



COUNSELING PSYCHOLOGY DOCTORAL PROGRAM

SPRING 2022 NEWSLETTER

Inside This Issue:

Faculty and Accreditation . . . 2	Approved External Prac Sites . . . 12	Campus Connections . . . 24
Welcome Fall 2021 cohort . . . 3	Internship Matches . . . 13	University 101 . . . 25
Welcome Fall 2022 cohort . . . 6	Awards . . . 14	Publications . . . 26
Annual Potluck . . . 7	CP Student Reps . . . 15	Presentations . . . 27
Graduates . . . 9	CPSO . . . 16	Students News . . . 32
Dissertations . . . 10	PSC . . . 18	Alumni News . . . 33
External Prac Placements . . . 11	Diversiwe . . . 23	Contact info . . . 35



COUNSELING PSYCHOLOGY FACULTY



Dr. Kenneth Parnell, Dr. Brian Johnson, Dr. Jeffrey Rings, Dr. Stephen Wright,
and Dr. Lu Tian (pictured left to right)

ACCREDITATION

This year, the UNC Counseling Psychology Ph.D. program was granted the maximum 10 years of accreditation from the American Psychological Association. Thank you to students, alumni, faculty, administrators, and external practicum supervisors who contribute to the program and make it what it is! Congratulations UNC CP program!

For more information on the Counseling Psychology Doctoral Program, click [here](#).
For information regarding program accreditation, visit <https://accreditation.apa.org/>



WELCOME FALL 2021 COHORT!



My name is Bre Rangel, and I am a first-year doctoral student in the Counseling Psychology program. I am a Colorado native and have lived here my entire life. I married my high school sweetheart, Michael, and we have two daughters, Makenzie (age 4) and Lilah (age 1). Fun fact, my daughter Lilah was born during the height of the pandemic, one day before my 30th birthday! Additional fun fact, my brother's son was also born the day before his birthday- apparently, it's an odd family trend of ours. In my free time I love hiking, biking, swimming, or doing anything outside with my family.

I made the decision to return to school for my PhD after working in the Forensic Counseling world for the past seven years. For me, forensics offers an opportunity to hear the voices of marginalized individuals who may otherwise be unheard or even silenced. I hope to return to this field post-PhD era with a more informed perspective, enhanced skillset, and ability to offer much needed psychological assessments to these individuals.





My name is Megan Delgado, and my hobbies include working out, reading, listening to audiobooks, talking to my cat, and traveling!

I am originally from Chino Hills, California, but my family recently relocated to Raleigh, North Carolina. Fun fact, I have been to three of the six Disney resorts and seven of the twelve Disney individual parks!

My research interests include peer mentorship in collegiate athletics, student-athlete mental wellness, and psychoeducation for collegiate coaches.

My name is Erin van Gorkom, and I am from Florida. My research interests include sexual assault recovery and romantic relationships. My favorite hobbies are hiking and being an animal mom to my cat (Nimbus), turtle (Terrence), and poodle (Blueberry)!



My name is Kayla Wagner, and I was born and raised in Alaska! My research interests include therapeutic treatments for psychotic disorders and anxiety disorders, as well as eco-psychology.



My name is Courtney Shields, and I am from Abilene, Texas, but did my undergrad/master's in San Angelo, TX (that's where I call home now). My research interests are primarily within the world of juvenile forensics, specifically sex trafficking and domestic violence. My favorite hobbies include all things outdoors: hiking, camping, snowboarding, wakeboarding, surfing, literally all the things. A fun fact about me is that I am an adrenaline junkie – I've been skydiving and my biggest bucket list item is bungee jumping out of a helicopter over an active volcano (it's a real thing a company travels the world doing).



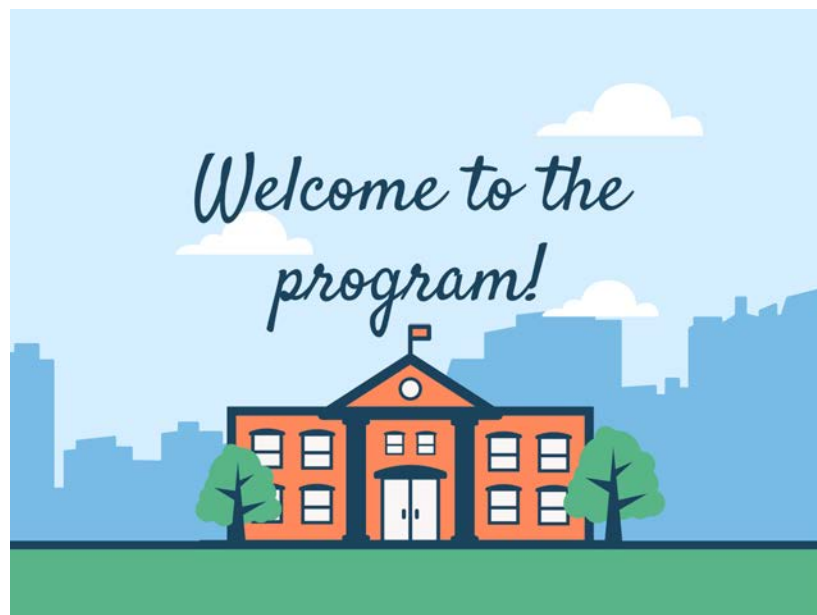
My name is Sarah Schaller, and I was born in Miami but consider Greeley my hometown! Broadly, my research interests concern the reciprocal relationship between environment, behavior, and the brain across the lifespan and the use of mindful, embodied practices as intervention. Some of my specific interests include mind-body connection, attachment, trauma, epigenetics and intergenerational psychology, eating disorders, and HAES. I enjoy gardening, walking, reading, movies, my kids' sports and performances, and my little dog named Bunny!



CONGRATULATIONS TO THE INCOMING FALL 2022 COHORT!

We are excited to welcome our newest incoming cohort, joining us in Fall 2022! Congratulations and we can't wait to see you next year!

Katherine “Kath” Drake (CO)
Brittney Frankson (CO)
Emma French (ID)
Sadonia Garner (WA)
Alicia Guler (CO)
Lacy Petrocco (CO)
Wayne South (CO)
Julia Spellman (NC)



ANNUAL FALL 2021 POTLUCK

Each fall, CPSO hosts an annual potluck to give incoming and existing students and faculty a chance to connect and get to know each other. Thank you to everyone who came and took part in a wonderful evening!





CONGRATULATIONS 2022 GRADUATES!



Front row left to right: Dr. Softas-Nall, Sydney Cople, Emili Pickenpaugh, Erin McEvoy, Morgan Condie, Jennifer Geiman, Austin Hamilton
Back row right to left: Dr. Parnell, David Gretz, Dr. Rings, Allegra Lyon, Tyler Anderson, Dr. Johnson, Nathaniel Burrow
Also graduating but not pictured: Adam McKenzie



Emili Pickenpaugh (pictured left) will be finishing up her internship at Denver Health in the substance use and corrections track before graduating this year! She will be doing a postdoc at the Colorado Therapy and Assessment Center in Denver at their eating disordered focused fellowship. She is finishing up her certificate in EMDR and adjunct teaching at RMCAD starting this fall! Congratulations Emili!



David Gretz (pictured left) is currently an intern at the University of Oklahoma Health Sciences Center/Oklahoma City VA Internship Consortium. He plans to continue with the VA after he graduates! Congratulations David!

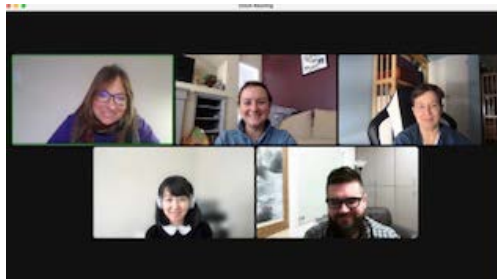
Tyler Anderson will be going on fellowship at Denver Health! Specifically, going into Pediatric Psychology with a Specialty Focus in Infant Mental Health. Congratulations Tyler!

Nathan Burrow will be completing his internship in Wilmington, DE at Terry Children’s Center on June 30th of this year. He has been interviewing and hopes to work on his Master’s license (LPC/LMHC) in New Hampshire while accruing hours for licensure. Congratulations Nathan!

DISSERTATION DEFENSES

Morgan Condie, *“Self-Care, Anticipated Stigma, and Personal Therapy in Mental Health Professionals”*

Committee: Dr. Softas-Nall, Dr. Tian, Dr. Weingartner, and Dr. Moore



Emili Pickenpaugh, *“The Role of Perceived Racial Discrimination on Help-Seeking Intention and Psychological Distress”* Committee: Dr. Johnson, Dr. Parnell, Dr. Dunn, and Dr. Vaughan

Austin Hamilton, *“Lived Experiences of Reintegration Among Involuntarily Separated OEF/OIF Veterans”* Committee: Dr. Rings, Dr. Wright, Dr. Smith, and Dr. Woody

Tyler Anderson, *“Disability Identity: An Investigation of the Relationship Between Stigma, Quality of Life and Psychological Distress”* Committee: Dr. Rings, Dr. Wright, Dr. Woody, Dr. Bezyak

Susanna Turner, *“The Relationship Between Trauma, Attachment, Self-Compassion, and Emotion Regulation: A Structural Equation Model”* Committee: Dr. Wright, Dr. Johnson, Dr. Smith, Dr. Ward

Erin McEvoy, *“Post 9/11 Military Spouse Caregivers: A Descriptive Phenomenological Study”* Committee: Dr. Wright, Dr. Parnell, Dr. Weingartner, Dr. Dunn

Nathaniel Burrow, *“Expanding the Conceptualization and Applied Role of Shame”* Committee: Dr. Johnson, Dr. Parnell, Dr. Weingartner, Dr. Merchant

Abigail J. Kimm, *“Interpersonal Trauma, Adult Attachment, and Self-Compassion: A Relational Model of Shame”* Committee: Dr. Wright, Dr. Woody, Dr. Helm, Dr. Rings

Adam Mackenzie, *“Examining the Effect of Gratitude on Intolerance of Uncertainty and Loneliness”* Committee: Dr. Softas-Nall, Dr. Rings, Dr. Cardona, Dr. Paek



EXTERNAL PRACTICUM PLACEMENTS

Kaitlin Dent accepted a position at the Child, Adolescent, and Young Adult Connections (CAYAC) program in Fort Collins, which is part of the Health District of Northern Larimer County. She will be primarily conducting psychological assessments with individuals in the 5-24 age range and providing some brief therapy/crisis intervention services.

Arishna Agarwal accepted a Neuropsychology Externship position at Denver Health in Denver, CO.

Jansen Legreid accepted a position at the Rocky Mountain Regional VA Medical Center, at the Inpatient Mental Health Unit.

Jeff Bowling will be doing his External Practicum at the Colorado Mental Health Institute at Fort Logan next year.

Luke Steinman accepted a position at Smith Psychological in Cheyenne, WY.

Jessica Lewis also accepted a position at Smith Psychological in Cheyenne, WY.

Devon Bortfeld accepted a position at CSU-Day in Boulder, CO.

Emily Bach accepted a position at Mental Health Partners at Longmont, CO in Adult Outpatient Services.

Jack Sullivan also accepted a position at Mental Health Partners in Longmont, CO in Adult Outpatient Services.

Tabitha Alverio accepted a position at the Rocky Mountain Regional VAMC MIRECC for Veteran Suicide Prevention in Aurora, CO



PROGRAM-APPROVED EXTERNAL PRACTICUM SITES

La Luna Center	Asian Pacific Development Center
Mental Health Partners at Longmont Adult Outpatient Services	Aurora Mental Health Clinic
Mental Health Partners at Lafayette Adult Outpatient Services	Aurora Mental Health Child and Family Team
Mental Health Partners at Boulder Adult Outpatient Services	Birch Psychology
Metropolitan SU Counseling Center	Colorado Center for Assessment and Counseling
North Range Behavioral Health	Colorado Therapy and Assessment Center
Perklen Center for Psychotherapy	Colorado Department of Corrections, Denver
Platte Valley Youth Services Center	Colorado Mental Health Institute at Fort Logan
Regis University Counseling Center	CSU Counseling Center and Health Network
Salud Family Health Centers	CU Counseling Center, Boulder
Sterling Correctional Facility	Children’s Hospital, Denver
UNC Counseling Center	Community Reach Center
VA Medical Center Denver	Denver Health
VAMC Cheyenne	Emerge
VA Fort Collins	Kaiser Permanente



INTERNSHIP MATCHES

All students matched with APA accredited internship sites for the 10th consecutive year! Congratulations to all!

Kady Barthelemy matched with High Plains Psychology Internship Consortium, Center for Assessment and Counseling (Adults) in Fort Collins, CO

McKayla Harrison matched with Denver Health Medical Center in Denver, CO

Tiana Johnson matched with Cheyenne Veterans Affairs Health Care System in Loveland, CO

Sean Kershaw matched with Montana State University in Bozeman, Montana

Hunter Montoya matched with the University of Colorado Boulder in Boulder, CO

Natalie Sachs matched with the Miami University Student Counseling Service in Oxford, OH

Patricia Sparks matched with Denver Health Medical Center for the Adult Compassionate Substance Care track in Denver, CO

Internship celebration brunch!



Pictured left to right: McKayla Gorman, Tiana Johnson, Sean Kershaw, Patty Sparks, Hunter Montoya



Last first day of school!

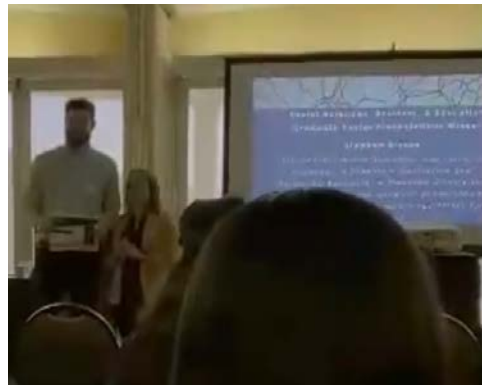


AWARDS

Kaitlin Dent received the College of Education and Behavioral Sciences Scholar Award this year! Congratulations Kaitlin!



Stephen Bryson received the Research Excellence Award for his poster at Research Day 2022! Congratulations to Stephen and his research team- Erin van Gorkom, Claire Leight, and Dr. Parnell!



Congratulations Sean Kershaw, who was nominated and selected by students and peers for the Excellence in Teaching Award for his outstanding contributions to the advancement of teaching first-year seminars in University 101!



2021-2022 CP STUDENT REPRESENTATIVES

Each year, student representatives dedicate their time to represent student voices at faculty meetings, disseminate information to fellow students, speak with prospective students, and be overall ambassadors for the CP program. Thank you to our 2021-2022 student representatives, Luke Steinman and Pranali Haribhakti!

“I became a student representative because I wanted to both advocate for, and serve, the great students of this program and carry forward the amazing work and efforts led by the student reps that came before me. The ability to serve as a bridge between the students and faculty is a weighty responsibility that can be as challenging as it is rewarding, but it has been a meaningful experience and an honor to serve my fellow students in the role. Special shout out to Pranali, who I find myself eternally appreciative of in her efforts, advocacy, and support throughout our time serving together.”



Luke Steinman



Pranali Haribhakti

“Through the student rep position, I have been able to live through my values of advocacy and social justice. Not only have I been privileged to be trusted by the students of our program, but I also had the power to advocate for their needs within the faculty meetings. The dialogues that the past and present student reps have had in those meetings have been instrumental in facilitating productive student-faculty communication and in creating incremental change within our program. Through the students' openness and the faculty's support, we have been able to work towards our collective goal of bettering the field of Counseling Psychology. I am grateful for this experience and the personal and professional growth it has afforded me as a future advocate in our field.”



COUNSELING PSYCHOLOGY STUDENT ORGANIZATION

Thank you to the 2021-2022 CPSO board members for all their hard work this year!



President: Luke Steinman

“As president of CPSO, you’re in charge of organizing and leading the meetings with the rest of the board and supporting the rest of CPSO in all of its endeavors. It is the job of the president to ensure all of CPSO’s responsibilities are attended to, helping the student body receive the knowledge and guidance necessary to support their success in this program and beyond. It can be a tasking position at times, but the job is a made worthwhile seeing the positive impacts of the efforts and leadership by this year’s phenomenal board.”

CPSO events this year included:

- Annual Potluck
- Selecting your Committee Meeting:
- Fall Social at Fritzler Farm
- External Practicum Information Session
- Bowling Social
- Dissertation Informational
- Internship Matching Social
- Oral Comps cohort meeting
- External Practicum Q & A
- Interview Day Social
- Laser Tag Social
- Intern Farwell



Vice President: Arishna Agarwal



“Serving as the CPSO Secretary among a group this stellar has been an absolute treat! My job as secretary included taking notes for weekly meetings, helping organize events for the program, assisting in creating the newsletter, and all the other administrative work to keep CPSO up and running. I couldn't be happier serving students so committed to personal and professional development. And I would be lost without the help of my trusted assistant (pictured right).”



Secretary: Devon Bortfeld



Treasurer: Jasmine Razo

“The opportunity to serve as the Treasurer of CPSO has logistically allowed me to get further acquainted with the many moving parts of the program, and personally has helped facilitate connection to students in the program that I would have otherwise not had as much opportunity to connect with. As the Treasurer, my role has primarily revolved around considering fundraising opportunities and maximizing what CPSO is able to do within our budget. Serving as a member of CPSO has been incredibly rewarding as we work to support the amazing individuals in our program.”

"As the social chair of CPSO this year, I have had a great experience planning social events and informational events for the CP student body. In the hopes of providing social support and sense of community, this year we have gone bowling, played laser tag, navigated through corn mazes, and more. Another way in which the social chair supports the student body is by helping disseminate important information about program milestones. So, we had many meetings as a program this year about comps, choosing one's dissertation committee, internship applications, etc."



Social Chair: Pranali Haribhakti



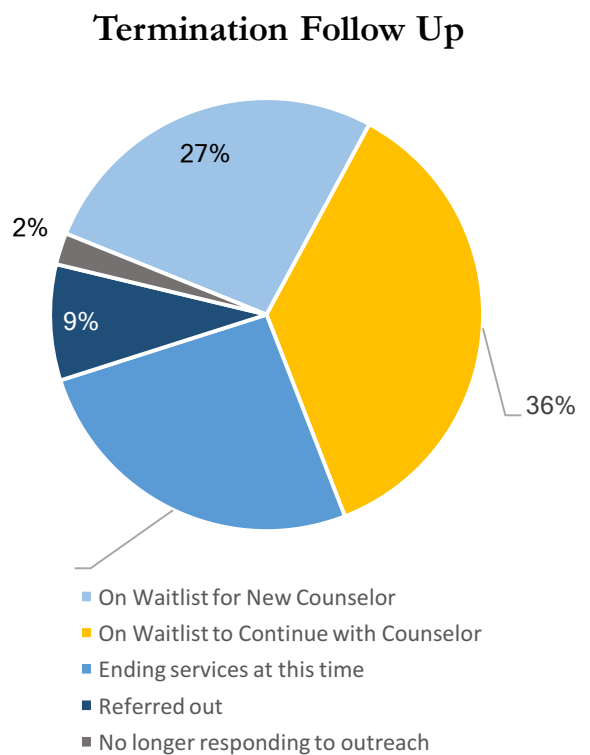
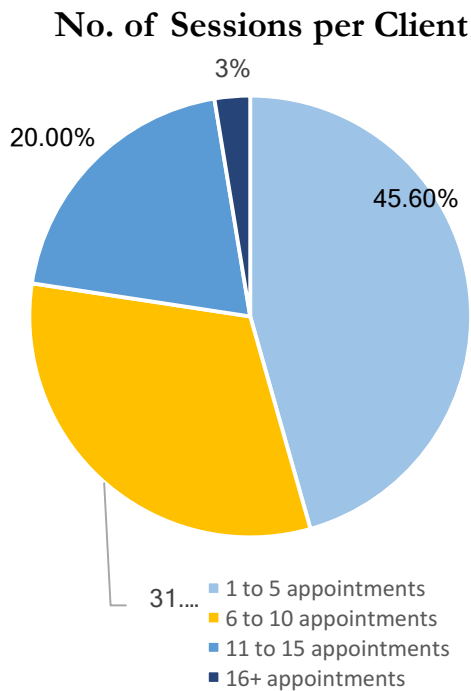
UNC PSYCHOLOGICAL SERVICES CLINIC

Psychological Services Clinic at UNC Fall 2021 Clinic Census and Data

During this semester, the PSC at UNC saw a total of approximately 189 clients. 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 65.98 and the mean reported score at end of treatment was 62.66 (with 63 being the cut off for clinical distress). This is an average difference of 3.32 points (with 10 being clinically meaningful).

A total of approximately 1307 sessions were attended. The PSC had an overall attendance rate of approximately 84.4% and a no show rate of approximately 4.5%. The average number of counseling sessions per client was approximately 6.92 sessions.

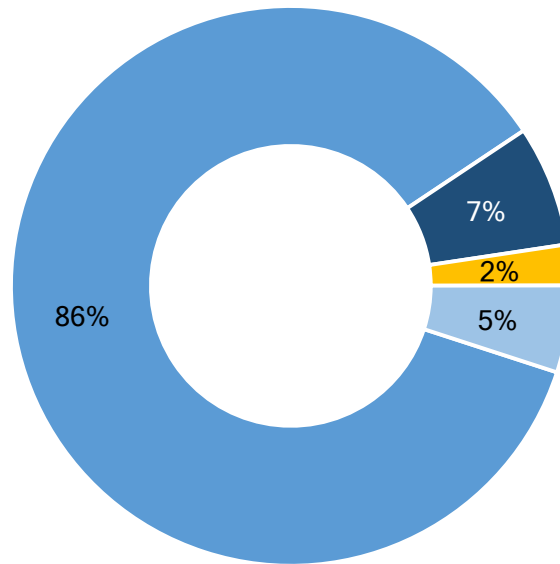
At times, the data reported was not complete either from clients (e.g., demographics) or from practica (e.g., estimates for numbers of sessions), so percentages may not always equal 100.



Types of Services Provided

Approx. No. of Sessions by Type

■ Individual = 1091 ■ Couple and Family = 89 ■ Assessment = 30 ■ Group = 64

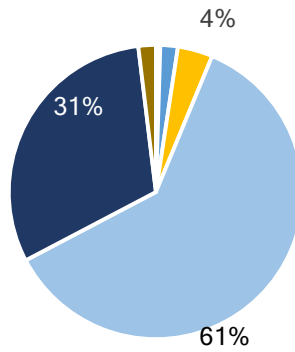


Approximate Demographics

Below is a breakdown of demographic information for the approximately 189 clients who were seen for therapy services. Information is based on client or parent report.



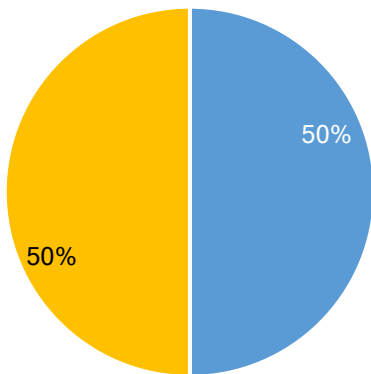
Age



- 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)

The average age of client at appointment for the semester was 24.76 years.

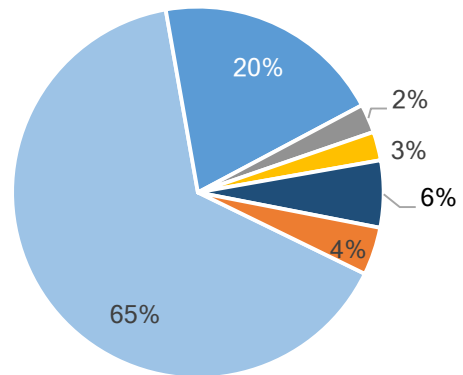
Client Status



- Community Member
- UNC Student

Sexuality*

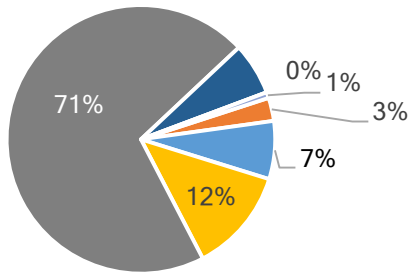
**excluding clients who did not report*



- Heterosexual/Straight
- Bisexual
- Lesbian
- Gay
- Other
- Pansexual

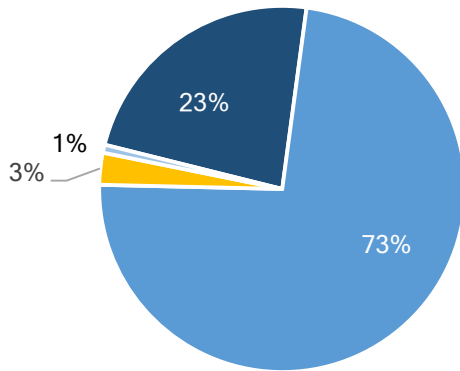


Race/Ethnicity



- 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
- Other

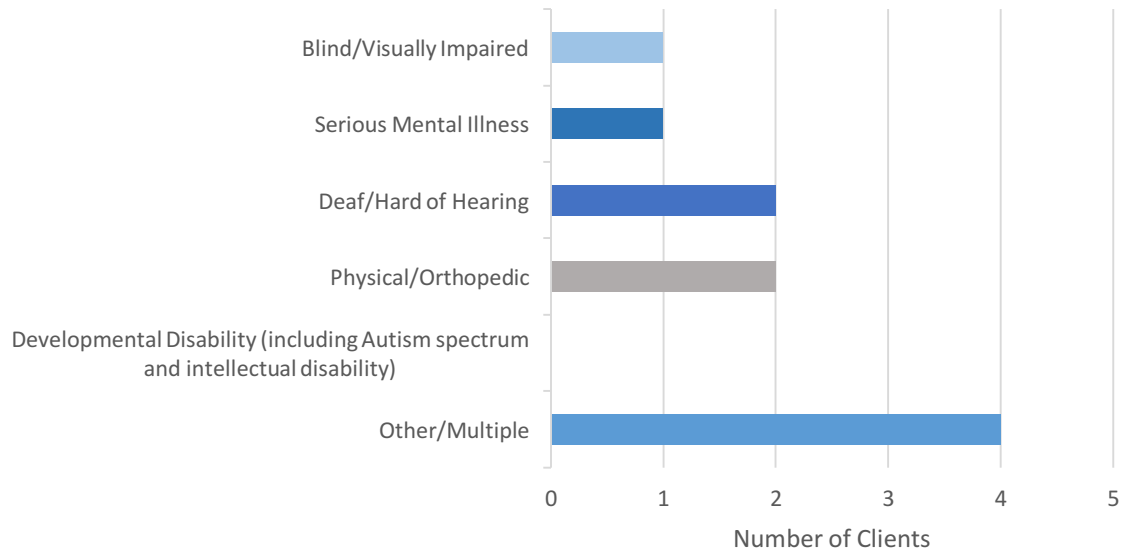
Gender Identity



- Man/Boy
- Woman/Girl
- Non-Binary / Gender Fluid
- Transgender



Ability Status



DIVERSIWE

DiversiWe

ANNUAL REPORT 2021-2022

THIS YEAR

This year, DiversiWe held 18 sessions that served 153 participants and helped foster multicultural counseling skills, over the course of two semesters. Participants came from a variety of programs, including counseling psychology, clinical mental health, and couples and family therapy.

DiversiWe utilized a variety of teaching mediums, including panel discussions, demonstrations, case studies, and role plays. DiversiWe continued to provide and compile a multicultural counseling resource library for the department.

FALL '21

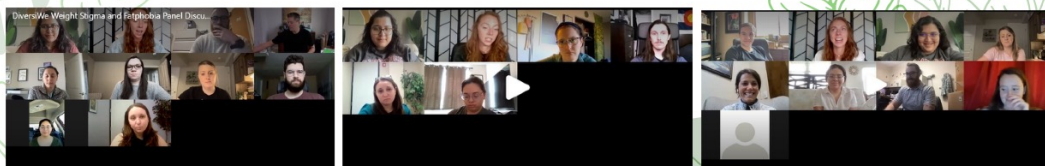
The fall semester focused on combatting white supremacy in collaboration with the Black community. Units included intergenerational trauma, discrimination in the legal/justice system, and intersectional concerns.

SPRING '22

The spring semester focused on weight stigma. Units included weight stigma and fatphobia, weight stigma, medical discrimination and diagnosis, and intersectional concerns.

FEEDBACK

In response to whether students felt like DiversiWe accomplished the mission of facilitating skills of diversity, the average response was 4.87 (on a scale of 1=not well, 5=very well). In response to whether they would be likely to return to another DiversiWe session, the average response was 4.92. In response to whether participants felt as if they had gained more knowledge in how to work with the issue of interest, the average response was 4.85.



"It has served as a wonderful space of growth and critical thinking in the areas of social justice and counseling. I am grateful that such a rich counselor development opportunity is available within our program."



CAMPUS CONNECTIONS

Throughout our history at UNC, Campus Connections has continued to grow and evolve in order to meet the needs of students and the greater community. As a collaboration between the Counseling Psychology and Counselor Education and Supervision doctoral programs, we have been fortunate to provide students in both of these programs, as well as those in the School Psychology doctoral program and across the three tracks of the Professional Counseling M.A. program, with opportunities to connect with youth in meaningful and therapeutic ways.

In our continued partnership with the school counseling practicum, we have been able to provide additional therapeutic support to all of our youth through the exceptional services offered by the counselors-in-training and their faculty and doctoral supervisors. This structured support and consistency has been especially necessary for our youth who have been highly impacted by COVID-19. In return for these great services, we are able to provide the clinicians with early training experiences of working with adolescents in a setting that is dynamic and oriented toward brief, safety-enhancing services (comparable to school counseling settings).

As a continuation from the fall semester, the goal of Campus Connections throughout this semester was to ensure youth in the community received access to psychological health services, therapeutic mentoring, and peer support while navigating these particularly challenging and unparalleled times. In fostering and maintaining an atmosphere of connection and safety, this semester we have been able to help multiple youth and their families in ways for growth and development to ensue.

We are excited for the fall semester (and future semesters) to continually enhance our ability to support youth in the greater community, no matter the barriers and uncertainties! – By Sean Kershaw

Go to <https://www.unco.edu/campus-connections/> to learn more about Campus Connections!



UNIVERSITY 101

What is University 101?

University 101 assists undergraduate students with building foundational skills that will contribute to their success in college. Course objectives for University 101 include intellectual development, personal development, and professional development. Studies reflect that University 101 is meaningful for students who choose to enroll in the course as evidenced by higher GPA's and increased likelihood of completing necessary requirements for graduation. Many doctoral students in the counseling psychology program (in addition to graduate students in other programs) teach this course, which helps them further develop their experiences with teaching. Returning Counseling Psychology instructors who will be teaching University 101 next Fall Semester include **Matthew Argento** and **Jordan Martell**. New instructors who will be teaching next Fall Semester include **Breanna Rangel**, **Wayne South**, **Claire Leight**, **Emma French**, **Erin van Gorkom**, **Arishna Agarwal**, and **Sarah Schaller**.

UNIV 101 also provides opportunities to present at national conferences and to conduct research. In addition to 7 presentations in the past two years (Jordan Martell, Kristen West, and McKayla Gorman), Jordan Martell, Kristen West, Sean Kershaw, Matthew Argento and Emili Pickenpaugh have all collaborated on manuscripts submitted to peer-reviewed journals on topics from summer programming, peer mentors, and undeclared students.

Research Nights

In addition to assisting undergraduate students with developing foundational skills to help them succeed in college, University 101 students participate in the university's annual Research Nights. During these events students have the opportunity to present their semester research projects in the form of posters. For many students, this will be their first experience with research and will play an integral role in developing them into scholars! Fall 2022 research nights will be during the week of November 17th.



Instructor Sean Kershaw with one of his students this past fall



Jordan Martell at a University 101 research presentation in February 2022



PUBLICATIONS

- Adler, A., Stanley, B., Dent, K., Jager-Hyman, S., Holloway, M. G., & Brown, G. K. (2021). Expert opinion on managing suicide risk in deployed settings. *Military Behavioral Health*. <https://doi.org/10.1080/21635781.2021.1973624>
- Christoe-Frazier, L. & Johnson, B.D. (2021) Exploring the Effects of Interrelated Goals, Anxiety, and Mindfulness on Somatic Symptoms. *Mindfulness*, (12), 1954–1964. <https://doi-org.unco.idm.oclc.org/10.1007/s12671-021-01653-1>
- Dunn, J. A., Garneau, H. C., Filipowicz, H., Mahoney, M., Morrison, T., Dent, K., & McGovern, M. (2021). What are patient preferences for integrated behavioral health in primary care. *Journal of Primary Care & Community Health*, 12, 1-8. <https://doi.org/10.1177/21501327211049053>
- Hofmann, S., Johnson, B.D. & Jeffries, Z. (in press) Self-Compassion as a Potential Mediator of Shame and Aggression in Youth Offenders. *International Journal of Criminal Justice Sciences*.
- King, C. K., & Rings, J. A. (2021). Adolescent sexting: Ethical implications for psychologists. *Ethics and Behavior*. Advance online publication. doi: <https://doi.org/10.1080/10508422.2021.1983818>
- Parnell, K. J., Spiker, D. A., Johnson, T. A. K., & May, M. B. (2022). Attitudes toward Help-Seeking for Sexual Problems among College Women. *The Journal of Sex Research*, 1-10. <https://doi.org/10.1080/00224499.2022.2029808>
- Pickenpugh, E. N., Yoast, S. R., Baker, A., & Vaughan, A. L. (2021) The role of first-year seminars and first-year college achievement for undeclared students. *Higher Education*. <https://doi.org/10.1007/s10734-021-00729-0>
- Woody, W. D., Gretz, D., LaFary, K., & Rosenblum, C. (2022). (Un)Ethical consequences: How psychology's Cold War defense of military personnel led to enhanced interrogation techniques in the War on Terror. *American Psychologist*, 77(2), 221-233.



PRESENTATIONS

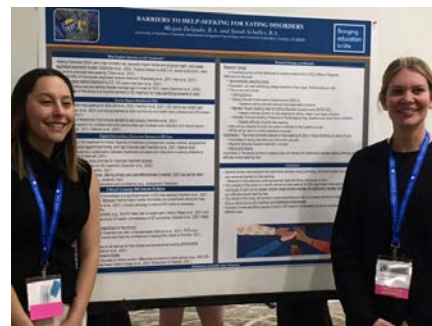
Bach, E., & Wright, S.L., (2021, August). Empathic concern, contagion, and distress: An attachment perspective. Poster session presented at the 129th Annual Convention of the American Psychological Association, Washington DC. (virtual conference)

Brass, H., Wagner, K., & Rings, J. A. (2022, April). *Are healthcare providers unknowingly keeping their patients sick? Implications of weight bias on eating disorder psychopathology*. [Poster session]. 2022 Conference of the Rocky Mountain Psychological Association, Salt Lake City, UT, United States.

Bryson, S., van Gorkom, E., & Leight, C. (2022, April 7). *Sexual trauma disclosure and perceived response: A proposed qualitative analysis of how experiences of sexual trauma disclosure in romantic relationships affect future help-seeking* [Poster presentation]. 2022 UNC Research Day, Greeley, CO, United States.

De Oliveira, B., Dent, K., Smith, J. A., Merchant, W., & Wright, S. L. (2021, June). A comparative case study of the implementation of a digital app-based platform aimed at reducing sexual risk in adolescents and young adults. Poster session presented at the Adolescent Pregnancy Prevention Grantee Conference; Administration for Children and Families and Youth Service Bureau (virtual conference).

Delgado, M., Schaller, S., (2022, April 7-9). *Barriers to help-seeking for eating disorders* [Poster presentation]. RMPA 2022 Convention, Salt Lake City, UT, United States.



Dent, K., De Oliveira, B., Smith, J. A., Wright, S., & Merchant, W. (2021, August 12-14). *Implementing an app-based platform for sexual risk in adolescents and young adults: A case study* [Poster presentation]. The 129th Annual American Psychology Association Convention, Health Psychology Section, virtual conference.

Dent, K., Manzanares, A., Monroe, K., & Legreid, J. (2021, December 8). *Experiences associated with UNC student retention during the COVID-19 pandemic* [Oral presentation]. UNC Graduate Research Evening, Greeley, CO.





Gorman, M., Kershaw, S., & Hauck, A. (2021, December). *The Relationship Between Class Leaders and Future Student Leadership*. Poster presentation at the University of Northern Colorado Graduate Research Evening, Greeley, CO.

Gorman, M., Kriescher, D., Martell, J., & Vaughan, A. (February, 2021). *Student-centered pedagogy in a F2F classroom during a pandemic*. Paper presented at the annual meeting on the First Year Experience, Virtual.

Guo, Y., Johnson, B., Lewis, J. & Alverio, T. (2021, August). Psychological effects of left behind experiences (LBE) for Chinese youth. Poster presented at the 129th Annual Convention of the American Psychological Association, San Diego, CA (Virtual).

Khalsa, G., Softas-Nall, B., Razo, J.T. (accepted for presentation 2022, August). *Adapting Counseling Treatments for Refugee Clients: Implications for Psychologists* [Poster Presentation]. The American Psychological Association Annual Convention, Minneapolis, MN.

Hamilton, A. D., Wagner, K., & Rings, J. A. (2022, August). *Lived experiences of reintegration among involuntary separated OEF/OIF veterans*. [Poster session]. 2022 Convention of the American Psychological Association, Minneapolis, MN, United States.

Hauck, A., Sands, H., Martell, J., & Vaughan, A. (February, 2022). *Training peer mentors with inclusive modeling and professional development*. Paper to be presented at the annual meeting on the First Year Experience, Orlando, FL.

Hayduke, D., Gretkierewicz, S., Gretz, D., Bernal, B., & Carrick, J. C. (2022, April). *Informing program development of brief cognitive assessments for sickle cell-hemoglobin SS patients*. Poster presented at the Society of Pediatric Psychology Annual Conference, Phoenix, AZ.

Hayduke, D., Gretz, D., Corley, E., Bernal, B., & Carter, J. C. (2021, November). *Informing program development of brief cognitive assessments for sickle cell patients*. Poster presented at the Oklahoma Psychological Association Annual Conference, Broken Arrow, OK.

Hofmann, S., De Oliveira, B., Johnson, B.D. (2021, August). Experiences of shame in at-risk adolescents. Poster presented at the 129th Annual Convention of the American Psychological Association, San Diego, CA (Virtual).

Johnson, B.D., Cople, S., & Agarwal, A. (2021, August). Adapting community-engaged mental health programming to meet community needs in response to COVID-19. Symposium presented at the 129th Annual Convention of the American Psychological Association, San Diego, CA (Virtual).



Johnson, T., Harrison, M., & Kershaw, S. (2022, April 7-10). *Understanding Psychotherapist Burnout During the COVID-19 Pandemic: A Phenomenological Exploration*. [Oral presentation]. Rocky Mountain Psychological Association Annual Convention, Salt Lake City, UT, United States.



Khalsa, G. (PhD 2021) & Softas-Nall, L. & Razo, J. (accepted for presentation August 2022). *Adapting Counseling Treatment for Refugee Clients: Implications for Psychologists*. [Poster presentation]. The 130th American Psychological Association Annual Convention.

King, C., Johnson, B., Lewis, J., & Alverio, T. (2022, August) Impact of Parenting Styles during Childhood Bullying Experiences on Adult Attachment. Poster accepted for the 130th Annual Convention of the American Psychological Association, Minneapolis, MN.

Kriescher, D., Miller, C., Martell, J. & Vaughan, A. (February, 2022). *Aligning FYS curriculum, instruction, and assessment for combatting learned helplessness*. Paper to be presented at the annual meeting on the First Year Experience, Orlando, FL.

Legreid, J., Monroe, K., & Boetel, A. (2022). Examining the Relationship Between COVID-19 Isolation and the Mental Health of University Students. Presentation at the 2022 University of Northern Colorado Research Evening, Greeley, CO.

Mackenzie, A. & Softas-Nall, L. (accepted for presentation August 2022). *Gratitude, Intolerance of Uncertainty, and Loneliness during COVID-19: Implications for Psychologists* [Poster presentation]. The 130th American Psychological Association Annual Convention.

Martell, J., Dixon, B., West, K., & Vaughan, A. (2022, February 12-15). *Classroom Strategies to Foster Self-Awareness and Promote Multiculturalism* [Conference presentation]. FYE Convention, Orlando, FL, United States.

Martell, J., Kriescher, D., Sands, H., & Vaughan, A. (February, 2021). *The relationship of summer programming and successful transitions for incoming freshman*. Paper presented at the annual meeting on the First Year Experience, Virtual.

Martinez, M. (PhD 2020) & Softas-Nall, B. (2021, August). *Diverse first-generation students: Resiliency and the challenges of finding belonging and support* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Merchant, W., Wright, S. L., De Oliveira, B. A. (2022, January). *Observations for research and practice: Sample characteristics of on-campus health services before, during and after pandemic-based lockdown*. Poster session presented at the 20th Annual Hawaii International Conference on Education. Waikoloa, Hawaii.



Montoya, H. (2022). *Socioeconomic status, career exploration, and the impact of hope*. Poster session presented at the Rocky Mountain Psychological Association Annual Convention, Salt Lake City, UT

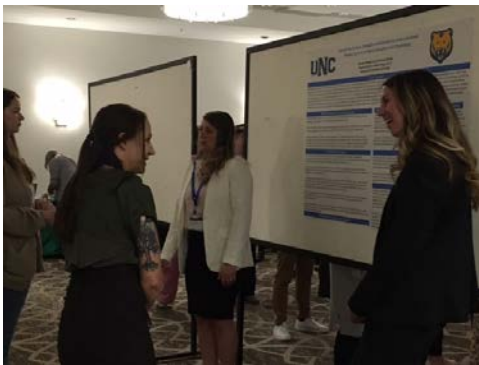


Miller, C., Gorman, M., Hauck, A., & Vaughan, A. (February, 2021) *Moving from culturally responsive pedagogy to sustaining pedagogy*. Paper presented at the annual meeting on the First Year Experience, Virtual.

Ohde, K., (PhD 2021) Softas-Nall, B., Tian, L., & Argento, M. (2021, August). *Stronger together: Resiliencies of post 9/11 combat veteran's spouses* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual Conference.

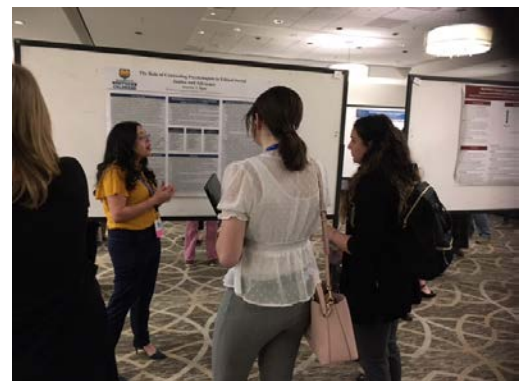
Parnell, K., Bowling, J., Brass, H., & Razo, J. (2021, August). *Adherence to traditional norms of masculinity and variation in gratitude and indebtedness* [Poster presentation]. American Psychological Association Annual Convention, virtual conference.

Pickenpauh, E. N., Haws, J. K., & Dunn, T. (2022, August). *The Need for Trauma Psychologists in Surgical Intensive Care Units*. Poster accepted for presentation at the American Psychological Association Convention, Minneapolis, MN.



Rangel, B. M., Shields, C. A., (2022, April 8). *Beyond the Surface: Strengths and Barriers to Justice Involved Persons Success in Higher Education and Psychology* [Conference poster presentation]. RMPA 2022 Convention, Salt Lake City, UT, United States. <http://www.rockymountainpsych.com>

Razo, J.T. (2022, April). *The role of counseling psychologists in ethical social justice and advocacy* [Poster presentation]. Rocky Mountain Psychological Association, Salt Lake City, UT.



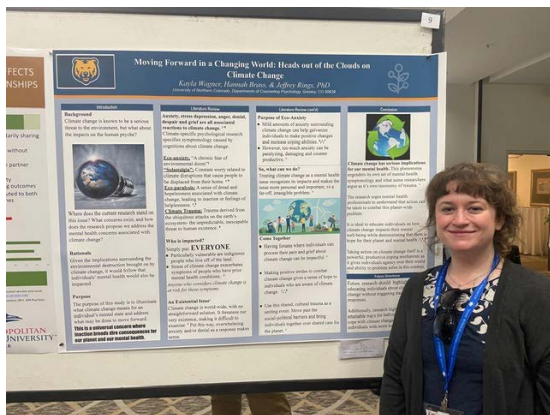
Simonson, A.M., Johnson, T.A., & Parnell, K.J., (2021). The relationship between loneliness and gender constructs among college students during COVID-19. Presented at the annual conference of the American Psychological Association Convention, Online.



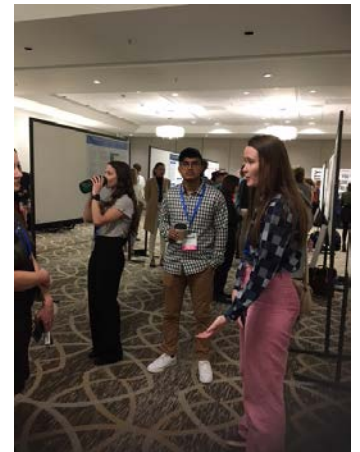
Sparks, P. D. (2022, April 7). *College sexual assault, career adaptability, and grit: A moderation analysis* [Poster presentation]. UNC Research Day, Greeley, CO.

van Gorkom, E., & Wagner, K. (2022, April 7-9). *Factor's contributing to trauma in frontline healthcare workers during COVID-19 pandemic* [Poster presentation]. 90th Annual Convention of the Rocky Mountain Psychological Association, Salt Lake City, UT, United States.

West, K., Lawrence, S., Kriescher, D., & Vaughan, A. (2022, February 12-15). *Quasi-Experimental Design: Peer Mentors and First-Year Academic Self-Efficacy and Achievement* [Conference presentation]. FYE Convention, Orlando, FL, United States.



Wagner, K., Brass, H., & Rings, J. A. (2022, April). *Forward together in a changing world: Heads out of the clouds on climate change.* [Poster session]. 2022 Conference of the Rocky Mountain Psychological Association, Salt Lake City, UT, United States.



Wood, N.D., Fife, S.T., Parnell, K.J., & Ross, D.B. (2022). Exploring the role of dyadic coping through the lens of the strong relationally model of couple relationship. Symposium presented at the annual conference of the National Council on Family Relations.

Woody, W. D., & Hamilton, A.D. (2022, August) *Diminished Capacity, Eugenics, and Forensic Testimony: A Historical Perspective.* [Conference session]. One-hour symposium presented at the annual conference of the American Psychological Association Convention, Minneapolis, MN.

Woody, W. D., Hamilton, A. D., Henderson, T., Feliz, S., Koso, C. J., Rivera, S, Hansen, T., Palmer, P., & Trask, J. (2022, April) *History of Psychology at the University of Northern Colorado.* Poster session presented at the Rocky Mountain Psychological Association Convention, Salt Lake City, UT.

Wright, S. L., Lyon, A. R., & Wright, D. A. (2021, August). A standardized assessment and data management system for Counseling Psychology training programs. Poster session presented at the 129th Annual Convention of the American Psychological Association, Washington DC. (virtual conference).

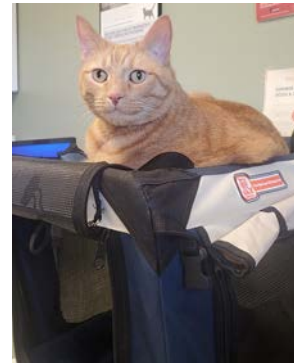
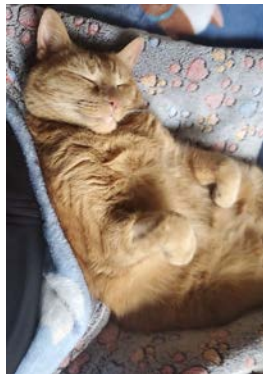
Zwetzig, S. E. (PhD 2020), Softas-Nall, B., & Sullivan, J. (2021, August). *Drunkorexia: Findings on alcohol use and gender role conformity* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.



STUDENT NEWS

Tiana Johnson and her partner Dominick bought a house together on April 21st in Loveland! They are very excited to move into their new house this summer and give their goldendoodle Ollie a fun backyard to play in!

Kaitlin Dent moved her orange boy, Jaxson LeBron, from VA to CO last summer! Welcome to Colorado, Jaxson!



Hunter Montoya's wiener dog, Chewbacca (Chewie) will be turning 7 this summer! Happy Birthday Chewie! You deserve the whole world!

Morgan Condie and his wife Alina had a baby girl, Violet, on Feb. 6, 2022. Morgan defended his dissertation less than two weeks after Violet was born! Congratulations to Morgan and his family!



ALUMNI NEWS

Geri (Nai Chieh) Tien, a 2013 CP graduate recently became the Manager of the Behavioral Health Clinic of Asian Pacific Development Center in Aurora, CO. AAPI or other students interested in working with refugees/immigrants are welcome to connect with Geri for more information or to find out more about Geri's experience. Congratulations, Geri!

Congratulations to Dr. Megan Martinez (PhD 2020) who is now a Licensed Psychologist in CO!

Congratulations to Dr. Sarah Zwetzig (PhD 2020) who is now a Licensed Psychologist in TX!

Dr. Kaitlin Ohde (PhD 2020) is a now a licensed psychologist and works as a Clinical Health Psychologist in Primary Care in Seattle, WA as well as a Pain Psychologist in a Medical Practice. Congratulations Kaitlin!

Dr. Meag-gan O'Reily is now a Staff Psychologist and Program Coordinator of Outreach, Equity and Inclusion at Stanford University, a Wellness Education Lecturer at the Stanford School of Medicine, and a Mental Wellness and Diversity Equity and Inclusion Consultant for Bay Area Companies. Congratulations Meag-gan!

Check out Meag-gan's website
(<https://ivpsy.com/about/>) for more information on
her work

Check out her her 2018 Ted Talk: [Enough is Enough: The Power of Your Inherent Value](https://www.ted.com/talks/meag-gan_o_reily_enough_is_enough_the_power_of_your_inherent_value)
(<https://youtu.be/nUHDSGKfXmQ>)





Dr. Dylan Firsick, (PhD, Counseling Psychology, 2016) is a clinical sport psychologist. He served as a pre-doctoral intern at University of Southern California's Counseling and Mental Health (CMH) Services (2015-16) and then as a clinical sport psychology postdoctoral fellow for USC Athletics (2016-17). He was then a clinical sport psychologist for USC Athletics, a clinical assistant professor of Psychiatry and Behavioral Science, and an Adjunct Assistant Professor in marriage and family therapy. In December 2021, he became the Assistant Director of Mental Health and Performance at the University of Georgia!

Dr. Sheryl Ziegler is:

- Founder and managing director of a group private practice, *The Child & Family Therapy Center at Lowry*.
- Author of award-winning book, *Mommy Burnout: How to reclaim your life and raise healthier children in the process*.
 - Author of a parenting blog, *Notes From The Couch*.
- Appeared on over 100 news related shows discussing mental health topics, including: The Today Show with Megyn Kelly, The Katie Couric Show, The Jenny McCarthy Show, The Doctors, CNN, Headline News Weekend Express with Lynn Smith, Morning Express with Robin Meade, 9News, and more.
- Hosts a biweekly podcast called, Dr. Sheryl's PodCouch.



View Dr. Ziegler's TedX talk: *Why Mom's are Miserable*

https://www.ted.com/talks/sheryl_ziegler_why_moms_are_miserable_jan_2017/transcript?language=en

Congratulations Dr. Ziegler!



NEWSLETTER CONTACT

Thank you to Claire Leight and Dr. Parnell for working on the Spring 2022 newsletter!

For questions or information for our next newsletter, please contact Dr. Kenneth Parnell (Kenneth.Parnell@unco.edu) and/or Claire Leight (Leig9070@bears.unco.edu)

For more information on the Counseling Psychology Doctoral Program, click [here](#).

For information regarding program accreditation, visit <https://accreditation.apa.org/>

