Spring is here and a lot of exciting things have happened this semester. We had 100% of our doctoral internship applicants match at APA-accredited internship sites across the country — congratulations to you all!!! Our doctoral students have also been very active engaging in community service through their external practicum sites. Each semester our students provide approximately 200 hours a week in clinically related services throughout Greeley and Northern Colorado. Our students are committed to helping others, and it shows through their actions.

Furthermore, our students have been very active in their research productivity, publishing multiple manuscripts and giving numerous professional presentations.

Just this month, many of our students returned from presenting at the Rocky Mountain Psychological Association (RMPA) conference in Salt Lake City, UT and are resting up to attend this year’s 125th APA convention. In August, they will travel to Washington DC to disseminate their research to others that travel across the world. With APA expecting 12,000 or more convention registrants, our students will have the opportunity to reach a large audience with their amazing research.

From an administrative perspective, we have been working diligently to ensure that our program aligns with the updated American Psychological Association (APA) accreditation standards. For example, APA requires all doctoral programs to evaluate students through direct observation. As you know, our in-house clinic has been providing a variety of clinical services to members of the community and university for years through students who are supervised by licensed psychologists. Rest assured, our training already aligns nicely with the new APA accreditation standards as outlined in detail on our website.

We are so proud of our students and their excellent work. Best wishes on the end of another semester!

Stephen Wright, Ph.D.
Director of Training & Program Coordinator
Counseling Psychology
Congratulations Fall 2016 Graduates!

Dr. Marsha Cohen
Dissertation: Understanding Adolescents' Unique Experience of Happiness Within the Family: Bridging Multiple Perspectives of Adolescents, Parents, and Siblings.
Current Position: Marsha is currently at a postdoc position at Penn State University’s Center for Counseling and Psychological Services in State College, PA. She has also accepted a position at Florida State University’s Counseling Center.

Julie Barritt
Dissertation: The effects of self-compassion and shame on the relationship between perfectionism and depression
Pictured below with her committee: Dr. Helm, Dr. Softas-Nall, Julie, Dr. Dunn, and Dr. Wright

Caroline Hicks
Dissertation: The impacts of sexual minority stress on degree of perceived burdensomeness, thwarted belongingness, and suicidal ideation
Pictured below with her Committee: Dr. Moore, Dr. Softas-Nall, Caroline, Dr. Rings, Dr. Cardona

Barry Motter
Dissertation: “Love is gender blind”: The lived experiences of transgender couples who navigate one partner’s gender transition
Pictured below with her Committee: Dr. Moore, Dr. Softas-Nall, Barry, Dr. Cardona, Dr. Rings

Spring Dissertation Defenses!

Sarah Breseke
Dissertation: The experience of parents and adolescents with the medical care for the condition of cleft lip and palate: A phenomenological study

Pictured above with her committee: Dr. Clukey, Dr. Athanasiou, Dr. Softas-Nall, Sarah Breseke, Dr. Rings
The Ringing of the Bell

The ringing of the bell by those students who are graduating is a long-standing tradition for everyone who enters the program. The bell was given in 1986 by graduates and signifies the celebratory moment of having successfully defended one’s dissertation. And while many of the students await with joy and anticipation the day they are able to ring the bell, they still find themselves ecstatic at finally being able to ring it, leading to some entertaining pictures...

Sarah Breseke

Julie Barritt

Barry Motter

Caroline Hicks
Internship Matches

Congrats to students who matched. It was a 100% match rate. Students matched with sites that are all APA Accredited.

Chloe Hinton
Colorado State University
Fort Collins, CO
(APA Accredited)

Sara Hofmann
UC Davis Medical Center – CAARE Center
Sacramento, CA
(APA Accredited)

Rachel Haug
University of North Dakota
Grand Forks, ND
(APA Accredited)

Nicole Justice
Fargo VA Health Care System
Fargo, ND
(APA Accredited)

Pictured above (left to right): Chloe, Sara, Rachel, Nicole
The Internship Interview: Insight from Students

*Students share the most expected and unexpected interview questions they were asked*

Most **expected** questions:
- Theory of counseling or theoretical orientation
- Experiences working with diverse populations
- Walk interviewers through a case study and talk about how you might proceed with this “client”
- Discuss working with a difficult client or supervisor and how you handled that
- How to handle stress and conduct self-care
- Why this site?
- How will training here fit with your goals?

Most **unexpected** questions:
- What treat would you bring to a potluck and why?
- What character from a book you’ve read or movie you’ve seen recently is a reflection of you and why?
- What you’ve read recently and learned?
- What specific outreach activities would you hope to implement at the site?
- Best and worst feedback from a supervisor
- If you could invite three people past or present to your dinner party, who would you invite and why?
- What sets you apart from other applicants (during a group interview)
- What is your hidden talent?
Faculty News

The CP Program will be welcoming a new faculty member in the Fall: Dr. Ken Parnell
We look forward to having you here Dr. Parnell!

Dr. Johnson is celebrating his 20th year here at UNC. Congrats!!

Student Awards

Christy Jersin Woods, Mandy Larsen, Megan Martinez, and Sarah Zwetzig won the Research Excellence Award, First Place at UNC Research Day for their Poster Presentation titled “A Qualitative Exploration of Barriers for Clinicians-In-Training in Discussing Client Sexual Issues”

Julie Barritt was selected as a recipient of the Graduate Dean’s Citation for Excellence for Spring Semester 2017 and will be recognized for her superior academic achievement. Receipt of the citation will be recorded on her official UNC transcript in the remarks section. (Pictured below with her advisor Dr. Softas-Nall)

Jeffrey Paul, Abi Kimm, and Kaitlin Ohde won the Hutchinson-Lehman Research Award, First Place at UNC Research Evening for their Oral Presentation titled “Religious/Spiritual Experiences of Sexual Minorities”

Kiersten Eberle received the Honors Convocation award through the College of Education and Behavioral Sciences at UNC. (Pictured below with her advisor Dr. Rings)


Rocky Mountain Psychological Association (2017, April)


American Psychological Association (August, 2017)


### Misc. Presentations


Roth, P., Byrne, C., Du Rocher Schudlich, T., & Erwin, S. (2016, November). Collaborative Community-Based Dialectical Behavior Therapy Research with Counseling Graduate Students and Counselors. *Poster presented at the annual meeting of the Western Association for Counselor Education and Supervision, Vancouver, British Columbia*.

### Publications


Psychological Services Clinic (PSC) Update

Many thanks to Dr. Brian Johnson—our Clinic Director, Sara Hofmann—the Assistant Clinic Director, and Kiersten Eberle—the clinic tech GA, who have all worked incredibly hard this year making the PSC the success that it is.

Also, many thanks to our faculty and adjunct faculty who provide live supervision to our trainees.

Congratulations to Kiersten Eberle who will be taking over as the 2017-2018 Assistant Clinic Director, and Abi Kimm who will be taking over as Clinic Tech GA.

Clinic Data Reports from Fall 2016:

During the fall semester of 2016, the Psychological Services Clinic (PSC) at the University of Northern Colorado (UNC) provided services for a total of 177 clinic clients and conducted approximately 830 sessions (individual counseling, child/adolescent counseling, play therapy, couples/family therapy, group counseling and psychological assessments). To the right is a summary of information pertinent to our services at the PSC.

**UNC Students and Northern Colorado Community Members:**
- 72% were UNC students
- 28% were community members or non-UNC students

**Client Gender Identification:**
- 38% identified as men
- 69% identified as women

**Client Sexual Orientation:**
- 89% identified as heterosexual
- 3% identified as gay
- 2% identified as lesbian
- 4% identified as bisexual
- 1% identified as pansexual
- 1% identified as asexual

**Client Age:**
- 67% 18-25 yrs old
- 15% 26-64 yrs old
- 12% 6-11 yrs old

**Client Ethnicity:**
- 68% White/Caucasian
- 21% Hispanic/Latinx
- 4% Bi-racial/multi-racial
- 4% Black/African American

**Referral Sources:**
- 59% Professor/TA
- 18% Personal (family/friend)

**Outreach Presentations:**
- 125 Class Presentations
- 31 Community and Campus Workshops on topics including: coping skills, anger management, self-care, mindfulness, stress management, parenting tips, and anti-bullying
Counseling Psychology Student Organization (CPSO)

Happy spring! The CPSO Board would like to congratulate everyone on being so close to completing the academic year. Whether this is your first year or your fifth, that is an accomplishment. This has been a full year for CPSO and the Board has been hard at work planning social and academic events to create opportunities for students to connect and learn from each other. Last semester, we held socials, co-hosted the CP picnic, helped prep and process for external practicum opportunities and comps, and partnered with the Schulze Interdisciplinary Speaker Series to bring Dr. Ronald Bassman to UNC. This semester we held our traditional events and tried out some new ones.

In February, the Board gathered together those who were prepping to take the oral portion of the comprehensive exams and veteran students to discuss and process that experience. Then in March we hosted a CV workshop for those interested in updating their CVs to be ready for external prac and internship opportunities. A representative from UNC Career Services shared her expertise and advanced students showed examples of a variety of specific CVs to demonstrate differences in style and wording.

On Monday, April 17th from 4:30pm-6pm, CPSO joined forces with CSI, SPSO, and the Leadership Fellows and brought Dr. Elena Estanol to campus. She presented on her experiences beginning and maintaining a private practice in psychotherapy. In late April, we brought CP students together again for the Fierce Four (Rachel Haug, Chloe Hinton, Nicole Justice, and Sara Hofmann) to share their experiences with the internship application, interview, and matching processes. A social event followed to celebrate this major milestone.

The CPSO Board is always open for input and ideas for future events or speakers. Let us know what feedback you have. We’re looking forward to the rest of the semester and encourage you to reach out with whatever questions you have! We’re here to support you!

--The CPSO Board

Jeffrey Paul, President; Kiersten Eberle, Vice President; Mandy Larsen, Secretary; Christy Jersin Woods, Social Chair; Sarah Zwetzig, Treasurer
Graduate Assistantships Around Campus

Deon M. Hall holds a 20 hr GA position in which he serves as the Graduate School Multicultural Transition Coach for the four race-based cultural centers at UNC. His responsibilities include coaching undergraduate students through both the graduate school application and preparation processes, as well as assisting students in planning for their futures after graduation. Overall, he provides support to underserved and historically marginalized students, with an emphasis on enhancing the services that are currently offered on campus.

Sarah Zwetzig started her 18 hr GA position last fall as the Honors & Leadership Curriculum Design, Assessment, and Research Coordinator in the Center for Honors, Scholars, and Leadership (HSL). In her position, she is creating and implementing ongoing assessment programs for the Honors and Leadership programs, helping determine student outcomes and future plans for improvements, and helping plan and host events across campus, such as the annual Research Day. She is also supervising an undergraduate student employee to help create annual reports on the center and its outcomes, and recently helped with the Honor Program’s 5-year review.

Dylan Ghaffari also holds a GA position through HSL, providing academic advising with students from the Honors Program and Leadership Studies Minor. Sometimes he provides other resources for the students such as running Study Skills or Graduate School Prep workshops. We're also thinking about adding a GRE study group to help students interested in going that route. Dylan says, HSL has given him a lot of freedom and they're flexible with my schedule. They've even allowed me to teach a course or two and to start a research project looking at how Honors students perceive themselves when they're at their best.

Kaitlin Ohde taught two sections of Univ 101, a first-year seminar course to freshman undergraduate students. The primary goals in the course are to teach undergraduate students skills to succeed in college such as learning how to write research papers, campus resources, time management, and professionalism. She typically worked around 20 hours per week, which included staff meetings, office hours (each student was required to meet with her once a semester for individual office hours), lesson planning, and grading. Her job is to support students in their transition into their first year of college.

Nicole Justice has a part-time GA position with Dr. Angela Vaughan as part of the First Year Seminar Program. This spring, her work includes data analysis, manuscript preparation, research presentations, and curriculum/course development. Through this position Nicole attended and presented at the FYE Conference in Atlanta, GA in February. This assistantship continually provides a diversity of experiences and each week the tasks change. It keeps her on her toes and has provided excellent professional development experience.

Christy Jersin Woods holds a part-time (9hr) TA position in the Psychological Sciences department teaching an introductory psychology course to undergraduate students. She teaches a class of 90 students about the several subfields in psychology. TAs create their own curriculum—syllabus, lesson plans and all—based on one textbook in the department. TAs also have the opportunity to teach other classes such as human growth and development and abnormal psychology.

David Gretz is a tutor at the Writing Center (20 hrs). He works with clients to help them improve their writing and, on occasion, gives workshops and conducts research. Writing concerns have ranged from properly citing sources for introductory classes, to grammar and clarity concerns for international students, to organization and flow for dissertations. The clients he works with include undergraduates, graduate students, and even professors on occasion.
Congratulations and Alumni News!

Tanya Watson (PhD 2016) passed the EPPP and is now licensed in Washington.

Dylan Firsick (PhD 2016) passed the EPPP.

Jeff Roche (PhD 2016) passed the EPPP.


Caroline Hicks got married to Jasmine November 23rd, 2016.

Rachel Gall (PhD 2015) and her husband welcomed a baby girl in December 2016, Adina Aya Gall.

Keep in touch and let us know your news!
Contact Dr. Softas-Nall and/or Christy Jersin Woods (jers2805@bears.unco.edu) if you have something to share!

Counseling Psychology Doctoral Program
For more information visit: http://www.unco.edu/cebs/counspsych/index.html.

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/.