



## COUNSELING PSYCHOLOGY DOCTORAL PROGRAM FALL 2011 NEWSLETTER

Welcome all to the new academic year. It is with pleasure that we welcome our new faculty member, Dr. Jeffrey Rings, a graduate of the University of Denver. He completed his internship at Colorado State University. During Spring 2011, we said goodbye to Dr. Gonzalez, who had served the Counseling Psychology Program as Coordinator and Director of Training for numerous years. We wish him the best in his retirement.

The doctoral program in Counseling Psychology received the Provost Excellence Award in Scholarship in the Spring of 2011. Provost Abe Harraf honored our program for its excellence and productivity in scholarship. It was a nice moment to be honored; we get so busy that stopping to be acknowledged made us realize how productive and creative our faculty is in regards to scholarly achievements and mentoring students.

There was great representation at APA in Washington DC by both faculty and students; a total of 13

doctoral students and graduates presented on a variety of topics. This newsletter recognizes the work of so many people and topics—please take a few minutes to read through it. I am amazed and impressed by all the great work being done.

As I write this, Dr. Chris Woodson, a 2010 graduate, is being deployed to serve as a psychologist with the U.S. military in Afghanistan. Amy Dreier is a Captain in the US Air Force during her internship at the Wilford Hall Medical Center in Texas. Dr. Ann Ingala, a 2011 graduate and veteran, has been presenting her research at various conferences on veteran's adjustment returning to college. As this nation is becoming transformed by two wars, students and graduates are making their contribution serving soldiers and veterans.

Best wishes to all nine doctoral students who are on internship this fall. All of them matched and 80% got an APA internship site. We are proud of you!

We also welcome our seven incoming students. They have all been assigned peer mentors who are enthusiastically meeting with them and sharing their wisdom in making it in the first semester of the doctoral program. Harvard Cutter, who had many conversations on the essence of happiness with the Dalia Lama said “There is no getting around these essential ingredients: determination, effort and time. These are the real secrets to happiness.” Every time I see this quote I am reminded that this is what it takes to be successful in a doctoral program: determination, effort and time. And hey, if that brings you happiness too, so much the better!

Last but not least, many thanks to Diane Greenshields, Gloria Sedillos, and Roberta Ochsner, our administrative staff for their support and gracefulness keeping us and the office running and organized. We could not do it without you. Many thanks!

Lia Softas-Nall, PhD  
Chair and Director of Training

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Bringing  
education  
to life.

## GOOD LUCK to all our students going on Internship.

**Heather Bean:** AspenPointe Health Services, Colorado Springs, CO; APPIC.

**Jessica Chenoweth:** Casa Pacifica, Camarillo, CA; APA.

**Cassie Comeau:** Colorado State University, Fort Collins, CO; APA.

**Amy Dreier:** Wilford Hall Med/Lackland AFB, San Antonio, TX; APA.

**Lindsay Heath:** Aurora Mental Health Center, Aurora, CO; APA.

**Denise Lucia:** Community Reach Center, Commerce City, CO; APA.

**Riley McGrath:** University of Michigan-Counseling & Psychology, Ann Arbor, MI; APA.

**Lori Romont:** Community Reach Center, Commerce City, CO; APA.

**Masha Zarlengo:** Colorado West Regional Mental Health Grand Junction, CO; APPIC.

## WELCOME NEW CP DOC STUDENTS

**Name:** Em Dreiling  
**From:** Los Angeles, CA  
**Degree:** B.A. from Luther College Iowa and M.A. from Pepperdine, California  
**Fun fact:** I did professional theatre in LA for 6 years.

**Name:** Rachel Groman  
**From:** Born and raised in Seattle, living in Colorado for 4 years  
**Degree:** M.A. from University of Colorado at Colorado Springs  
**Fun fact:** My ears ring and my face gets tingly when I eat chocolate, vinegar, goat cheese, and pineapple!

**Name:** Kyungah Kim  
**From:** Originally from South Korea and currently living in Centennial, CO  
**Degree:** M.A. in Transpersonal Counseling Psychology from Naropa University  
**Fun Fact:** I really like kissing my dog on her nose with the tip of my nose. Nose-to-nose kiss!

**Name:** Dayna Northart  
**From:** Colorado Springs, CO

**Degree:** B.A. from Metro State, M.A. from University of Denver  
**Fun fact:** My cat's name is Ellis after Albert Ellis :)

**Name:** Steve Pote  
**From:** Mount Vernon, WA  
**Degree:** M.A. from Gonzaga University  
**Fun fact:** I'm quite good @ Dance Dance Revolution, but let's keep that on the down-low.

**Name:** Elizabeth (Beth) Ruechel  
**From:** Glenwood Springs, CO  
**Degree:** B.A. from UNC  
**Fun fact:** I can whip up some mean black bean hummus!

**Name:** Janae Sones  
**From:** Originally from Colorado Springs, but just moved from New Jersey  
**Degree:** B.A. in Psychology from Fairleigh Dickinson University, College at Florham  
**Fun fact:** I love hiking, biking, rafting and am always looking for someone to come with me!



Top (left to right): Steve, Beth, Dr. Softas, and Kyungah  
Bottom (left to right): Em, Janae, Dayna, and Rachel

## Presentations & Publications by Faculty, Faculty with Students in 2011

- Bean, H., Softas-Nall, B., & Mahoney, M.** (2011, August). Reflections on mandated reporting and challenges in the therapeutic relationship: A case study with systemic implications. *The Family Journal: Counseling and Therapy for Couples and Families*, 19(3), 286-290.
- Cardona, B., Softas-Nall, B., & Sachin Jain.** (2011, October). *Enhancing multicultural competency: The centrality of language counseling bilingual/multilingual clients*. Association of Counselor Education and Supervision. Nashville, TN.
- Cardona, B., & Wright, S. L.** (2011, March). *From the refugee camp to the United States school system: The transition process of adolescent refugees*. Annual Conference of the American Counseling Association, New Orleans, LA.
- Dreier, A. S., O'Halloran, M.S., & Wright, S. L.** (2011, August). *Defining an impact construct applicable to offender therapists: A grounded theory approach*. Annual Convention of the American Psychological Association.
- Dunn, A., O'Halloran, M.S., & Walker, R.** (2011, August). *Athletic identity, perceived sport competence, and self-esteem on disordered eating among female collegiate athletes*. Annual Convention of the American Psychological Association.
- Dunn, A., Walker, R., & O'Halloran, M. S.** (2011, April). *Disordered eating among female collegiate athletics: Athletic identity, perceived sport competence, and self-esteem*. UNC Research Day, Greeley, Co.
- Einarsdóttir, R. H., Walters, M., & O'Halloran, M. S.** (2011, April). *Tourette's syndrome in the family: The parents' experiences*. UNC Research Day, Greeley, Co.
- Einarsdóttir, R.H. (Graduate), O'Halloran, M.S., Walters, M., & Wirta-Leiker, C.** (2011, August). *Tourette's syndrome in the family: The parents' experience*. Annual Convention of the American Psychological Association.
- Freedenthal, S., Lami, D. A., Osman, A., Kahlo, D., & Gutierrez, P.** (2011). Evaluation of the Psychometric Properties of the Interpersonal Needs Questionnaire-12 in Samples of Men and Women. *Journal of Clinical Psychology*, 67(6), 609-623.
- Gorsuch, R., & Softas-Nall, B.** (2011, March). *Understanding military culture and the impact of deployment on children*. Colorado Counseling Association Conference. Denver, CO.
- Horne, M., & Wright, S. L.** (2011, August). *The imposter phenomenon: The doctoral student experience*. Annual Convention of the American Psychological Association.
- Ingala, A., Softas-Nall, B., & Peters, A. S.** (2011, April). *The role of support in college adjustment for veterans*. UNC Research Day, Greeley, Co.
- Ingala, A., Softas-Nall, B., & Stalias, A.** (2011, March). *Veterans and college adjustment: Implications for counseling*. Colorado Counseling Association Conference. Denver, CO.
- Jenkins-Guarnieri, M.A., Wright, S., & Murdock, J.** (2011, August). *College self-efficacy and student persistence*. Annual Convention of the American Psychological Association.
- Jenkins-Guarnieri, M.A., & Wright, S.** (2011, August). *The relationship between personality traits, facebook use, and interpersonal competency*. Annual Convention of the American Psychological Association.

**Johnson, B., Horne, M., Richter, E., & Walters, M.** (2011, August). *A model for assessing parenting competencies*. Annual Convention of the American Psychological Association.

**O'Halloran, S., M., Rizzolo, S. L., Samaniego-Muñoz, K., Cohen, M. L., Breseke, S., & Wacker, R.** (2011, August). *Assessing a multi-year marriage education program: Impact, recommendations, and program implications*. Annual Convention of the American Psychological Association.

**Paquette, L.,** (2010 Graduate), **Softas-Nall, B., & Mahoney, M.** (2011, August). *Animal assisted therapy: Perspectives and benefits*. Annual Convention of the American Psychological Association.

**Phillips, C., & O'Halloran, M.S.** (2011, August). *A look inside the marriage of first responders*. Annual Convention of the American Psychological Association.

Regina, H., & **O'Halloran, M. S.** (2011). *Interpersonal sensitivity and body image across gender*. UNC Research Day, Greeley, Co.

**Rings, J.A., Gutierrez, P.M., Harwood, J.E.F., & Leitner, R.A.** (2011, August). *Prolonged grief symptomatology and its relationship to suicidal ideation among veterans*. Mental Health Conference for the Department of Veterans Affairs.

**Softas-Nall, B.** (2011, June). Dilemas en la revelacion para psicólogos de relaciones extramaritales. (*Dilemmas for psychologists in the disclosure of extramarital affairs in couples therapy*). Interamerican Congress of Psychology. Medellin, Colombia, South America.

**Softas-Nall, L., & Cardona, B.** (2011, June). El impacto transformador de la realidad y el mito de la igualdad: Implicaciones para los psicólogos. (*The transformative impact of the reality and myth of*

*equality: Implications for psychologists*).

Interamerican Congress of Psychology. Medellin, Colombia, South America.

**Softas-Nall, B., Petrogiannis, K., & Tien, G.** (2011, August). *The family of origin scale: The Greek version and perspective*. Annual Convention of the American Psychological Association.

**Wright, S. L., Perrone-McGovern, K. M., Boo, J. N., & Vannatter, A.** (2011, August). *The influence of attachment on supports and barriers to academic and career self-efficacy: A structural model using a strengths-based perspective*. Annual Convention of the American Psychological Association.

### **Presentations & Publications by Students in 2011**

**Bean, H., Cullen-Reavill, M., Reavill, D., & VanKorlaar, M.** (2011, April). *Many voices, many lives: A discussion on various ways of implementing autoethnography*. Panel discussion at UNC Research Day, UNC, Greeley, CO.

Benotsch, E.G., Martin, A., Koester, S., **Luckman, D., Cejka, A., & Ganuelas, A.** (2011, August). *Sensation seeking, the non-medical use of prescription drugs, and polysubstance use in young adults*. Annual Convention of the American Psychological Association.

Benotsch, E.G., Martin, A., Koester, S., Cejka, A., **Luckman, D., & Ganuelas, A.** (2011, April). *Intentional misuse of over-the-counter medications and polysubstance use in young adults*. Annual Meeting of the Society of Behavioral Medicine, Washington, DC.

**Dreier, A. S.** (2011, April). *Defining an impact construct applicable to offender therapists: A grounded theory approach*. UNC Research Day, Greeley, Co.

**Peters, A. S., Rowatt, W., & Johnson, M.** (2011,

April). *Dispositional humility and social relationship quality: Is there an association?* UNC Research Day, Greeley, Co.

**Peters, A. S., Rowatt, W., & Johnson, M.** (2011). Associations between dispositional humility and social relationship quality. *Psychology*, (2)3, 155-161.

**Schneeberger, S.** (2011). *Expanding the Conscious World: Mysticism and Transformation*. LAP Lambert Academic Publishing GMBH & Co. KG.

**Tien, G.** (2011). *Communication and relationship of intercultural/multilingual couples: Cultural and language differences*. Oral presentation at Rocky Mountain Psychological Association.

Tschopp, M. K., Perkins, D. V., Wood, H., Leczycki, A., & Oyer, L. (2011). Employment considerations for individuals with psychiatric disabilities and criminal histories: Consumer perspectives. *Journal of Vocational Rehabilitation*, (35)2, 129-141.

**Valdez, J.** (2011, August). *Alcohol and triggered displaced aggression: Effects on Hispanic males*. Annual Convention of the American Psychological Association.

**Walters, M.** (2011, April). *Demystifying homelessness: A phenomenological approach to understanding living without a home*. UNC Research Day, Greeley, Co.

**Walters, M.** (2011). *Experiencing cognitive dissonance: The usefulness of living within dissonant conditions considerations toward an authentication model*. Rocky Mountain Psychological Association.

## 2011 Awards

**The Ph.D. in Counseling Psychology Program** received the *Program Academic Excellence in Scholarship Award* from the UNC Provost Office.

Criteria for the award include a thorough knowledge of the academic or professional field, ability to communicate that knowledge in an effective and organized manner, ability to create a positive learning environment, demonstration of respect and concern for students, ability to inspire enthusiasm for learning and high expectations for students' performance.

**Dreier, Amy:** The faculty of the Department of Counseling Psychology chose Amy to be recognized at the College of Education and Behavioral Sciences Graduate Scholar. Students receive this distinction for their academic achievement, research involvement, leadership and potential for success in the discipline. She was recognized at the Honors Convocation Ceremony in April 2011.

**Ingala, Ann & Peters, Annette:** *Research Excellence Award Finalists* at UNC Research Day 2011.

**Ingala, Ann:** "Graduate Dean's Citation for Excellence" for Spring Semester 2011. The Graduate Dean's Citation for Excellence recognizes superior academic achievement of students who are candidates for a graduate degree at UNC and are honored at Commencement ceremonies.

**Valdez, Jesse:** Selected to participate in the Early Career Poster Session at the 2011 APA Convention in Washington, DC.

**Wirta-Leiker, Chaitra** successfully defended her dissertation and graduated in Spring 2011. The Graduate School honored Chaitra during the Commencement ceremony with the *Outstanding Dissertation Award: A Qualitative Comparison of the Perceptions of Victims and School Authorities in Early Adolescent Female Bullying*.

## Welcome to our New Faculty Member Jeffrey Rings, Ph.D.

Dr. Rings received his Ph.D. in Counseling Psychology from the University of Denver in 2009, teaching several courses in psychology to both graduate and undergraduate students as well as to gifted high school students in the process. He completed his predoctoral internship at the Colorado State University Health Network. This September he completed a two-year postdoctoral fellowship in Advanced Mental Illness Research and Treatment at the Denver Veterans Affairs Medical Center, where he also had a joint appointment as an Instructor with the University of Colorado Denver School of Medicine. In that capacity, he performed suicide-specific clinical assessment work with veterans on both an inpatient and outpatient basis. While there, in addition to serving as a co-investigator on several research studies addressing various issues related to veteran suicide, he also was the Principal Investigator on a study examining the occurrence of prolonged grief symptomatology among veterans and its relationship to suicide risk.

Dr. Rings has published two book chapters- one in counselor development and one in group therapy. In addition, he was first author on an article examining predoctoral internship directors' views on the implementation of specific clinical supervision competencies. Furthermore, he has two publications currently in press: one book chapter reporting on a current study assessing the effect of blister packaging of medications as a form of means restriction with chronically suicidal mental health patients, and an article examining the implementation of a safety planning intervention with psychiatric inpatient groups. During his colloquium, Dr. Rings presented on the relationship between prolonged grief and suicide risk among undergraduates. His current research agenda centers on this topic with both undergraduates and veterans.

### Fun Facts about Dr. Rings

**Favorite Food:** "My wife's array of desserts. She's a trained pastry chef, which is a gift and a curse!"

**Hobbies:** Travel, music and concerts, getting out in nature (hiking or simply being outdoors), and spending time with his wife and daughter.

**Favorite Psychologists:** Carl Rogers & Edwin

Shniedman

**Favorite Color:**

Heliotrope ☺

**How Dr. Rings**

**Wound Up in the**

**Field:** "During high school I joined my high school's peer counseling group on a whim and something just clicked- I knew right away that this was what I wanted to do professionally." During his freshman



year at Pepperdine University, Dr. Rings and a friend founded the peer-counseling program on their campus, which he then facilitated for the next three years. Soon thereafter, Dr. Rings served on the Board of Directors for the California Association of Peer Programs, where he helped to orchestrate annual conferences and other gatherings for the state's peer counselors at the middle school, high school, and collegiate levels.

### A Word from Dr. Rings

I'm genuinely honored to join the department, and I look forward to our work together. I'm excited to help each of you towards becoming professionals within this truly amazing field.

### Dr. Rings' Daughter

**Name:** Simone

Amelie

**Age:** 2 years, 1 month

**Eye color:** blue

**Favorite toy:** her new doll house

**First word:** "cat" (also her first song)

**Favorite Food:** hearts of palm

**Fun fact:** Simone was born on Dr. Rings' very last day of internship.



# INTERNATIONAL STUDENTS

## About our International Students:

**Kyungah Kim** is originally from Seoul, South Korea and is fluent in Korean and English. Kyungah lived in Seoul for 32 years where she received her BA in French Literature from Sogang University and her MA in Counseling Psychology from Yonsei University. She moved to the USA in 2005, and in 2006, Kyungah began her MA in Transpersonal Counseling Psychology at Naropa University. Kyungah heard about UNC while living in CO. She decided to attend UNC because of its good reputation and the emphasis on practitioner skills in its counseling program. She is glad that there are well-established international student groups and a lot of support for them at UNC.



**Annette Peters** is originally from Köln, Germany and is bilingual: German and English. She has lived in several

countries including the Netherlands and Switzerland. Her first exposure to the USA was when she was 8 years old and moved to TX with her family. Through this experience she learned English at the local Elementary School and about American culture. She went to High School in Switzerland, the Zurich International High School, where she had the wonderful opportunity to be exposed to multiple cultures and meet many multicultural students and teachers. Annette finished her BA at Baylor University, TX, and then came to UNC to pursue her doctorate in Counseling Psychology. Annette decided to attend UNC because of the multicultural emphasis and strong practitioners approach this program offers. The support that faculty and peers offer has made the process in the CP program enjoyable.

**Karina Samaniego-Munoz** is originally from Ojinaga, Chihuahua, Mexico, and is bilingual: Spanish and English. Karina received her BA from the University of North Texas, and then came to UNC to pursue her doctorate in Counseling Psychology. After living in Dallas, TX for several years, Karina experienced culture

shock when she moved to Greeley. Fortunately, there is a large Hispanic community from Chihuahua, which has helped her “feel at home.” She adds that being bicultural is oftentimes difficult, “My accent is not heavy so people usually overlook the fact that I’m from another country.” Nevertheless, Karina is proud of her heritage, “I identify myself as Mexican.” Moving away from Texas, “I realized how important family is to me,” and therefore, “I had to build a strong support system to get me through the years.” Karina has found support in her peers, students from other programs, and community members.



**Wipanee (Eadh) Suk-erb** is from Surio, Thailand and speaks four languages: Khmer, Thai, English and Lao. Wipanee received her BA from Mahasarakham University in Humanity and Social Sciences (Linguistics) and her M.Sc. in Counseling Psychology from Burapha University.

# INTERNATIONAL STUDENTS

Upon receiving news that Mahasarakham University was going to grant scholarships to support education, she decided to apply for it. Wipanee received a scholarship to pursue her degree in Counseling Psychology, and in return she will work for Mahasarakham University after she graduates. She learned about UNC from a professor at Burapha University who graduated from UNC 30 years ago. As an international student at UNC, Wipanee has found support in faculty, peers, and an international group that she attends every week. Wipanee stated that she faces, “tons of acculturation, but I’m glad that I made the decision to come to UNC,” because of APA’s accreditation of our program, the great learning atmosphere, close relationship with faculty and peers, and the nature on campus.



**Nai Chieh (Geri) Tien** is from Taipei, Taiwan and is fluent in Mandarin Chinese, English, and Taiwanese. Geri received her BS in Clinical Psychology from Fu-Jen Catholic University and her MS in Human Development and Family Studies with Marriage and Family therapy emphasis from CSU. Geri decided to come to UNC because she wanted to continue her studies in the USA. The UNC Counseling Psychology program has a strong science-practitioner

approach. At the time she applied it was one of three APA accredited doctoral programs in Counseling Psychology. Geri wants to eventually return to Taiwan to work, and until then is interested in working with the Asian and Pacific Islander population here in the USA. She likes that UNC has the multicultural houses, the Center for International Educational (CIE) program, and the semester exchange program for international students.



## Cultural Houses and Resources:

Cesar Chavez Cultural Center:

<http://www.unco.edu/cccc/>

Marcus Garvey Center for Black Cultural Education:

<http://www.unco.edu/garvey/>

Asian / Pacific American Student Services:

<http://www.unco.edu/apass/>

Native American Student Services:

<http://www.unco.edu/nass/>

Center for International Education (CIE):

<http://www.unco.edu/cie/>

## News from the Counseling Psychology Student Organization (CPSO)

Word from Meag-gan Walters, Social Chair: The Counseling Psychology Student Organization is off to a great start! The first meeting was held in September in which the officers and members covered up-coming club events like colloquia and speakers. The officers also addressed important topics such as self-care and time management. If you would like to join or attend the club meetings it is not too late. Check the listserve for CPSO emails as well as looking for notification flyers in the resource room.

September 6<sup>th</sup>, 2011: Applying for Internship: Saving Yourself From Drowning (Speaker: Catherine Phillips)  
5:30PM, Tuesday

September 21<sup>st</sup>, 2011: Career Services Evening: Resumes, Vitas, and Powerful Interviews  
5:00PM, Wednesday

October 3<sup>rd</sup>, 2011: Colloquia event: Acceptance & Commitment Therapy  
5:00PM, Monday

October 24<sup>th</sup>, 2011: CPSO Officers' Meeting  
5:00PM, Monday

October 27<sup>th</sup>, 2011: Comprehensive Exams: Tips and Prep from Your Fellow Students  
5:00PM, Thursday

November 8<sup>th</sup>, 2011: Colloquia event: Trauma: Impacts and Treatments  
5:30PM, Tuesday

## Student Representatives

We all know the importance of communication between faculty and students. This academic school year Marsha Cohen and Meag-gan Walters will be serving as a liaison between the student body and faculty during bi-monthly meetings. Michael Mahoney will be the student representative for the APA faculty meetings. Michael Jenkins-Guarnieri is also serving as a faculty student liaison. An important role of the student representatives is to assist with admissions in the spring and to let faculty know of any student concerns. You can contact your student representatives via email or in person. Take the opportunity and utilize this avenue of communication as it is for your benefit.

## Words of Advice from Meag-gan Walter 3<sup>rd</sup> year student.

### *Finding Your Footing*

#### Academics:

You are already skilled in this area! Do not be too intimidated, particularly if you are entering with a B.A. This is the next level, but take comfort and confidence in that you've made it this far. In addition to your normal academic style:

- Seize opportunities to gain new experiences through GA positions.
- Communicate your areas of interest to your faculty advisor and your GA professor(s).
- Attend conferences, workshops and trainings that interest you! We have funding support through the GSA: <http://www.unco.edu/gsa/grantfunding.html> and <http://www.unco.edu/glbta/safezone.html>
- It is never too early to start presenting. If you have conducted research, keep your eyes open and network about places to showcase your work.  
<http://www.unco.edu/hsl/researchday.html>

### Administrative News

During the summer several administrative changes took place. Provost Abe Harraf had to take a leave of absence to return to his homeland due to a family loss. Dr. Robbyn Wacker, who was the Dean of the Graduate School, became the Acting Provost for the University. Dr. Linda Black, who was the Chair of the Department of Counselor Education and Supervision (CES), became the Interim Dean of the Graduate School. Dr. Heather Helm became the new Chair of the CES department and Dr. Elysia Clemens (CES), became the new Coordinator for the Professional Counseling Masters' programs.

Have a good semester everybody and remember to let us know of your news and accomplishments. This goes for both current students and graduates. Many thanks to Annette Peters for her creativity, interviewing skills and for formatting this newsletter.



APA President Dr. Melba J.T. Vasquez and Dr. Lia Softas-Nall at the *Interamerican Congress of Psychology* in Medellin Colombia, South America. The theme of this conference was on *Health of the People: A Psychology Committed to Social Transformation* [Por la salud de los pueblos: Una psicología comprometida con la transformación social].

### Counseling Psychology Doctoral Program

For more information visit: <http://www.unco.edu/cebs/counspych/index.html>.

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