The introduction to this issue is being written while I am on a sabbatical leave and collecting data in the Greek University. I am interested in self-stigma for asking for psychological help and the impact of stress, anxiety and depression on decisions to seek professional help. The people of this small country with a very long history have been experiencing economic and sociopolitical crises in the past year. It is also a very beautiful country that takes your breath away with the blue skies and sea. It is hoped that the results of the study can help support the continuation of counseling centers. Some are closing as the economic difficulties are impacting University budgets. I hope to be able to make cross cultural comparisons on this topic.

The newsletter gives us the opportunity to celebrate achievements and to address changes. Welcome to our new cohort of seven students. A short note on each student is included in this issue. All incoming students have been awarded 15 hour Graduate Assistantships; we look forward to working with all of you. Best wishes to the five doctoral students, Michael Jenkins-Guarneri, Liz Legg, Laura Oyer, Emily Richter and Geri Tien, who have started their internships (all APA internships) this fall. Many congratulations to the ten graduates in spring and summer 2012, and best wishes as you begin your careers. It was an honor working with you and seeing you grow and blossom. One of the graduates, Richard Bunce, is the last graduate with a Psy.D. degree; the degree has now been phased out. We transitioned into the Ph.D. a few years ago and in 2010 became an APA-accredited PhD program. It is one of my pleasures to take pictures of our students as they ring the bell of freedom in the main office after they have defended their dissertations.

This issue of the newsletter continues to highlight the research productivity of our students and faculty both within and outside the University. In Spring 2012, we celebrated the First Counseling Psychology Research Day. Current students who are on campus are required to present a research project in a poster format during the CP Research Day. This was a way to formalize the ongoing research students are involved in with their research advisors, professors and mentors. It is an opportunity to share and learn from each other. Students get to know each other very well in terms of clinical skills as they take clinical practica in cohort groups in our in-house Psychological Services Clinic. However, they often did not know the research activities of their classmates unless they were in the same research team. We felt that by sharing their research in the CP Research Day their professional skills in disseminating research would solidify, while educating others and hopefully inspiring further research. Our program allows the freedom for students to choose their research interests and it was remarkable how diverse the topics were and the seriousness students showed in approaching the task. We look forward to the new research projects for Spring 2013. The number of presentations at APA is steadily increasing and at least seventeen of our students and very recent graduates presented in Orlando this past summer 2012.

We are in self-study mode as we prepare for our next visit from the APA accreditation team, and are contacting graduates and current students to gather all kinds of data. It is an opportunity to review who we are as a program and to use feedback to reexamine our direction. Many of the GAs have been and will be assisting with this process. Please take very seriously all requests for data while you are in the program and after graduation.

Many thanks to Dr. Johnson who returned from his sabbatical leave and is acting as the interim chair and training director during Fall 2012.

Lia Softas-Null, PhD
Counseling Psychology
Chair and Director of Training
Congratulations to our Spring & Summer 2012 Graduates!!

Left to Right: Dr. Cardona, Dr. Softas, Dr. Heather A. Bean, Dr. Clukey, Dr. Wright
Dissertation: The Lived Experience of Stay-at-Home Mothers when their Children attend School

Dr. Dr. Lori Ann Romont
Dissertation: Resiliency with Pre-Adjudicated Females

Left to Right: Dr. Helm, Dr. Softas, Dr. Sunda TeBockhorst, Dr. O’Halloran, and Dr. Henderson
Dissertation: I Still have to Overcome just Being Captured Inside Myself: The Experience and Meaning of Peritraumatic Tonic Immobility among Survivors of Sexual Violence

Left to Right: Dr. Johnson and Dr. Richard Bunce
Dissertation: An Evaluation of a Theoretical Model of Malingered Neuropsychological Dysfunction

Dr. Dr. Catherine Phillips Carrico
Dissertation: A Look Inside the Families of Firefighters: A Qualitative Study

Left to Right: Dr. Johnson, Dr. Lisa Bobby, Dr. Softas, and Dr. Nathan Kling
Dissertation: Shaping Attitudes towards Psychological Services

Dr. Cassie V. Comeau
Dissertation: Exploring the Relationship between Connectedness to Nature, Wellness, and Spiritual Well-Being

Left to Right: Dr. Cardona, Dr. Clukey, Dr. Softas, Dr. Emily Porter, and Dr. Johnson
Dissertation: The Effects of a Traditional Gender Role Background on the Self-Esteem and Confidence of Women in Graduate School

Dr. Amy Sholler Dreier
Dissertation: Defining an Impact Construct Applicable to Offender Therapists: A Grounded Theory Approach

Counseling Psychology Graduates

Left to Right: Dr. Johnson, Dr. Riley McGrath, Dr. Wright
Dissertation: Using Videos with Education, Contact and Education/Contact to Reduce Self-stigma on College Students
Welcome New Students

Name: Dylan Firsick
Where you are from: Originally Lancaster CA, but spent two years living in Denver and most recently lived in Huntington Beach, CA.
Degree: B.A. in Psychology from Biola University in La Mirada, CA and an M.A. in Clinical Psychology from the University of Colorado in Denver
Fun fact: “I am a huge sports fan, I played soccer in college and although the Los Angeles Angels are my favorite team, I have become a converted Rockies and Broncos fan from living in Denver. I also spend way too much time on fantasy football 😊.”

Name: Rachel Mary Haug
Where you are from: St. Cloud, MN
Degree: B.A. in Psychology
Fun fact: “I have been skydiving and would love to go again.”

Name: Caroline Hicks
Where you are from: Twin Brooks, SD
Degree: BS in Psychology from South Dakota State University; Brookings, SD
Fun fact: I am the youngest of 6 children, but the only redhead.

Name: Chloe Hinton
Where you are from: Originally from Brooklyn Park, Minnesota, recently from Fargo, North Dakota
Degree: BA in Psychology with a Sociology Minor, going for my PhD in Counseling Psychology
Fun Fact: I really like to salsa dance!

Name: Jason Kacmarski
Where you are from: I was originally born in Juneau, Alaska, but am coming to Colorado from Harrisonburg Virginia where I’ve lived since 2004.
Degree: M.A. and Ed.S in Clinical Mental Health Counseling from James Madison University
Fun fact: I graduated high school in South Korea

Name: Blair Nyline
Where you are from: I’m originally from Minnesota, but I moved to CO three years ago for my Master’s degree.
Degree: M.A. in Clinical Counseling
Fun fact: “I have a horrible sense of direction and get lost going almost everywhere.”

Name: Tanya Hutchins
Where you are from: New Orleans, LA
Degree: MS in Counseling Psychology
Fun fact: “I move a lot.”

Counseling Psychology Doctoral Program
For more information visit: http://www.unco.edu/cebs/counspsych/index.html.
Faculty and Student Publications and Presentations since the newsletter March 2012


**SRM Research Night Presentations**

Every semester the Department of Applied Statistics and Research Methods provides an opportunity for students taking a higher-level Quantitative and/or Qualitative class to present their research project. For Counseling Psychology students, the research evening is designed to serve as the final research report for SRM 600: Introduction to Graduate Research; SRM 680: Introduction to Qualitative Research; SRM 686: Qualitative Case Study Research; SRM 700: Advanced Research Methods; SRM 705: Advanced Issues in Research Methods; SRM 770: Advanced Evaluation Methods; HESA 781: Collaborative Inquiry for Scholars and Leaders. Below are the Spring 2012 Presentations.

**Cohen, M.** (May 2012). *The Adolescent Happiness Experience: Portrait of a High School Student*


**Legg, E.** (May 2012). *Eye Movement Desensitization and Reprocessing in Conjoint Couples Therapy.*

**Oyer, L.** (May 2012). *When Two Worlds Collide: A Case Study of a Female College Athlete Negotiating the Feminine and Athletic Cultures.*

**Peters, A. S.** (May 2012). *A Deeper Look into Cultural Identity Formation and Integration.*


**Suk-erb, W.** (May 2012). *Failing to Succeed: Resilience in Graduate Psychology Student Comprehensive Exam survivors: A Case Study.*


**Valdez, J.** (May 2012). *Help Seeking Attitudes among Hispanic and Caucasian Freshmen.*

**Walters, M.** (May 2012). *Exploring Authenticity in Older Adults.*

**UNC Research Day**

Academic Excellence Week is coordinated and sponsored by the Office of Undergraduate Research, the Center for Honors, Scholars and Leadership, and the Graduate Student Association along with academic departments and programs across the campus. It is a university wide opportunity for students and faculty to present their research.

**Andrade, S., Suk-erb, W., Locharoenrat, W.** (April 2012). *Teaching Sexual Education and Preventing Sexual Abuse for Adolescents with Autism.*

**Legg, E.** (April 2012). *Eye Movement Desensitization and Reprocessing in Conjoint Couples Therapy.*

**Murdock, J., Buckley, T., Oyer, L., & Welch, R.** (April 2012). *Expectations and Beliefs about Career Services from Current UNC Students.*


Counseling Psychology Research Day

This year was the introduction of the annual Counseling Psychology Research Day. This event allowed CP students to showcase their research efforts and be informed of the research interests and efforts of other students throughout the department. The purpose is to make students and faculty aware of the research culture and productivity of our department and to provide students with a chance to present their work to their colleagues and faculty. More than 20 posters were presented on some of the current research of the counseling psychology doctoral students. A wide range of innovative topics were covered.

Roche, J. (April 2012). “I’m Homeless Not Hopeless”: An Exploration of Homeless Adults’ Attachment-Based Narratives


Wright, S. L. (April 2012). The Relationship Between Global Attachment and Attachment to the Supervisor in the Counseling Self-Efficacy of Graduate Trainees.


Literature and Future Directions.


**Walker, R., & McGrath, R.** (2012, April). *"Are Counselors in Training Ready to Work with Transgender Clients?"*


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**Alumni Award**

Dr. Arlene Weimer (PsyD, 2006) accepted the first Clarion Award for her efforts to promote understanding about mental health and reaching out to the community during Centennial Mental Health Center’s annual public forum. The name of the award stands for speaking out clearly and loudly for mental health issues across the region for clients’ rights, issues, community education, outreach and individual intervention. The Clarion Award recipient may be a person who has uniquely impacted communities by breaking down barriers and establishing a standard of excellence. Weimer received the Clarion Award for her fierce advocacy for her clients, her arguing for "right-sized" service and common sense practices. She has embraced new approaches and evidence-based practices, helping her clients greatly.

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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/.
“I don’t oversee all the clinical training because all faculty do clinical training with their students. We follow CACREP and APA guidelines and encourage the usage of EST’s. “Research application is something we want to do more of,” shared Dr. O’Halloran. For the future, Dr. O’Halloran sees research, technology, and grant writing as being an important part of the PSC. She has written a grant to help the PSC continue to serve the underserved population in our community. Her goal is to work with other faculty to go back to writing the grant and submit it.

2011-2012 Clinic GA: Emily Richter

As the former clinic GA, my primary responsibilities were to generate clientele for our training clinic, foster and maintain positive relationships with community members and agencies, provide outreach services/presentations/workshops for agencies, and serve as a liaison between faculty, clinic staff, and counselors in training. Managing the clinic staff involves training and supervising client intakes, practicum scheduling, and development of outreach presentations for various presentations on campus and in the community.

Our referrals are generated from numerous sources. We get many referrals via “word of mouth” – clients refer friends and family for our services and relay positive experiences with our student clinicians. Our clinic staff members spend a great deal of time contacting community agencies such as health care organizations, schools, county organizations, physicians, dentists, churches, early education facilities, and other mental health care providers by phone and mail. In addition, we work closely with many campus organizations such as the Panhellenic council and intrafraternity council, Disability Student Services, and the campus cultural centers providing outreach presentations and psychoeducational workshops. We also maintain several websites, which market our services through UNCO.edu and PsychologyToday.com.

2012-2013 Clinic GA: Diana Levas-Luckman

As the PSC 2012-2013 GA, I hope to implement new, innovative ways to increase clinic outreach. Through collaborating with faculty, students, and establishing liaisons with other nearby organizations and colleges within the community, I hope to gain a better sense of how to better reach underserved populations and more effectively reach out to those already being served.

From my experience working in the PSC thus far, the community views it as a valuable resource for effective and inexpensive counseling and assessment services. Thus, it is most important to continue to spread the word to ensure that everyone in need is fully aware of the services that we provide.
Awards

Amy Dreier received the Dean’s Citation for Excellence award. The Graduate Dean’s Citation for Excellence is awarded to students nominated by their school in recognition of superior academic achievement in graduate studies.

Annette Peters received the PSI CHI Award at RMPA on April 13th, 2010 for her research on *The Process of Cultural Identity Formation in College Students*.

Jeff Roche was nominated for the RMPA Diversity Award on April 14th, 2012 for his research "I'm Homeless Not Helpless": An Exploration of Homeless Adults' Attachment-Based Narratives.

Geri Tien was placed in an internship at Aurora Mental Health Center. She was not mentioned in the Spring 2012 newsletter with the other four interns (Emily Richter, Liz Legg, Michael Jenkins, and Laura Oyer) because she matched after the last issue came out. Geri will still be at Asian Pacific Development Center for two days a week.
## External Practica

**CP students are sharing where they are doing their 2012-2013 External Practica**

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Position</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Em Dreiling, M.A.</strong></td>
<td>2nd</td>
<td>Colorado State University Counseling Center, Fort Collins</td>
<td>15 hours</td>
</tr>
<tr>
<td><strong>Marek Dvorak, B.A.</strong></td>
<td>4th</td>
<td>University of Colorado Counseling Center, Boulder</td>
<td>20 hours</td>
</tr>
<tr>
<td><strong>Dayna Northart, M.A.</strong></td>
<td>2nd</td>
<td>Aurora Mental Health</td>
<td>12-15 hours</td>
</tr>
<tr>
<td><strong>Annette Peters, B.A.</strong></td>
<td>3rd</td>
<td>Perklen Center, Greeley</td>
<td>12-15 hours</td>
</tr>
<tr>
<td><strong>Steven Pote, M.A.</strong></td>
<td>2nd</td>
<td>Aurora Mental Health</td>
<td>12-15 hours</td>
</tr>
<tr>
<td><strong>Jeff Roche, B.A.</strong></td>
<td>3rd</td>
<td>Perklen Center, Greeley</td>
<td>10-15 hours</td>
</tr>
<tr>
<td><strong>Laura Schenck, M.A.</strong></td>
<td>3rd</td>
<td>University of Northern Colorado Counseling Center - Greeley</td>
<td>12-16 hours</td>
</tr>
<tr>
<td><strong>Ricki Walker, M.A.</strong></td>
<td>4th</td>
<td>University of Northern Colorado Counseling Center, Greeley</td>
<td>12-16 hours</td>
</tr>
<tr>
<td><strong>Jesse Valdez, M.A.</strong></td>
<td>3rd</td>
<td>Perklen Center, Greeley</td>
<td>10-15 hours</td>
</tr>
</tbody>
</table>

**Hours: 10 hours**
**Name:** **Meag-gan Walters, B.A.**
**Year:** 4th year
**Position:** Perklen Center, Greeley
**Hours:** 15-20 hours

### Some previous external practica experiences from Fall 2011-Spring 2012

**Liz Legg**

General Services Advanced Practicum Student, Colorado State University Health Network

13 hours per week: 5 hours of individual/couples therapy sessions, 1 hour of Initial Consultation (intake), 2 hours of on-call (drop-in brief intakes, crisis work as needed), 1 hour of individual supervision, 1 hour of group supervision/seminar, 3 hours of clinical administration duties (paperwork, phone calls, etc.); during the second semester I had 7 hours of sessions per week. The experience was wonderful! The staff are very welcoming, supportive, and warm. The range of client issues is broad and provides an opportunity for exposure to different diagnostic issues and populations.

**Laura Oyer**

External practicum at UNC Counseling Center

I completed 13 hours at the practicum site per week. At the practicum site, I saw 6 clients per week for individual counseling, conducted 2 intake interviews (each 1 hour), and had 1 hour of individual supervision by a senior staff member. I also attended the staff meeting (one per week) with senior staff, interns, and external prac students for 1.5 hours a week. The “leftover” time was spent completing case notes and/or intake reports. It has helped me realize that I really want to work at a university counseling center for my internship, as well as when I graduate and look for my first job as a psychologist. I have appreciated the senior staff’s effort to make me feel welcome and the warmth and encouragement they have provided.

**Geri Tien**

External Practicum at Aurora Mental Health Center

12 hours/week. It was less work at the beginning but as time went by I had more clients and the workload increased; there were couple of times I have to work extra hours just to get things done on time.

The experience was amazing! The real world experience really makes me think if this is what I want to do and thank God it is. I love working with diverse and under-represented population, also the experience of working in a community mental health agency is very different than in our in-house clinic and I learned so much. This experience definitely prepared me better for internship.

**Melissa Horne**

Graduate Assistant at Disability Support Services

16-20 hours a week. Lots of working with assessments, including reviewing them, contacting psychologists and medical doctors, meeting with students about accommodations for different disabilities, working with conflict resolution between students, professors, and each other. Running lots of presentations and a Student Learning Series to assist students with disabilities in the transition and adjustment process. Supervising undergraduate student employees that work at our front desk. It’s been pretty amazing! I think it’s probably one of the best GAs in the school if you have the right personality to fit into the office!
News from the Counseling Psychology Student Organization (CPSO)

2011-2012 Officers: Faculty Supervisor: Dr. Stephen Wright; Presidents: Michael Jenkins and Melissa Horne; Secretary: Emily Richter; Treasurer: Laura Oyer; Social chair: Meagan Walters

2012-2013 Officers: Faculty Supervisor: Dr. Stephen Wright; President: Jesse Valdez, Vice President: Annette Peters, Secretary: Marsha Cohen, Treasurer: Beth Ruechel, Social chair: Jeff Roche

The Counseling Psychology Student Organization shall exist for the purposes of supporting the academic success and social community of counseling psychology doctoral students at the University of Northern Colorado. The CPSO will also assist with facilitating communication between students within the Counseling Psychology program at University of Northern Colorado and between students at UNC and professional organizations such as the American Psychological Association (APA). A major goal of the organization is to promote the professional development of counseling psychology graduate students.

Colorado Psychological Association (CPA)—by Janae Sones, Student Board Member

The department hosted the Colorado Psychological Association’s (CPA) annual non-metro board meeting in May, providing the opportunity for UNC faculty and students to network and learn about the activities of CPA. The CPA is the state organization of the American Psychological Association. It works on a local and national level to advocate for and promote psychological health and well-being, not to mention the psychology profession. As one of the CPA student board members, I help other students get involved in the various CPA divisions and committees, as well as host networking opportunities for students with Colorado psychologists.

CPA membership provides many benefits for students, including:

- a one-on-one mentoring program
- opportunities to work on various committees, including the legislative committee who works with state official and politicians on legislation important to Colorado psychologists
- access to a 24-hour ethics hotline
- Discounts on all CPA programs and events
- CPA’s The Colorado Psychologist, a bimonthly newsletter containing local and national information important to Colorado psychologists

Membership applications can be found in the graduate resource room or online at www.coloradopsych.org.

Drs. Wright & Wright Family

Name: Isabelle
Age: born 2-17-12
Eye Color: Blue
Favorite Toy: stuffed monkey
First Word: too little to talk
Favorite Food: mango
Fun Fact: she giggles at her sister as she pushes her in a swing

Name: Olivia
Age: 2 (2-13-10)
Eye Color: brown
Favorite Toy: books
First Word: da da
Favorite Food: yogurt
Fun Fact: she names all of her dolls "Isabelle"