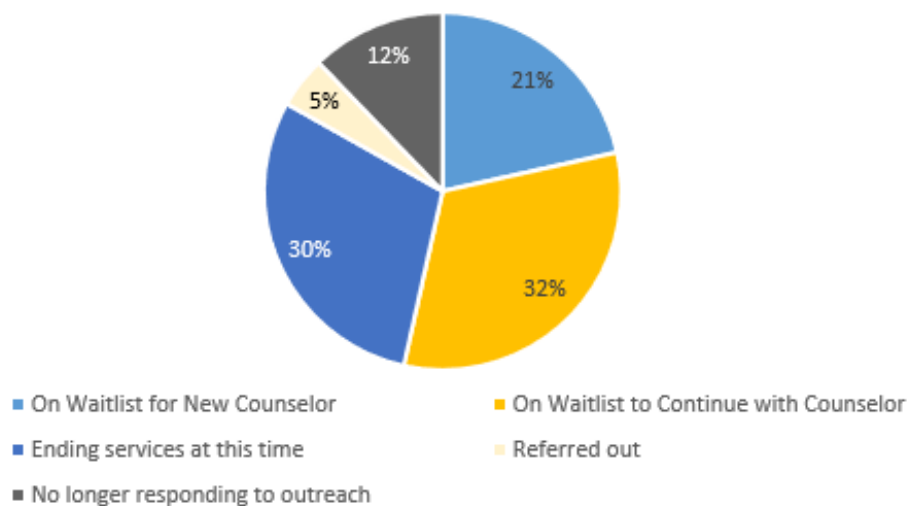
During this semester, the PSC at UNC saw a total of approximately 210 clients. We saw 92 individual and CFT clients pro bono as well as 42 group clients pro bono. Many of these clients were seen for extra credit through agreements with University 101 and other undergraduate instructors/departments. For 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 58.06 and the mean reported score at end of treatment was 50.57 (with 63 being the cut off for clinic distress). This is an average difference of 7.49 points (with 10 being clinically meaningful).

A total of approximately 1317 sessions were attended. The PSC had an overall attendance rate of approximately 78.9% and a no show rate of approximately 9.1%. The average number of counseling sessions per client was approximately five. 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.

**Number of Session per Client**



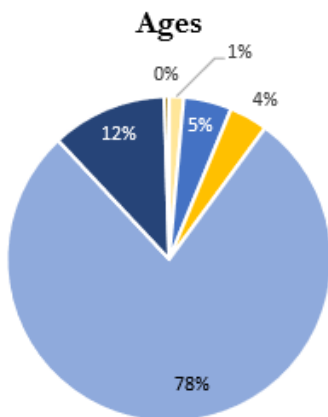
**Termination Follow Up**



## Clinic Data Cont.

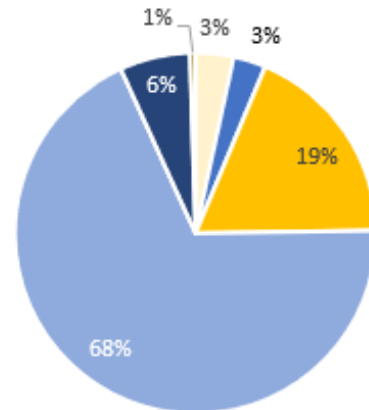
### Approximate Number of Sessions by Type:

- Individual: 953
  - 37 play sessions
  - 11 parent consultations
- Couples and Family: 65
- Assessment: 11



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

### 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

### Client Status-

- 78% Community Member
- 22% UNC Student

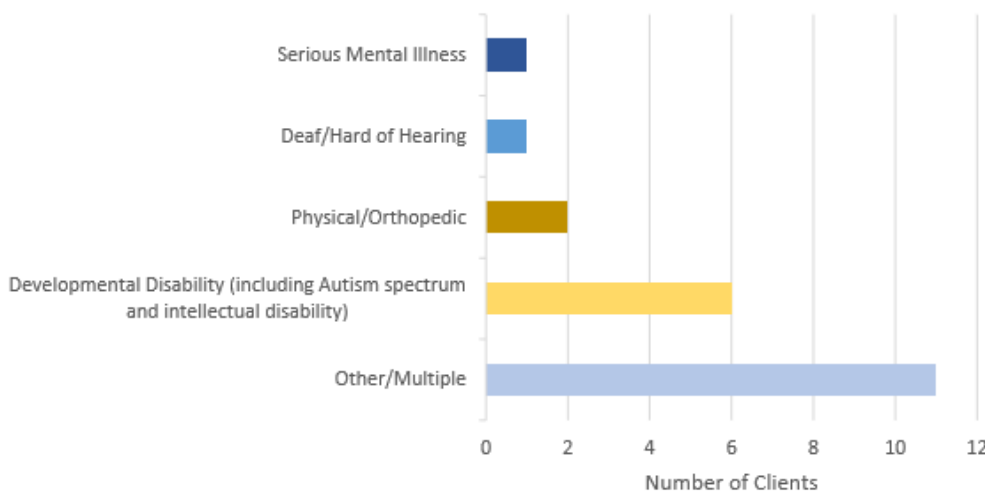
### Gender Identity-

- 31% Man/Boy
- 66% Woman/Girl
- 1% Transgender
- 1% Non-Binary
- 1% Other

### Sexuality-

- 84% Heterosexual
- 2% Lesbian
- 2% Gay
- 8% Bisexual
- 4% Pansexual

### Ability Status





## DiversiWe Update

We were excited when we began our Spring 2019 DiversiWe Series! We had recently expanded our program and created two series of seminars under the umbrella name of DiversiWe: SELF and LEAD. Both programs were meant to help all of APCE learn and expand knowledge about working with diverse populations.

**SELF:** (Skills, Empathy, Learning, Foundations) Skill-building seminars

- SELF mainly focused on the skill-building component of multicultural training through panelist discussion, video demonstrations, and role-plays.

**LEAD:** (Leading-Edge, Advanced, Diversity) Advanced conversations/discussions

- LEAD focused on open conversations/discussions on current national and local events related to diversity and their implications for mental health professionals.

-Dr. Lu Tian, Natalie Sachs, Adam Zhao, McKayla Gorman, Chris Misra, and Gurusewak Khalsa





## Awards

### Dr. Lu Tian- Faculty Award

Congratulations to Dr. Tian for being awarded the *College of Education and Behavioral Sciences Faculty Award in Excellence in Diversity and Equity*



Kaitlin with her advisor Dr. Softas-Nall

### Kaitlin Ohde- Graduate Scholar Award

Kaitlin Ohde was chosen by the Counseling Psychology faculty to be recognized as the *College of Education and Behavioral Sciences Graduate Scholar* for our program. Only one student a year from the Counseling Psychology doctoral program receives this distinction. The award is based upon a student's academic achievement, research involvement, leadership, and potential for success in the discipline. Congratulations Kaitlin and best to you as you go on internship!



## An award and a retirement!

### Diane Knight- Staff Award

*Classified Employee of the Year*

Only one person a year receives this award for the entire UNC campus. Well deserved!  
Congratulations to you Diane.



### Gloria Sedillos- Retirement

Gloria will be retiring in August after twenty years of having served as the administrative assistant in our department. We don't know what we are going to do without Gloria. We will all miss her smile, warmth, and helpful nature. Gloria has twelve grandkids ranging from 2 to 13 years old! For her retirement she plans to watch her grandkids, spend time with family, read, learn Spanish, and visit Mexico. We will most certainly miss her and we wish her good health and the best in retirement. We hope that your retirement is filled with fun, good family times, and relaxation. You have been a great person to work with and we will miss seeing you around the office. THANK YOU!



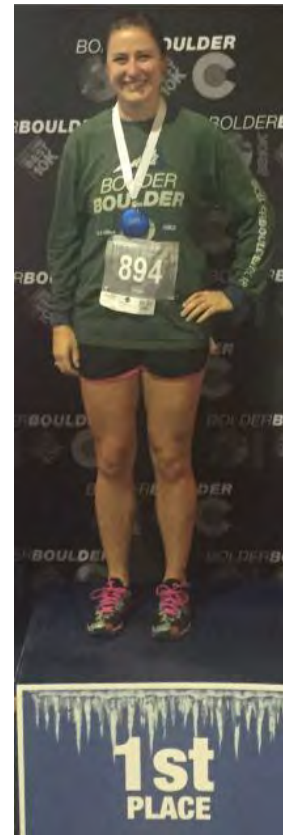
## Student News

*Congratulations Emili!*

Emili Pickenpaugh served as a student reviewer for the APA 2019 Convention and reviewed/provided feedback on 20 conference proposals.



Gurusewak, Austin, Megan, Natalie, and Kaitlin all played on an intramural team with graduate students from counselor education, school psychology, sports and exercise science, and the performing and visual arts. Their team was in the playoffs this spring!



Megan Martinez placed first of all the women in her division during a recent race. The Colder Boulder is a 10k race that is held in downtown Boulder.



## Alumni News

Nicole Justice (PhD 2017)  
continues to work at the Fargo  
VA.

Thanks for  
representing UNC  
so well!

Best of luck to you!

Barry Motter (PhD 2017) accepted a  
position at the Seattle University  
Counseling Center in Washington.

Oliver James Claussen was born  
healthily on February 26<sup>th</sup>.  
Annette Peters (PhD 2015) and  
her family are happy to have him  
join them. Congratulations to you  
and yours, Annette.





## Keeping Up With Alumni

### Sara Hofmann



Sarah Hoffman graduated in August of 2018, and has since relocated to St. Petersburg, Florida. Currently she is an assistant professor of psychology at Eckerd College, a small liberal arts college on the west coast of Florida. She teaches abnormal psychology, statistics for psychology majors, advanced statistics, and tests and measurement. On a typical day she teaches one or two classes, meets with students, and works on her research in some capacity- planning, writing, and/or analyzing data.

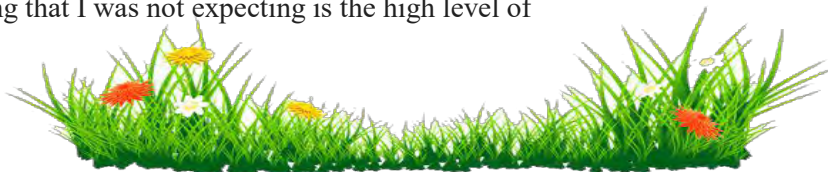
**Sarah, what advice do you have for those who may want to pursue similar lines of work as you?** If you think you might want to teach but have little or no experience doing so, take every opportunity you can to teach. For example, teaching University 101 is a great chance to try out being a professor. Additionally, academic positions expect that you've presented and published research during your graduate program and have a clear idea of the independent research you'd like to do as a member of the department. Increase your research productivity as much as you can and create a 60-second summary of your proposed research line that will help you to clearly and concisely explain what you plan to do and how you can involve students in your work. A record of securing grant funding is helpful also; apply for public and private funding sources for your dissertation and other projects.

Aaron Wallis graduated in 2015, and stayed in Colorado. He is employed with Open Sky Wilderness Therapy and is a Clinical Therapist for the young adults group. He is lucky because his every day work looks different than most in the profession. At least two days of the week he is sleeping outside, camping out with a group of young adults. While they are out in the wilderness he is running groups, doing consultation and other therapeutic processes. The rest of the week he is making family phone calls to address what people are going back to once leaving the program.

### Aaron Wallis

**Aaron, in what ways do you think your doctoral program prepared you for your current position?** Well, my post-doc helped prepare me to work with the population I work with. Specific to UNC, what they did well was expose us to therapy early on, with a lot of supervision and training. This made me very confident in my skills and ability. In wilderness therapy, you are very visible, as there is no hiding when you are out in the woods with groups and colleagues. So much so that there is an inherently high degree of consultation, and with this, confidence is key.

**Any concluding thoughts you might want to add?** For those who are not familiar with wilderness therapy, there tends to be a minimalist approach, but the level of clinical complexity should not be underestimated. When it comes to the team of professionals I work with, there is a lot of diversity. I am the only PhD on the team, and there are mostly social workers, LPC's, art therapists, psychiatrist, medical doctor, and a set of medics. Really, we have a team made of so many individuals so that no matter what we face, we can handle it in house. One thing that I was not expecting is the high level of marketing involved.



## Blair Nyline



Blair Nyline graduated in 2016, and remained in Colorado. She works as a staff psychologist at the Downtown Denver Jail. The jail contracts for all inmate health services through Denver Health. While she has a general schedule, every day is different and that's what she enjoys most about her work. She is often required to think on her feet to meet the needs of the patients and adapt to the restrictions of the jail setting. Her primary work duty is running the High Acuity Treatment (HAT) unit. It is a unit of 12 beds that houses inmates with severe and persistent mental illnesses that keep them from living within the general population of the jail. She also completes competence evaluations, provides crisis services for inmates, offers training for Denver Sheriff employees, and supervises practicum students.

**Blair, what would be your advice for those transitioning from completing the program to job searching?** I would encourage students beginning their job search to approach it much in the same way they did the match process. It's helpful to have someone review their applications, be open in what they apply for, and let their personality and passion for the work show during the interview process. I encourage anyone interested in working in forensics to utilize the external practicum process and gain assessment experience. It can be a taxing line of work and it's important to know if you are able to handle it early on. Lastly, I would encourage them to begin practicing good self-care now.

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Julie Barritt graduated in August 2017, and relocated to Gainesville, Florida. She is currently a Geropsychologist at the Community Living Center (CLC) within the North Florida/South Georgia Veterans Health System. The CLC consists of 4 units: short-term physical rehab, specialty dementia care (secured unit), long-term care, and hospice/palliative care. At full capacity, they can have about 160 Veterans within their care and there are two Geropsychologists in total that provide the mental health coverage for all units.

**Julie, what do you like about your work?** I never do the same thing and never know what my day will include, which I prefer over a routine schedule. In general, my week can include the following:

- Participate in goals of care planning with veterans and their families
- Provide neuropsychological evaluations for diagnostic and treatment planning purposes
- Provide long and short term individual therapy
- Develop behavioral plans for Veterans with responsive behaviors related to dementia
- Complete capacity evaluations on Veterans
- Help with developing and coordinating successful discharges in to the community for veterans with neurocognitive disorders with complex psychosocial issues
- Promote culture transformation efforts for the CLC to help make the environment more "home-like" for the veterans. For instance, we have monthly parties for the residents. Everyone's favorite is Halloween where all veterans and staff dress up, and there is an intense costume contest! (My picture is from last year's Halloween party!).
- I sit on the ethics board for the whole hospital and complete ethic consults as they arise
- I'm also involved in our training committee and provide supervision for our interns and fellows

## Julie Barritt



## Alumni Spotlight

Dr. Daniel Bruns, a University of Northern Colorado alumnus, finished his PsyD in Counseling Psychology in 1984 and was licensed in 1987. Since then Dr. Bruns has done nothing short of providing outstanding contributions to the field, specifically in health psychology. Former Colorado Governor Bill Owens commended him for the development of the Colorado Chronic Pain Treatment Guidelines in 2001. Further, in 2012 the American Psychological Foundation presented him with the Psychology Fellow award for "...outstanding and unusual contributions to the field of psychology", and in 2016 he was the recipient of a citation from the President of the American Psychological Association for being "the consummate scientist-practitioner." Most recently (2018) the American College of Physicians declared him an "outstanding scientific reviewer."



Dr. Bruns has worn many hats during his career. Currently he is both a Senior Clinical Instructor at the University of Colorado and the Founder/CEO of Health Psychology Associates (HPA) in Greeley. As an instructor he is responsible for mentoring developing physicians with regards to assessment and treatment of patients with chronic pain. HPA encompasses Dr. Daniel Bruns' clinical practice, in which he operates from cognitive behavioral therapy, mindfulness, psycho-educational pain interventions, and biofeedback treatment lens. Outside of these occupations, he serves the field in a variety of capacities, some of which include being a co-chair of the American College of Occupational and Environmental Medicine's (ACOEM) "MDGuidelines" treatment guidelines for anxiety, depression, somatizing and PTSD.

Dr. Bruns has made significant contributions to research as well. His most noteworthy study was a 15-year longitudinal study of 29 million patients suffering from pain and injury, demonstrating that a biopsychosocial treatment approach that integrated psychological interventions could offer better care at less cost. He has also developed standardized psychological tests for pain and injury, otherwise known as the Battery for Health Improvement 2 and Brief Battery for Health Improvement 2, both of which have been published in both English and Spanish. Other publications include studies of presurgical psychological evaluations, the effects of early life sexual assault on chronic pain in adulthood, chronic pain symptoms observed in borderline personalities, and the relationship between physical pain, suicidal ideation, and violent ideation.



## CPSO- Counseling Psychology Student Organization

Hello CP students and happy Spring! You have made it through another semester – congratulations! Your CPSO board has been hard at work hosting events and planning new ones for the future. We had a great response from individuals who were willing to write letters to those students taking their written comprehensive exams in January. We hosted a meeting for students to pass along information regarding external practicum opportunities. Several future speaker events have been researched and are currently in the works for the next academic year. Other events for this Spring semester included an informal Oral Comps meeting, as well as the Internship Farewell for all of the incredible individuals who are heading out to conquer the next step in their journey.

CPSO held the first Annual CPSO Fundraiser on February 21, 2019 at MOD Pizza in Greeley. We wanted to say a special thank you to everyone who came out and supported CPSO at this event. We were able to raise \$74 for our organization, which goes into the CPSO bank account for the board to use at future events! We could not have done this without each one of you.

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. Your CPSO Board is always here to support you however we can!

Best of luck to those prepping for their oral comprehensive exams and dissertation proposals, and working hard on dissertation projects/defenses, internship applications, and everything else that comes with being a CP student. And a huge congratulations to those students who are about to embark on internship! You are all superstars!

Your CPSO Board,

Callie King, *President*

Erin McEvoy, *Vice President*

Emili Pickenpaugh, *Secretary*

Tiana Johnson, *Social Chair*

Hunter Montoya, *Treasurer*





## Counseling Psychology Doctoral Program

For more information visit: <https://www.unco.edu/cebs/applied-psychology-counselor-education/counseling-psychology/>

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/](http://www.apa.org/ed/accreditation/).

Special thanks to Elizabeth Garcia who assisted Dr. Softas in the creation of the newsletter for the last two editions. Thank you Liz for all of your hard work! It is much appreciated!

