



**UNC**  
UNIVERSITY OF NORTHERN COLORADO

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OCTOBER 2015

## COUNSELING PSYCHOLOGY DOCTORAL PROGRAM FALL 2015 NEWSLETTER

FROM THE TRAINING DIRECTOR:

Welcome back everyone to an exciting new academic year. There have been a lot of new changes this past year in the Counseling Psychology (CP) program that we would like to share with you. After 5 years as the CP program coordinator the Director of Training, Dr. Lia Softas-Nall will return to teaching full time. She led the CP program through a successful APA-accreditation process in 2013. As a result, we were awarded the maximum 7 years of accreditation. Thank you Dr. Softas-Nall for your service to the CP program – I have some big shoes to fill. Another change in the program was the retirement of Dr. Sean O'Halloran after 25 years of service. She spent a majority of her time directing the Psychological Services Clinic and she will be missed.

We are very excited to announce that Dr. Lu Tian has joined the CP program as an Assistant Professor. She received her Ph.D. in Counseling Psychology from Missouri-

Columbia and completed her doctoral internship at the University of Maryland. This past year she was a visiting Assistant Professor at the University of Memphis. Again, we are all extremely excited that Dr. Tian has joined the CP faculty.

This summer Dr. Brian Johnson started directing the Psychological Services Clinic and things are running smoothly. Barry Motter is also helping run the clinic as the new Assistant Clinic Director. The clinic provides a variety of counseling and psychological services to university students, members of the community, and surrounding areas. These services include: individual counseling, group counseling, couples counseling, family counseling, play therapy, and psychological assessment evaluations. Just this past spring, the clinic served over 115 individuals! Additional clinic updates are provided in this issue on page 14.

An additional update that has happened in the department

of Applied Psychology and Counseling and Counselor Education (APCE) is the development of the Campus Corps mentoring program. Campus Corps is designed to provide a strong mentoring relationship with youth (ages 11-18) who are at risk of not achieving their full potential. UNC graduate students from the departments of APCE and School Psychology provide one-on-one mentorship to the at-risk youth. Next year, UNC undergraduate students will also help serve as mentors to the youth. The goals of the Campus Corps program are to promote the resilience and life success of at-risk youth and strengthen community systems to better serve youth and their families. More information about this wonderful program is provided in this issue on page 13.

Stephen Wright, Ph.D.  
Director of Training  
Program Coordinator

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Bringing  
education  
to life.

UNIVERSITY of  
NORTH COLORADO

## Congratulations 2015 Summer Graduates

### Dr. Emily Dreiling

Dissertation: The interrelationships among perceived parenting styles, psychological entitlement, and subjective well-being

**Current Position:** Em started a job at a group practice in Washington DC

### Dr. Dayna Northart

Dissertation: Forgiveness as a mediating variable between attachment style and adult love relationships

**Current Position:** Dayna accepted a postdoc position at Kaiser Permanente in Santa Clara, CA



### Dr. Jeff Roche

Dissertation: Counter-narratives of adults who are homeless: Attachment and resiliency in context

**Current Position:** Jeff accepted a postdoc position at the University of Wisconsin-Madison



### Dr. Annette Peters

Dissertation: Lived experiences of belonging to multiple nationalities

**Current Position:** Annette accepted a position at Florida State University where she completed her internship (pictured in the next column)



### Dr. Aaron Wallis

Dissertation: Examining the impact of information communication technology on social skills and total likability.

**Current Position:** Aaron accepted a postdoc position at University of Colorado Boulder's Wardenburg Health Services Center



### Dr. Meag-gan Walters

Dissertation: Exploring the "missing piece" within the social justice agenda: Exploring experiences of classism and attitudes toward mental health services in undergraduate students

**Current Position:** Meag-gan is employed as a postdoctoral fellow with Stanford University Counseling and Psychological Services





## Congratulations Expected Fall 2015 Graduates

### Rachel Gall

Dissertation: All families are unique: Experiences Of Lesbian-Parented Families

**Current Position:** Rachel was hired to work at the Denver Jewish Day school



From left to right: Dr. Softas, Dr. Em Dreiling, Rachel Gall, Dr. Jeffrey Roche, Dr. Dayna Northart, Dr. Aaron Wallis, Dr. Annette Peters, Dr. Meag-gan Walters, Dr. O'Halloran



## RINGING OF THE BELL

Starting in the top left and rotating clockwise: Dr. Jeffrey Roche, Dr. Aaron Wallis, Rachel Gall, Dr. Annette Peters



# BEST WISHES TO OUR STUDENTS ON INTERNSHIP

*See below regarding APA accreditation*

## **Sarah Breseke**

Cheyenne VA Medical  
Center  
Cheyenne, WY

## **Marsha Cohen**

Ball State University  
Muncie, IN  
APA accredited

## **Dylan Firsick**

University of Southern  
California CA/UCC  
Los Angeles, CA  
APA accredited

## **Jason Kacmarski**

VA Medical Center  
Denver, CO  
APA accredited

## **Blair Nyline**

State Operated Forensic  
Services  
St. Peter, MN  
APA accredited

## **Steven Pote**

Boise VA Medical Center  
Boise, ID  
APA accredited

## **Janae Sones**

Montana State University  
Bozeman, MT  
APA accredited

## **Tanya Watson**

Rutgers Biomedical &  
Health Sciences  
Newark, NJ  
APA accredited

## External Practicum Sites

## **Liesel Christoe-Frazier**

*Emerge*

## **Chloe Hinton**

*La Luna Eating Disorder Center,  
Fort Collins*

## **Rachel Haug**

*CU Boulder Counseling Center*

## **Caroline Hicks**

*CSU Counseling Center*

## **Barry Motter**

*UNC Counseling Center*

## **Beth Ruechel**

*Alternative Homes for Youth  
Greeley*

## **Tricia Steeves**

*Salud Clinic, Brighton*

## **Nicole Swanson**

*UNC Counseling Center*



## Externship Sites for CP Students

Below is a list of approved externship sites within the CP program. Each site has had at least one CP student and can be an option for students interested in future externship sites. For more informational please contact Dr. Stephen Wright

### Counseling Center:

- Colorado State University Health Network (CSU)
- University of Colorado Counseling and Psychological Services, Boulder
- University of Northern Colorado Counseling Center – Greeley (UNC)
- Regis Counseling Center, Denver
- Metropolitan State University Counseling Center, Denver
- AIMS Community College, Greeley

### Integrated Care:

- Kaiser-Permanente, Greeley
- Denver Health Medical Center
- Salud Clinic, Brighton

### Community Mental Health:

- Asian Pacific Development Center, Denver
- Aurora Mental Health
- Aurora Mental Health Child and Family Team, Aurora
- Community Reach Center, Thorton/Denver
- Mental Health Partners at Longmont Adult Outpatient Services
- North Range Behavioral Health, Greeley
- Reaching HOPE, Commerce City
- Touchstone Health Partners

### Forensic:

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

### Veteran Affairs:

- Veterans Affairs, Fort Collins
- Veteran Affairs Medical Center, Cheyenne, WY
- Vital Program, Cheyenne VAMC
- TBI/Neuropsych Clinic, Denver VAMC
- Pain Team, Denver VAMC
- Inpatient Mental Health. Denver VAMC

### Additional Specialized Sites:

- La Luna Eating Disorder Center, Fort Collins
- Perklen Center for Psychotherapy (Domestic Violence, Sexual Offender Treatment Program)



## WELCOME NEW CP 2014 DOC STUDENTS

Name: **Jenn Geiman**

Hometown: Sleepy Hollow, IL

Degree: BA in Applied Psychology with a minor in Gender and Women's Studies from the University of IL at Chicago

Fun fact: When I was a little kid and people asked me what I wanted to be when I grew up I would say "independently wealthy." I was a weird kid.

Name: **Yuge Guo**

Hometown: Quanzhou, China

Degree: MA in Psychology from ASU, MA in Counseling from Ball State University

Fun Fact: I love crime shows, and I love cooking and singing.

Name: **Deon Marcell Hall**

Hometown: Oceanside, CA

Degree: BA in Psychology; Minor in Sociology from the University of Central Oklahoma in Edmond, OK

Fun Fact: I was hustled by Spiderman, Hulk, and an adult baby all in one setting.

Name: **Christy Jersin Woods**

Hometown: Colorado Springs, CO

Degree: BA in Counseling psychology from Colorado Mesa University in Grand Junction, CO

Fun Fact: I was originally going to school to become a photojournalist.

Name: **Abi Kimm**

Hometown: Wawa, Ontario, Canada

Degree: BA in Psychology and Spanish from Taylor University in Upland, IN

Fun fact: I have (mostly) enjoyed running over 600 miles in the last year. In fact, the moment I remember best on interview day is introducing myself by telling everyone that my training run the next morning wouldn't be pretty because of the altitude change.

Name: **Mel Lafferty**

Hometown: Bismarck, ND

Degree: MA Clinical Psychology from Eastern Illinois University in Charleston, IL.

Fun Fact: Colorado is the 4th state I've lived in and visiting every state is on my bucket list.

Name: **Mandy Larsen**

Hometown: Chicago, IL

Degree: M.A. in Couple and Family Therapy from Adler University in Chicago, IL

Fun fact: I've been a godmother since I was 14 years old.

Name: **Kaitlin Ohde**

Hometown: Liberty, Missouri

Degree: MA in Counseling Psychology from the University of Denver in Denver, CO

Fun fact: I'm an adrenaline junkie. I'm a river guide and love downhill mountain biking.



**Fall 2015 Entering Cohort with Training Director**

Left to Right and Front to Back:  
Dr. Wright, Kaitlin, Christy, Jenn, Guo, Mel, Deon,  
Mandy and Abi



## Welcome Dr. Lu Tian—Our new faculty member!

Dr. Lu Tian received her PhD in Counseling Psychology (APA accredited) from the University of Missouri-Columbia. She has numerous publications and professional presentations and has taught at the University of Memphis. Dr. Tian has particularly specialized in coping/stress management, career-related issues, multicultural competency, and mindfulness. Her primary research interest is in the area of coping/applied problem solving, particularly related to proactive coping and multiculturalism. Dr. Tian has research, teaching, and clinical experience at the international level and was mentored by Div 17 past president (2005) Puncky Paul Heppner, Ph.D.



1. Where is your hometown?

Zhengzhou, China famous for the Temple of Kung Fu/Monk

2. What led you to pursue counseling psychology?

I was studying for my Master's in China and my advisor invited Div 17 president (2005) to come speak. I networked with president and found that we could work well together and went to study under him at Missouri-Columbia.

3. What brought you to UNC?

The program was a great fit for my professional goals. When I came to the interview UNC was extremely hospitable and culturally sensitive. My dinner was at an Asian restaurant in town and it made me feel welcomed.

4. Currently teaching and plan to teach?

I am currently teaching Multicultural Counseling and Assessment and Appraisal. I will teach Trauma and supervise Individual Counseling Prac next semester.

5. What are your research and clinical interests?

I am primarily interested in proactive coping (efforts in preparation to cope/prevention) and culture influence on the coping process. For my dissertation I created a measure for proactive coping. My clinical interests are mostly in college students. I have previous experience in China, Taiwan, and U.S. schools across the country working with college students.

6. Outside of academia, what are some of your favorite activities or interests?

I like to read and travel. I have traveled to Greece, Turkey, China, Taiwan, and various states in the U.S. I also like badminton although I haven't played in a while

7. Favorite book?

I like novels in general but all genres. My favorite author is Agatha Christine who writes detective novels.

8. Favorite movie and TV show?

The Shawshank Redemption and a few TV shows. Big Bang Theory, House of Cards, and Game of Thrones to name a few. I may stop watching Game of Thrones because all of the good characters were killed.

9. Favorite food? I love Asian cuisine; I don't like cheese but I like it on pizza.

10. Favorite music genre? Classical, Country, Jazz

11. What would you do if you won the lottery?

I would renovate McKee hall so faculty could have windows in their offices ☺ and then I would travel!

12. What goals do you have while at UNC?

I want to work on internationalizing the campus and bridging the gap of knowledge between nations. I would also like to create a program that integrates research into practice.



## Publications & Presentations

### Publications

Bean, H., **Softas-Nall, L., Eberle, K., & Paul, J. A.** (In press). Can we talk about stay-at home moms? Empirical findings and implications for counseling. *The Family Journal: Counseling and Therapy for Couples and Families*.

Genuchi, M.C., **Rings, J. A.**, Germek, M.D., & Erikson Cornish, J.A. (2015). Clinical supervisors' perceptions of the clarity and comprehensiveness of the Supervision Competencies Framework. *Training and Education in Professional Psychology*, 9, 68-76.

Heppner, P.P., Lee, D-G., & **Tian, L.** (In press). Problem-solving appraisal. In S. Lopez (Eds.), *The Encyclopedia of Positive Psychology* (2<sup>nd</sup> edition).

Heppner, P.P., Lee, D-G., & **Tian, L.** (In press). The Important Role of Problem Solving Appraisal in Creating a Positive Life across Cultural Context. In S. Lopez (Eds.), *The Oxford Handbook of Positive Psychology* (3<sup>rd</sup> edition).

Hernandez, T.D., Palafox, C., McFadden, K. L., Ramsberger, G., **Rings, J.A.**, & Brenner, L. M. (2015). Acupressure as a model for complimentary and alternative medicine (CAM) treatment following acquired brain injury: Translating lessons from the laboratory. *International Journal of Physical Medicine & Rehabilitation*, 3(2). Advance online publication. doi:10.4172/2329-9096.1000269

**Jenkins-Guarnieri, M. A.**, Vaughan, A., & **Wright, S. L.** (2015). Development of a self-determination measure for college students: Validity evidence for the Basic Needs Satisfaction at College Scale. *Measurement and Evaluation of Counseling and Development*, 48, 266-284. doi: 10.1177/0748175615578737

**O'Halloran, M.S.**, Jones, L., & **Sones, J.** (2015). Crisis intervention with early adolescents who suffered a significant loss. In K. R. Yeager (4th ed.). *Crisis intervention handbook: Assessment, treatment, and research*. London: Oxford University.

**Softas-Nall, L., Cardona, B., & Barritt, J.** (2015). Challenges and diversity issues working with multilingual and bilingual couples and families: Implications for Counseling. *The Family Journal: Counseling and Therapy for Couples and Families*, 23, 13-17.

**Swanson, N. M.**, Vaughan, A. L., & Wilkinson, B. D. (in press). First-year seminars: Supporting male college students' long-term academic success. *Journal of College Student Retention: Research, Theory & Practice*.

**Swanson, N.M.** (August, 2015). Interview with a psychologist: Helen L. Coons, PhD, APBB. *The Colorado Psychologist*.

### Rocky Mountain Psychological Association, April 2015

**Eberle, K., Schenck, L., & Rings, J. A.** (2015). *Insecure attachment styles and complicated grief severity: Applying what we know to inform future directions*.

**Softas-Nall, L., Hofmann, S., Haug, R., & Softas-Nall, S.** (2015, April). *Gender considerations in attitudes toward help-seeking and depression in Greek students*.

**Dreir, A. S.** (PhD 2012), **O'Halloran, M. S.**, **Wright, S.**, & **Ghaffari, D.** (2015, April). *Therapist resiliency theory: Implications for therapists working with offense-specific clients*.





**Eberle, K. M. & Paul, J. A.** (2015, April). *Spirituality and continuing bonds in bereavement: A call for further research.*

**Paul, J. A.** (2015, April). Varieties of religious responses to homosexuality among American evangelicals: Growing inclusion of sexual minorities?

**Paul, J.A. & Stevenson, O. L.** (2005, April). *Telepsychology: A call for supervision and training.*

**Stevenson, O. & Christoe-Frazier, L.** (2015, April). *Self-compassion and subjective well-being: A meta-analysis.*

### **SRM Research Night, May 2015**

**Firsick, D.** (2014): *Acknowledging and Responding to Ruptures in Clinical Supervision – Do Power Dynamics and Supervisor Disclosure Play a Role?*

**Motter, B.** (2014): *Weaving the Threads of Social Justice: Counseling Practitioner Stories about Training, Practice, and Exploring Chasms.*

**Kacmarski, J.** (2014): *Belonging in the Context of the Coming Out Process: A Qualitative Examination.*

**Haug, R.** (2014): *Assessing the Validity of the General Belongingness Scale and Other Measures of Mental Health on Lesbian-, Gay-, and Bisexual-Identified Adults.*

**Hicks, C.** (2014): *The Role of Reactions to Disclosure of Sexual Orientation on the Degree of Perceived Burdensomeness, Thwarted Belongingness, and Suicidal Ideation.*

### **American Psychological Association, August 2015**

**Ghaffari, D., & Wright, S. L.** (2015, August). *Posttraumatic Growth and Secure Attachment: Implications Based on Meta-Analytic Findings.*

**Mahoney, M., Softas-Nall, L., Rings, J.A., & Swanson, N.** (2015, August). *Homecoming experiences of student military veterans: Implications for psychologists.*

**Peters, A., Softas-Nall, L., & Ruechel, E.** (August, 2015). *Exploring the process of identifying with more than one nationality.*

**Roche, J., & Softas-Nall, L.** (2015, August). *Counter-narratives of adults who are homeless: Attachment and resiliency in context.*

**Softas-Nall, L., & Hofman, S.** (2015, August). *Mental health perceptions, finances, and gender among Greek students.*

**Walker, R. (PhD 2014), Softas-Nall, L., Rings, J., & Zwetzig, S.** (2015, August). *Attachment style and sexual identity development on relationship satisfaction among lesbian couples.*

**Walker, R., Softas-Nall, B., Rings, J.A., & Zwetzig, S.** (2015, August). Attachment style and sexual identity development on relationship satisfaction among lesbian couples. Poster session presented at the 123<sup>rd</sup> annual meeting for the American Psychological Association, Toronto, ON.

**Wright, S. L., Firsick, D. M., Kacmarski, J. A., & Jenkins-Guarnieri, M. A. (PhD 2013)** (2015, August). *A structural model of attachment, self-efficacy variables, and life satisfaction.*



**Heath, L** (PhD 2013), **Johnson, B. D., Paul, J.A., Martinez, M., & Hofmann, S.** (2015). *Bereaved children's responses to affective variables of the Rorschach.*

**Johnson, B. D., Berdahl, L.D., Hofmann, S., Paul, J.A., Martinez, M., & Johnson, N.** (2015). *Assessment of parenting competencies: What we know and what needs to be done next.*

**Roche, J., & Peters, A.** (2015, August). *Attachment and other factors of resiliency among adults who are homeless.*

**Watson, T.** (2015, August). *Prison inmate suicide: A case study of mental health practitioner survivors.*

### **Misc.**

**Hicks, C., Softas-Nall, L., & Zwetzig, S.** (March, 2015). Program-level assessment plan for counseling psychology doctoral program accreditation process. 2015 Assessment Fair, University of Northern Colorado, Greeley, Colorado.

**Swanson, N.M., Wilkinson, B., & Vaughan, A. L.** (February, 2015). *FYS and male college students' first- and third-year persistence.* Paper presented at the annual meeting on the First Year Experience, Dallas, TX.

**Wilkinson, B., Swanson, N.M., & Vaughan, A. L.** (February, 2015). *Academic self-efficacy, engagement, and achievement for all students.* Paper presented at the annual meeting on the First Year Experience, Dallas, TX.

### **Upcoming Conferences:**

**Ritchie, N., Christoe-Frazier, L., & Pereira, R.** (November, 2015). Demonstrating a need for improved reach and retention of Latinos in the National Diabetes Prevention Program. Annual Meeting of the American Public Health Association, Chicago, IL.

**Vaughan, A. L., Wilkinson, B. D., & Swanson, N. M.** (November, 2015). *Assessing first year seminar participation, academic engagement and self-efficacy, and college student achievement.* Paper to be presented at the National Symposium on Student Retention, Orlando, Florida.

**Vaughan, A. L., Swanson, N. M., & Wilkinson, B. D.** (November, 2015). *Promoting male college students' short- and long-term academic achievement.* Paper to be presented at the National Symposium on Student Retention, Orlando, Florida.

### **Awards**

#### **Nicole Swanson**

*Colorado Psychological Association  
Presidential Citation*

For guidance, commitment, and leadership as Chair of COPAGS. July 2015



## Congratulations! Alumni News

Lindsay Heath (PhD 2013) had a second daughter, Alice Kathleen Heath born 8/13. Her other daughter is head over heels for her new sis!

Michael LeBlond (PhD 2010) is now licensed in both CO and FL and was named to the Arapahoe House Board of Director!

Em Dreiling (PhD 2015) got engaged! Congrats Em!

Michael Mahoney (PhD 2014) was licensed in HI and offered a full-time permanent staff position as a psychologist at the Community Based Outpatient Clinic (a VA extension clinic) in Maui and accepted.

Catherine Phillips Carrico (PhD 2012) was licensed in April 2015.

Marek Dvorak (PhD 2014) now a licensed psychologist in California and Colorado. He is currently employed at Psychiatric Centers of San Diego (PCSD), which is a large outpatient clinic that serves the greater San Diego area. They have 10 clinics and he is working out of their San Marcos office.

Aaron Wallis (PhD 2015) and Melissa Horne (PhD 2014) were married on October 9<sup>th</sup> in Silverthorne, CO. Congratulations!

Melissa Horne (PhD 2014) also started working at the Metis Center, a private practice located in Gunbarrel, CO with another graduate of the program Sunda Friedman-TeBockhorst.

Wipanee Suk-Erb (PhD 2014) got married! Congratulations!





Michael Jenkins-Guarnieri (PhD 2013) passed the EPPP and the state licensing exam in early 2014 and extended his postdoctoral fellowship with the Army's National Center for Telehealth and Technology where he provided clinical treatment and conducted research on integrating technology into health care. He has since transitioned into private practice as a licensed counseling psychologist providing psychotherapy and assessment services since July 2014 in WA. He is continuing to teach at the local community college as an adjunct and consult as a statistician on smaller research projects. He and his wife had a little girl, Emery, in May 2015. She has a deep curiosity about the world, a strong and steady presence, and a little dramatic streak at times!



Laura Oyer (PhD 2013) had her son Davis Oyer July 22, 2015. Laura is working at the La Luna Center in Ft. Collins, CO and is licensed.



Jennifer Newell (PsyD 2007) is currently the Director of a children's mental health clinic - Behavioral Health Services through Tulare County Office of Education in CA.



## Campus Corps: Mentor Program

### *The Campus Corps Philosophy*

**Campus Corps** provides therapeutic mentoring to youth ages 11-18 years, in a structured multi-level mentoring community. Youth who are at risk of not reaching their full potential due to individual or environmental risk factors are referred to Campus Corps and matched with a UNC student mentor. During the first year of program implementation, graduate students from the departments of **School Psychology** and **Applied Psychology and Counselor Education** will provide one-on-one mentorship to youth.

**The Campus Corps program takes place entirely on UNC's campus, providing exposure to campus and university life, thus allowing for youth to experience firsthand the possibilities of education and the value of learning.** Working collaboratively, university faculty and doctoral-level students coordinate and supervise the experiential mentorship evening while providing comprehensive group learning and instruction to compliment the mentorship experience and needs of the youth. Campus Corps creates an environment in which each mentorship pairing is nested within a small mentoring group, known as a Mentor Family. The Mentor Family is typically comprised of youth in similar developmental and chronological ages. This unique feature of Campus Corps allows youth to positively interact with their peers while benefiting from their primary mentor and a community of caring peers within their Mentor Family. Following the first year of implementation, undergraduate students from a variety of majors will serve as youth mentors.

### *The Campus Corps Mission*

**The goals of the program are to promote the resilience and life success of at-risk youth as well as strengthen community systems in order to better serve youth and their families.** Additionally, the mentorship program strives to prepare UNC students to become community engaged leaders.

Student mentors spend four hours once a week with their mentee in a group setting to provide academic support, career planning, positive social skill development, and to develop goals while providing an environment conducive to goal attainment. Strong bonds between mentors and mentees develop over the course of the program.



**UNC's Campus Corps is housed in the Department of Applied Psychology and Counselor Education (APCE). This same department houses the Psychological Services Clinic (PSC).** The PSC provides counseling and assessment services to the Greeley and surrounding communities. Youth involved in Campus Corps and their families will have access to services through the PSC, including individual counseling, family counseling, couples counseling, play therapy, and assessment services.

# Counseling Psychology Student Organization (CPSO)

Last semester was a big one for CPSO. We put on multiple events. Most notably, with the help of COPAGS, we were able to invite speaker and published author, Dylan Scholinski, to give his presentation--Mental (St)health. He spoke about his incredible journey, tackled the subject of suicide, and shared his art. We had a huge turn out that included our own students, graduate and undergraduates from across the campus, and even community members. Thanks to everyone who helped make the event a success! It was an amazing event and we are thankful for the experiences Dylan shared with us.

This semester CPSO is working on some smaller events, including our annual student-led written comprehensive exam information meeting [separate from that of the training director], a Halloween celebration at a haunted corn maze, and some other smaller social events.

We are always looking for input and ideas from students for new speakers or events you wish to see, big or small. If you have ideas for events, questions for CPSO, or feedback about any of the events held so far we would love to hear them! Just send an email to [kiersten.eberle@unco.edu](mailto:kiersten.eberle@unco.edu) and we'll be sure to get back to you.



**President:** *Beth Ruechel*; **Vice-President:** *Jeff Paul*;  
**Secretary:** *Chloe Hinton*; **Social Chair:** *Kiersten Eberle*  
**Treasurer:** *Dylan Ghaffari*

## Psychological Services Clinic Update

Starting this summer, Dr. Brian Johnson has taken over as the Clinic Director for the Psychological Services Clinic. We are very excited to have him in this position and see his ideas for the clinic come to life!

- We have five advanced CP students staffing the clinic this semester, in addition to Technology GA and Barry Motter as Assistant Clinic Director. Clinic staff are working hard to recruit clients and provide outreach around campus and Greeley.
- We have nearly 50 counselors seeing individuals, couples, families, and group clients this semester and now all practica are using electronic medical records (EMR)! The transition to using EMR (i.e., Titanium) makes organizing client data much easier, and provides a great training opportunity for our students to gain experiences using similar systems to those found at external placements, such as internship sites and employment locations.
- Clients can now pay for psychological assessments and counseling services using our new credit card reader (thanks Dr. Johnson).
- A mission of the clinic is to expand opportunities for psychological assessments for CP students. In order to make this happen, we will be starting formal assessment staffing meetings in the spring semester. Students interested in participating should contact Dr. Johnson about scheduling and requirements.
- Be on the lookout for student-created artwork from the PSC Reframe contest held by CPSO hanging in the clinic soon!





# Clinic Data Reports from Spring 2015

During the spring semester of 2015, the Psychological Services Clinic (PSC) at the University of Northern Colorado (UNC) provided services for a total of 118 clients and conducted approximately 776 sessions (individual counseling, child/adolescent counseling, play therapy, couples/family therapy, group counseling and psychological assessments). Below is a summary of information pertinent to our services at the PSC.

## UNC Students and Northern Colorado Community Members (118 clients):

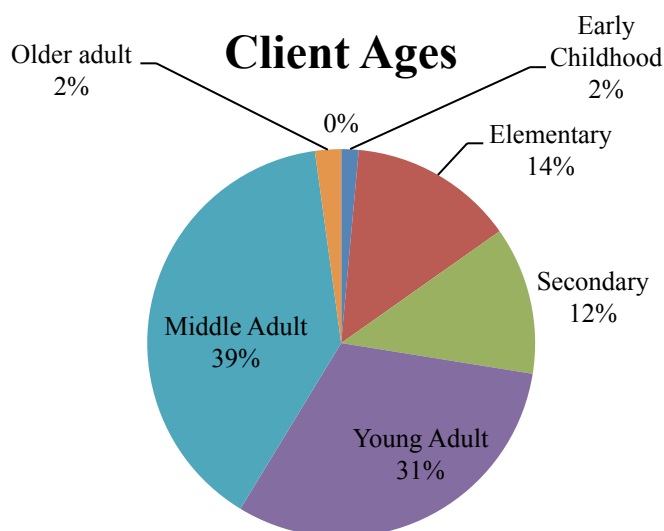
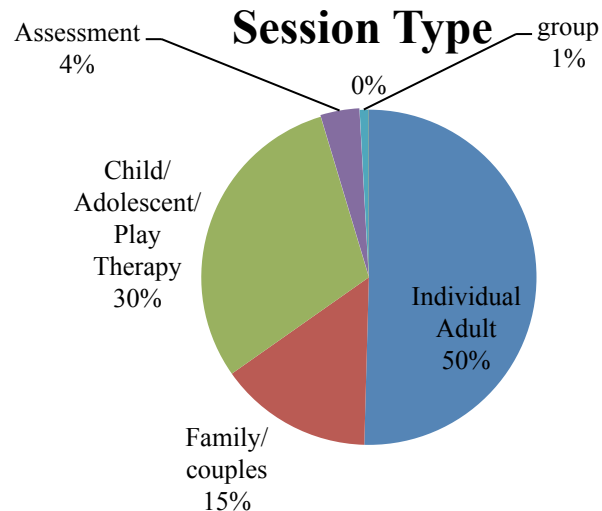
- 71% were community members/non-UNC students
- 22 % were UNC students

## Gender Identification (118 clients):

- 55% identified as males
- 65% identified as females

## Sexual Orientation (118 clients):

- 73% identified as heterosexual
- 6% identified as gay, lesbian, or bisexual



## Client Ethnicity (118 clients):

- 76% Caucasian/European Origin
- 19% Hispanic/Latino
- 3% Multiracial
- 1% Asian American
- 1% American Indian

## Referral Sources

- 19% Personal
- 17% UNC
- 14% Prior PSC Client
- 13% School
- 12% Self
- 5% Community Agency
- 5% Physician
- 4% Presentation
- 2% Website

## Colorado Psychological Association of Graduate Students (COPAGS)

For the 2015-2016 year, several of our CP students are working to get involved in leadership positions through the Colorado Psychological Association of Graduate Students! This organization works to connect psychology students together across the state in various activities. This year, our theme is promoting student self-care. We are working to get a regular blog post going and are organizing a number of social and diversity events for the year. Our first social event was October 10<sup>th</sup>!

**Barry Motter** and **Nicole Swanson** are COPAGS Co-Chairs. As chief officers, our responsibilities include presiding over and coordinating meetings and membership activities, appointing other council chairs, and representing COPAGS to the Colorado Psychological Association. In this role, Barry is also Colorado Psychological Association (CPA) Student Representative and a voting member of the CPA Board of Directors. She works to advocate for student needs in CPA issues and programming. Nicole is now the CPA Student Representative Ex-Officio, since she served as voting CPA Student Representative for the 2014-2015 year.

**Kiersten Eberle** is COPAGS Programming Chair. Her responsibilities include coordinating student participation in CPA programming and COPAGS events.

**David Gretz** is COPAGS Communications Chair. His responsibilities include keeping and distributing meeting minutes and managing our social media presence.

Students interested in joining CPA or COPAGS are welcome to reach out to any of the board members for more information!

To keep up with COPAGS events, you can Like and Follow us on Facebook: [www.facebook.com/copags](http://www.facebook.com/copags)



## FALL 2015 COUNSELING PSYCHOLOGY POTLUCK



Dr. Softas and Mandy Larsen



Jenn Geiman and Deon Hall



Tricia Steeves and Jeff Paul



Left to right: Jeff Paul, Liesel Christoe-Frazier, Chloe Hinton, Nicole Swanson, and Caroline Hicks



Deon Hall and Sarah Zwetzig





Abi Kimm, Mandy Larsen and Tricia Steeves



Dr. Softas and Dillon Ghaffari

Thanks to all who came!  
It was a great turnout!

Pictured to the left: Dr. Lia Softas, Dr. Lu Tian, Dr. Jeff Rings, Dr. Brian Johnson, and Dr. Stephen Wright



If you have any information you would like to include in the newsletter please contact  
Dr. Stephen Wright ([stephen.wright@unco.edu](mailto:stephen.wright@unco.edu)) and/or  
Christy Jersin Woods ([jers2805@bears.unco.edu](mailto:jers2805@bears.unco.edu))

### **Counseling Psychology Doctoral Program**

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