

COUNSELING PSYCHOLOGY DOCTORAL PROGRAM SPRING 2014 NEWSLETTER

FROM THE TRAINING DIRECTOR:

It is with great pleasure I write this short editorial for the Counseling Psychology program newsletter. We have had many accomplishments and numerous events over the past semester. Many of our students and most of our faculty attended and presented the Counseling Psychology Conference in Atlanta this March, titled Counseling Psychology in Action: Future Opportunities and Challenges. It was wonderful to see our students presenting their research and meeting other counseling psychology students, faculty,

and leaders in the field. We also had the opportunity to enjoy the atmosphere and Southern cuisine of Atlanta!

Many congratulations to the students in our program who matched for internship this year. We had a 100% match rate to APA accredited programs and given the imbalance that exists, this is a great accomplishment.



Dr. Softas, Training Director pictured with Dr. Sharon Bowen, current president for the Society of Counseling Psychology (Division 17) and Professor & Chair of Ball State University, Counseling Psychology

Additionally, we have been honored by one of our past graduates making a donation to the Psychological Services Clinic (PSC). The PSC serves numerous students in various programs each semester and this contribution will greatly benefit our students, our faculty, and of course our clients.

Lastly, in October 2013, we had the site visit for our APA accreditation and were happy to see the alumni that came to participate. We are still waiting to hear back sometime this spring.

*-Lia Softas-Nall, PhD,
Director of Training,
Counseling Psychology*

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Bringing
education
to life.

Congratulations to everyone who matched for internship!

The program had a 100% match rate this year! All the internships below are APA accredited

Em Dreiling

Johns Hopkins University
Baltimore, MD

Annette Peters

Florida State University
Tallahassee, FL

Laura Schenck

Texas Tech University
Lubbock, TX

Rachel Gall

Central Washington University
Ellensburg, WA

Jeffrey Roche

Illinois State University
Normal, IL

Aaron Wallis

Grand Valley State University
Allendale, MI

Dayna Northart

Kansas State University
Manhattan, KS

Meagan Walters

Ball State University
Muncie, IN

Congratulations Fall 2013

Dr. Emily Richter



Emily Richter with her committee after her dissertation defense. Left to right: Dr. Wright, Dr. Johnson, **Emily Richter**, Dr. Murdock, and Dr. Hutchinson.

Dissertation: The Relationship of College Students' Retrospective Reports of Perceived Parenting Style and Current Adult Attachment Style with Primary Caregiver, Romantic Partner, and College Adjustment.

Congratulations to all the students who took their comps this January!

Dylan Firsick & Jason Kacmarski pictured to the right with their "comps beards." We will see if this becomes a tradition!



Presentations & Publications by Faculty, Students, and Recent Alumni since September 2013

Bean, H. (PhD, 2012), **Softas-Nall, L., Eberle, K., & Paul, J.** (2014, March). *Contemporary stay-at-home motherhood: An empirical qualitative study*. Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Bethune, M., & Johnson, B. D. (2013). Predicting counselor's academic and internship outcomes: Evidence for the incremental validity of the MMPI-2. *Training & Education in Professional Psychology*, 7, 257-266. doi:10.1037/a0033025

Dunn, T., Doty, C. A., **Kacmarski, J.**, & Lehman, B. (2014, May). *Neuropsychological functioning of student veterans without PTSD or TBI*. Poster to be presented at the Association for Psychological Science Convention, San Francisco, CA.

Firsick, D. M., & Wright, S. L. (March, 2014) *A Meta-Analysis of Attachment and College Adjustment: Implications for Training Undergraduate Students*. Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Johnson, B. D., Berdahl, L. D., **Firsick, D.**, & **Roche, J.** (2014, March). *Parenting: From helicopters to proposed competencies*. Symposia presented at the Counseling Psychology Conference, Atlanta, GA.

Kacmarski, J., & **Hinton, C.** (2014, March). *Childhood trauma, suicidal behavior, and future opportunities: A theoretical integration of attachment theory and the interpersonal theory of suicidal behavior*. Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Motter, B. (2014, February). *Introduction to clinical work with the trans* population*. Seminar presented at the annual conference of Colorado Gold Rush, Denver, CO.

O'Halloran, M. S., Rizzolo, S., **Cohen, M. L.**, Sholler Dreier, A., & Phillips Carrico, C. (2014). Evaluating the effectiveness of a marriage and relationship education program. *The International Journal of Interdisciplinary Social and Community Studies*, 7, 29-39.

Oyer, L., O'Halloran, M. S., & Christoe-Frazier, L. (2014, April). *Understanding the Working Alliance Between Clients Diagnosed with Anorexia Nervosa and Therapists in Individual Psychotherapy: A Phenomenological Approach*. Oral presentation to be presented at the Rocky Mountain Psychological Association Convention, Salt Lake City, UT.

Peters, A. S., & Lahman, M. (2014). "Am I at peace?": A deeper look into identity formation and integration. *Journal of Educational Research and Innovation*, 2(2).

Porter, E. (PhD, 2012), **Softas-Nall, L.**, & **Hicks, C.** (2014, March). *Mentoring first generation women doctoral students from traditional backgrounds: Implications for training*. Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Roche, J. D., & **Johnson, B. D.** (in press). Cogmed working memory training product review. *Journal of Attention Disorders*.

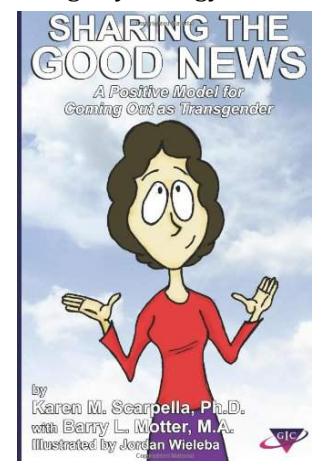
Roche, J. D., & **Johnson, B. D.** (2014, March). *Review of the Cogmed working memory training system*. Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Ruechel, E. (2014, March). *Asexuality: An Unexplored Pathway to Diversity in Counseling*. Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Scarpella, K. M., **Motter, B. L.**, & Wieleba, J. (2014) *Sharing the good news: A positive model for coming out as transgender*. Denver, CO: Gender Identity Center of Colorado.

Softas, L., Cardona, B., & Marden, N. C. (2014, March).

Bilingual/multilingual families and challenges in counseling: Clinical implications. Poster session presented at the Colorado Counseling Association, Denver, CO.



Sones, J., O'Halloran, M. S., & Walters, M. (2014, March). Community college counseling centers: Challenges and opportunities. Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Tien, G. (PhD, 2013), **Softas-Nall, L., & Barritt, J.** (2014, March). *Communications of intercultural/multilingual couples: An empirical study.* Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Valdez, J., Genuchi, M., & Rings, J. A. (2014, April). *Breaking down the differences: Latino men gender role strain and depression.* Poster session presented at the annual meeting for the American Counseling Association, Honolulu, HI.



Vaughan, A. L., Lalonde, T., & Jenkins-Guarnieri, M. A. (PhD 2013) (in press). Assessing student achievement in large-scale educational programs using hierarchical propensity scores. *Research in Higher Education.*

Wright, S., Firsick, D., Kacmarski, J., Stevenson, O. (2014, March). *A theoretical integration of attachment and the work-family interface: A competency perspective.* Poster session presented at the Counseling Psychology Conference, Atlanta, GA.

Congratulations to the faculty and students presenting at APA this Summer 2014 in Washington D.C.

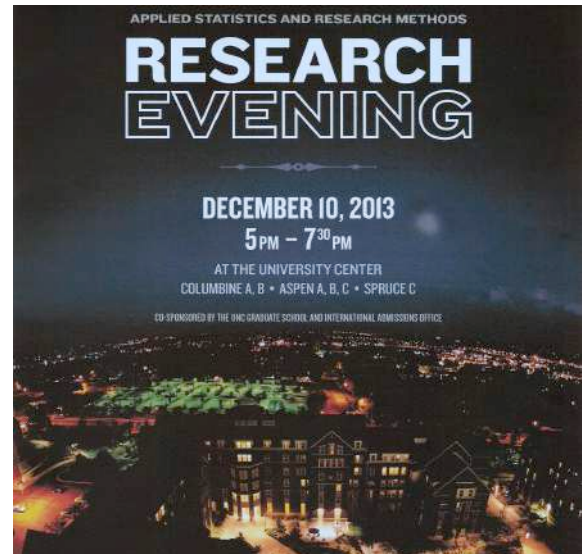
Hutchins, T. (2014). *A qualitative study of re-entry specialists' experiences with incarcerated veterans.*

Kacmarski, J., Hicks, C., & Rings, J. (2014). *Thwarted Belongingness and Perceived Burdensomeness as Predictors of Suicidal Ideation.*

Tien, G., Softas-Nall, L., & Motter, B. (2014). *An empirical study of multicultural couples: Implications for family psychologists.*

Wright, S. L., Jenkins-Guarnieri, M. A., & Firsick, D. M. (2014). *Self-esteem: A true experimental investigation of the effects from Facebook.*

SRM Research Night, December



Gall, R. was a part of a symposium for Narrative Inquiry.

Valdez, J. was a part of a symposium on Representing Qualitative Research.

Gall, R. (2013). *Exploring the experiences of families with same-sex parents and elementary school-aged children.* Paper presentation.

Meisinger, T., Melcher, T., & Stevenson, O. (2013). *Investigating alcohol use in the University of Northern Colorado's Greek system.*

Motter, B., Allen, K., & Delgado, V. (2013). *An examination of parenting factors for families with schizophrenia.*

Paul, J., & Eberle, K. (2013). *Exploring the impact of cultural identification on Latino/a Adolescent substance use.*

Roche, J. D., & Peters, A. S. (2013). *Attachment and other factors of resiliency among adults who are homeless.*



Society of Counseling Psychology

AMERICAN PSYCHOLOGICAL ASSOCIATION DIVISION 17

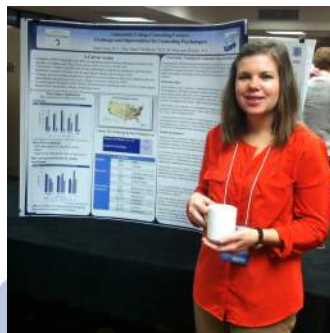
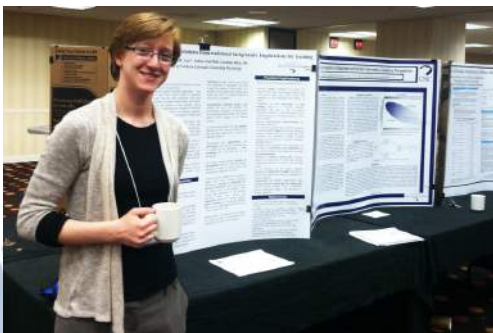
Mid-march this year, some of our students had the opportunity to travel to Atlanta, Georgia for the 2014 Counseling Psychology Conference. The theme for this year was Counseling Psychology in Action: Future Opportunities and Challenges. The conference provided the students with countless posters and presentations related to a variety of research and counseling issues, including trauma, multiculturalism, international psychology, prevention, and social justice, just to name a few. Many of the students who attended expressed their appreciation for the presentations they attended throughout the conference. As **Julie Barritt** stated, "There was not a single time slot where I was not interested in at least one seminar being held."

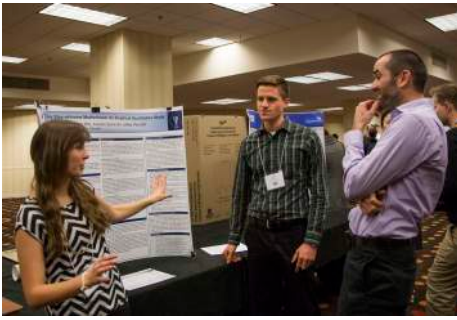
Each student expressed a variety of interests, which they were able to cultivate throughout the conference. One student,

Kiersten Eberle, a first year B.A., expressed, "I have always wanted to get involved in international work, but had no idea how to integrate my interest in travel with my passion for psychology. Meeting so many other students and professionals who have been doing this type of work gave me a fresh perspective and a new motivation to work toward my future goals." **Caroline Hicks**, a second year B.A., reported an appreciation for the wide range of topics she was able to attend at the conference, "I was able to partake in many opportunities from a presentation of Trans* specific Safe Zone trainings to a poster presentation on a qualitative study focusing on interviews with international LGBT activists." **Jeff Paul**, a first year B.A., reflected that the conference provided him with the chance to gather "fresh ideas for my own work while building relationships with other practitioners, researchers, and students of Counseling

Psychology." **Julie Barritt** agreed. "Hearing [professionals and other students'] suggestions and experiences working with specific populations, such as the military or survivors of trauma, has been more than helpful in furthering my own interests and awareness."

Overall, the students were thankful for the chance to attend this conference, which only occurs every 6 years, and receive funding from the Graduate Student Association. As **Jason Kacmarski**, a second year M.A. student, put it, "Having a conference like this, focused exclusively on Counseling Psychology as opposed to psychology as a whole, allowed for the development of a deeper, clearer understanding of our strengths and where we are headed." Other students expressed a more personal benefit from the conference. "I had no idea how many women of color, and African





American/Black/African women were involved in Counseling Psychology. To be able to see graduate students that look like me, and dress like me was something I did not realize I was missing so much.” (**Chloe Hinton**, second year B.A.).

This was an experience that those who attended will not easily forget. Many expressed walking away from the conference with inspiration to further research interests, a new awareness of new areas of research interest,

and an appreciation for our program. “It was nice to know that I was representing UNC and specifically our doctoral program. It made me feel proud to see the strong faculty and student turn out at the conference from our program specifically” (**Dylan Firsick**, second year M.A.).

This conference gave our students the chance to reflect on where our field has been and where it is going. Our field’s strengths lie in our emphasis on

social justice and our appreciation of diversity. As **Jeff Paul** stated, “Our field seems to be on the cusp of really addressing the need to share the benefits of psychology in a culturally sensitive way.” This conference firmly embraced and reflected these values and allowed the unique and numerous voices of our field to come together, share, and inspire each other to work toward the future.



Faculty and doctoral students at the 2014 Counseling Psychology Conference in Atlanta.

Left to Right: Dr. Softas, Chloe Hinton, Janae Sones, Caroline Hicks, Jason Kacmarski, Dylan Firsick, Dr. Johnson, & Dr. Wright.

Left to Right: Chloe Hinton, Jason Kacmarski, Janae Sones, & Caroline Hicks pictured with Sharon Bowan [middle], president of Division 17.



Counseling Psychology Student Organization News

The Counseling Psychology Student Organization (CPSO) is a student-run group designed with the mission of cultivating a vibrant, safe, and professional community among Counseling Psychology (CP) doctoral students at the University of Northern Colorado. The CPSO also aspires to generate inter-departmental collaboration and idea sharing.

Current officers:

President: Jeff Roche

Vice-President: Annette Peters

Treasurer: Chloe Hinton

Secretary: Jason Kacmarski

Social Chair: Beth Ruechel

So far this year, CPSO has hosted multiple events for our students. In November, they hosted a **comprehensive exam prep meeting** to give students a chance to ask questions, express concerns, and hear from those who had successfully passed comps, separate from the meeting provided by the Training Director. In January, CPSO hosted an end-of-the-semester **pizza social**. CPSO also hosted an **informational meeting on external practicum** for students thinking of applying this semester, to hear from the

Training Director and students currently enrolled in external practicum. In March, CPSO hosted a **brown-bag seminar** to train students in the use of Qualtrics.

Other events that CPSO is interested in hosting include: brown-bag events related to gender and sexual minority, homelessness, and publishing books/chapters; a TED Talks events as a means of encouraging dialogue across cohorts; an alumni panel for graduates to speak about their early career experiences; and an international psychology event.

Please keep an eye out in your inboxes for upcoming CPSO events!

Left to Right: Jeff Roche, Chloe Hinton, Annette Peters, & Jason Kacmarski.
[Social Chair, Beth Ruechel, not pictured]



Colorado Psychological Association's New Graduate Student Division

The Colorado Psychological Association (CPA) recently approved the creation of a new division solely devoted to graduate students, the Colorado Psychological Association of Graduate Students, or COPAGS. Previously, graduate students could get involved in CPA through various committees; now, COPAGS offers the opportunity for students to lead committees that work for the interests of graduate students. Committees include: advocacy, academics/research, programming, diversity, and communications. Also, students can be elected by the student members for Chair-Elect, which replaces the previous position of Student Board Member for CPA. Current student board members (now Chair and Chair-Elect) Janae Sones of UNC and Elizabeth Harris of DU were instrumental in COPAGS' creation by writing the bylaws, seeking feedback and revisions, and soliciting

applications for the next round of COPAGS leadership

Currently, COPAGS is looking for students who are interested in serving in a leadership position for 2014-2015. If you are interested, please email colorado.psychgrads@gmail.com for more information and to receive an application. Applications will be accepted through May 1st. If you want to become a member of COPAGS, you must apply for membership to CPA through their website (www.coloradopsych.org). Look for upcoming COPAGS events at the CPA July Annual Member's Meeting and CPA Fall Conference in September.

-Janae Sones, Chair, Colorado Psychological Association of Graduate Students

Awards

Congratulations to **Annette Peters** who received the Spring 2014 Honors Convocation Award. Each year the award is given to one student in the program to celebrate outstanding achievement. The award recognized Annette for her hard work, accomplishments, motivation, and optimism. Annette has had three juried publications and seven juried presentations in national and regional conferences while in the program. She helped develop the newsletter for the program with the Training Director, performed technology maintenance in the clinic, assisted with the self-study, is currently Vice President of the Counseling Psychology Student Organization, and has worked on multiple research projects while at UNC. And she



Left to Right: Chair Dr. Helm, **Annette Peters**, & Training Director Dr. Softas

accomplished this all with graciousness and optimism.

Congratulations!

Best wishes to Annabelle Kay Richter born January 20, 2014 to Luke and **Emily Richter**. A busy year for Emily after defending her dissertation, graduating, and doing a post doc.



Other News

Michael Mahoney accepted a post-doctoral fellowship in the PTSD track at the APA-accredited VA program in Honolulu, HI starting summer 2014.

Marek Dvorak accepted a post-doctoral position at California Polytechnic State University in San Luis Obispo, CA.

Congratulations to **Liesel Christoe-Frazier** who was elected treasurer of the Washington Counseling Association.

Upcoming Events

Come join us for the Counseling Psychology Research Day April 16th, 1-3 and April 17th 12-2 in McKee 282



Our faculty members were happy to see alumni Masha Zarlengo and Geri Tien at the APA site visit.

From left to right: Dr. Softas-Nall, Dr. Masha Zarlengo (PhD 2012), Dr. Geri Tien (PhD 2013), & Dr. O'Halloran.

Fall 2013 Clinic Outreach Report

Every semester students participate in a number of outreach hours, working with groups on campus and off. Through these hours, students gain vital experience, spread awareness of mental health topics, and promote the psychological services clinic to the community and campus.

Community Presentations

Guadalupe House-5 presentations

- Anger management
- Stress management

Boys and Girls Club

- Emotion regulation and friendship skills
- Stress Relief
- Wellness

Aspen Club

- Depression, stress & wellness in older adults

Domestic Violence Coalition

Greeley Transitional House-5 presentations

- Wellness and Stress
- Mindfulness
- Wellness
- Sleep and self-care

Jefferson High School-3 presentations

- Stress Management

Tables/Community Outreach

PSC Table at Recovery Day-Journey Christian Church

50+ Health Fair Table

UNC Presentations

Cumbres Center

- Grief and Loss

UNC Rec Center Staff

- Stress management

UNC campus Tables/ Outreach

- PSC Table at Graduate Resource Day
- Suicide Prevention Table at UC
- Homecoming Outreach Table
- Coming Out Event-GLBTA
- Take Back the Night

Classroom Presentations

Twenty presentations

UNC Campus Liaisons

- Dean of students
- GLBTA Resource Center
- Cumbres Center
- Women's Resource center
- Disability Support Services
- Greek Life
- Veteran Services
- Campus Rec Center
- Student Activities Office
- Academic Support and Advising
- Native American Student Services Center
- Graduate School
- Asian/Pacific American Student Services
- Cesar Chavez Cultural Center
- Marcus Garvey Cultural Center
- United Way

Community Liaisons

- Greeley Transitional House
- Guadalupe House
- A Woman's Place



Congratulations to the Psychological Services Clinic!

Over the summer and fall of 2014 the Psychological Services Clinic (PSC) will be undergoing a major change! The current recording equipment will be replaced with new digital recorders and an electronic medical record keeping system, thanks primarily to Dr. Tim Theis and the UNC Foundation.

Tim Theis graduated from the counseling psychology program at University of Northern Colorado in the 1970s and has spent his very rich and interesting career both nationally and internationally providing education, psychological services, and consulting. He is also very well known in the art world for his collection of fine Japanese art, including rare Japanese wood block prints commissioned by the author, James Michener.

Initially he wanted to make a donation to UNC, but did not have a specific plan in mind—until the UNC Foundation staff asked him about his fondest memory of the university. His reply? The time he spent in ‘the cave’, the observation area of our psychological services clinic. The gift he planned to donate was set aside for the PSC, directed by Dr. O’Halloran.

But it didn’t stop there. Shortly after, Dr. O’Halloran and clinic assistant, Annette Peters met with Dr. Theis and Mr. David Nichols, Director of Development with the Alumni Association at UNC. One of the outcomes of this meeting was Dr. Theis very generously offering to double his gift for upgrading the clinic technology. In addition, Dr. Eugene Sheehan, Dean of the College of Education and Behavioral Sciences, agreed to contribute funds needed for

this purpose.

These upgrades are just one goal that Dr. O’Halloran has for the clinic. She is also working with outside organizations to increase the community partnerships with the clinic and is in discussions with Hospice to create a partnership with the training clinic.

The PSC serves programs in Counselor Education and Supervision, Counseling Psychology, and School Psychology.

The students and faculty who rely on the clinic for training in counseling and assessment and who ‘live’ in the cave, would like to thank everyone who helped in this process! Here’s to hoping this generation of graduate students will also have such fond memories of the cave and clinic!

Pictured, from Left to Right: Dr. O’Halloran, Tim Theis, & Mr. David Nichols



Pictured, from Left to Right: Em Dreiling (Graduate Assistant for the clinic), Dr. O’Halloran (clinic director), Chloe Hinton (the new technology GA), & Annette Peters (the current technology GA).

Faculty Awards

This year's 2013-2014 College of Education & Behavioral Sciences Faculty Awards have been announced and two of our own faculty members were presented with awards.

Dr. Wright received the College Scholar Award & **Dr. Softas-Nall** received the College Service Provider Award.

Congratulations to both!



The Counseling Psychology faculty.

From left to right: Dr. Johnson, Dr. Softas-Nall, Dr. Wright, Dr. Rings, & Dr. O'Halloran.

Keep in touch and let us know your news!
Contact Dr. Softas-Nall and/or Kiersten Eberle if you have something to share!
We are happy to hear of your professional and personal news.

Counseling Psychology Doctoral Program

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