



2018, Issue 17

May 2018

COUNSELING PSYCHOLOGY DOCTORAL PROGRAM SPRING 2018 NEWSLETTER

Spring is here and the campus is in color with trees and flowers blooming. There is a great variety of trees on campus and it is a joy to take a break from being at McKee and walking around. The sunshine in Colorado makes everything so beautiful!

The shootings continued since the last newsletter in December and left all of us with heavy hearts. There was more action in communities coming from students and leaders.

Congratulations to all our students who matched at APA sites; congratulations to those who defended their dissertations; congratulations to those walking in this spring commencement; congratulations to those students who got jobs for next year, and to those who got licensed. Be proud of yourselves; we certainly are.

Amazing topics are listed in this newsletter that were presented by current students at Research Evening put on by the Statistics Research Method Department and the UNC Research Day. Many of the students presented at RMPA in Denver in April. Many will be presenting at APA in San Francisco in August. Great creativity and productivity along with science-mindedness. The faculty is continuously committed to mentoring students who are part of these research projects and assisting them in various phases of the process.

In addition to research, the newsletter presents the update on Clinic data and leadership changes. Students and supervisors worked hard to provide quality clinical services.

The Training Director, Dr. Wright, continues to work on data aggregation, data analysis

for our program, and steering us in the right direction with preparation for the APA self-study. He keeps us focused on changes we need to make to be a better program. Thank goodness he is a patient person!

We are in moving mode, packing and storing as we prepare to not be at McKee this Summer. McKee will be closed after finals until Fall semester starts.

Have a great rest of the Spring and a great Summer. Please continue to send your news for the newsletter; we really enjoy hearing from you. The newsletter is typically published in early December and early May. Thanks to all of you who shared news and pictures.

Lia Softas-Nall Ph.D.
Professor Counseling
Psychology

Inside this Issue

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Spring Dissertation Defenses

Rachel Haug

Dissertation: Perceived Belongingness, Self-Esteem, and Outness Level on Psychological Distress Among Lesbian, Gay, and Bisexual Individuals

Committee: B. Softas-Nall, J. Rings, V. Cardona, & S. Hutchinson

Rachel accepted a job offer at a private practice about 35 minutes from where she will be living (in a suburb of Minneapolis) starting this fall 2018.



Sara Hofmann

Dissertation: Shame, Aggression, and Self-Compassion in At-Risk Adolescents.

Committee: B. Johnson, J. Rings, R. Hess, & J. Schaffer.

Sara accepted a tenure-track Assistant Professor of Psychology position at Eckerd College in St. Petersburg, FL. Will also be doing evaluations and clinical work with children and adolescents through private practice, working towards her licensure hours starting this fall.



Laura Chang defended earlier than this spring.

Dissertation: Adult Attachment in Close Relationships and Trait Emotional Intelligence: The Moderating Role of Mindfulness

Committee: S. Wright, S. O'Halloran, J. Murdock, & T. Lelond

Laura accepted a post-doctoral residency in private practice in Austin, TX, starting this fall 2018.

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...



Rachel Haug



Sarah Hofmann

Congratulations Commencement Spring 2018



Internship Matches

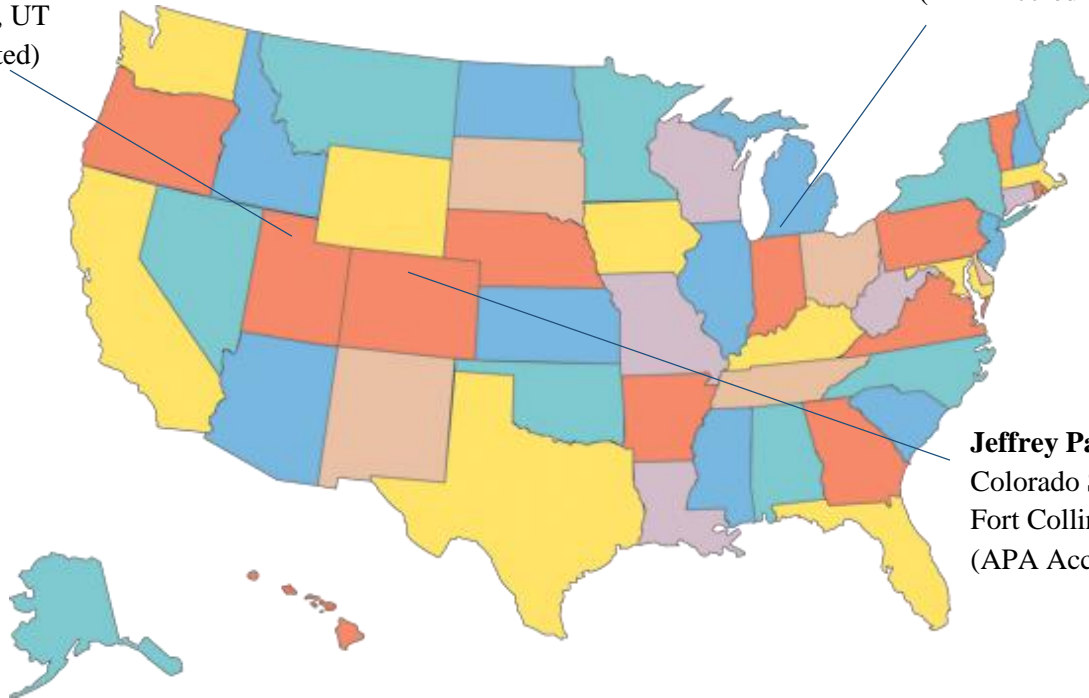
Congrats to students who matched. It was a 100% match rate. Students matched with sites that are all APA Accredited.

Tricia Steeves

VA Salt Lake City Health Care System
Salt Lake City, UT
(APA Accredited)

Kiersten Eberle Medina

University of Notre Dame
Notre Dame, IN
(APA Accredited)



Jeffrey Paul

Colorado State University
Fort Collins, CO
(APA Accredited)



Best to all of you. We wish you the best!

External Practicum Sites approved by the program

Counseling Center:

- Colorado State University Health Network (CSU)
- University of Colorado Counseling and Psychiatric Services, Boulder
- CAPS (CU Boulder)
- University of Northern Colorado Counseling Center, Greeley (UNC)
- Regis Counseling Center, Denver
- Metropolitan State University Counseling Center, Denver

Integrated Care:

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

Community Mental Health:

- Asian Pacific Development Center, Denver
- Aurora Mental Health
- Aurora Mental Health Child and Family Team, Aurora
- Community Reach Center, Denver and Brighton
- Mental Health Partners at Longmont Adult Outpatient Services, Longmont
- North Range Behavioral Health, Greeley
- Reaching HOPE, Commerce City
- SummitStone Health Partners, Fort Collins and Loveland

Domestic Violence & Sex Offenders:

- Perklen Center, Greeley

Forensic:

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

Hospital:

- Children's Hospital Colorado Department of Psychiatry and Behavioral Sciences

VA:

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

Other:

- Emerge Professionals in Autism, Behavior, and Personal Growth, Denver



Student Awards

The faculty recognized **Megan Martinez** as a **College of Education and Behavioral Sciences Graduate Scholar**.



Only one of the Counseling Psychology doctoral students receives this distinction each year based upon their academic achievement, research involvement, leadership, and potential for success in the discipline. Megan pictured with her advisor Dr. Softas.

Sara Hofmann was selected as a recipient of the Graduate Dean's Citation for Excellence for Spring Semester 2017 and was 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. Johnson.



Seneca Erwin on the right, next to Megan Baxter & Sibyl Cornell from School Psychology who won the

Hutchinson-Lehman Research Award, Second Place at UNC Research Evening for their Oral Presentation titled "*A Personalized View of Self-Compassion of Applied Psychology Graduate Students*"

Austin Hamilton received the Student Veteran of Excellence Award for UNC in Fall of 2017. Austin pictured below in the middle receiving the award.



Deon Hall recently became a recipient of the Army Health Professions Scholarship Program (HPSP). The scholarship provides competitive incentives such as full academic funding in addition to a monthly stipend. Deon will serve as a Second Lieutenant throughout the remainder of his time in the program. Upon graduation he will enter active duty as a Clinical Psychologist for the U.S. Army.



Presentations since the last newsletter December 2017

Research Evening December, 2017

Ohde, K. (2017, December). Resiliency, coping, and strengths of a Post 9/11 Veterans' Spouse: a case study. *Poster presented at the annual Graduate Student Research Evening, Greeley, CO.*

Research Evening April, 2018

Guo, Y. G. (2018, April). Social support moderates the relationship between left-behind experiences and depression among Chinese college students. *Poster presented at the annual University of Northern Colorado Research Evening, Greeley, CO.*



Pictured above: Sarah Zwetzig & Megan Martinez presenting at UNC Research Day



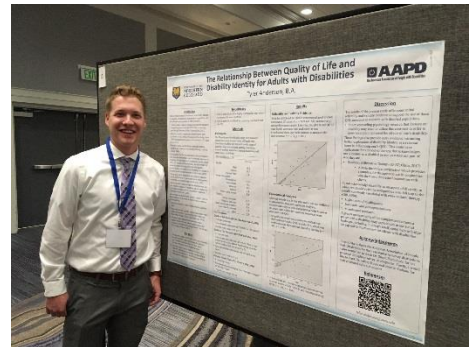
Picture above: Jordan Martell and Hunter Montoya presenting at UNC Research Day

UNC Research Day April, 2018

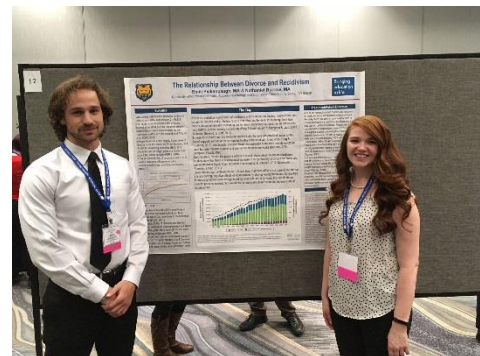
- Barthelemy, K.** (2018, April). Parental development in first-time parents with a six-month-old infant. *Poster presented at University of Northern Colorado Research Day, Greeley, CO.*
- Barthelemy, K.** (2018, April). Child maltreatment and its effect on face emotion perception. *Poster presented at University of Northern Colorado Research Day, Greeley, CO.*
- Cople, S., & May, M.** (2018, April). Use of Biofeedback in enhancing stress-response awareness. *Poster presented at University of Northern Colorado Research Day, Greeley, CO.*
- Hall, D.** (2018, April). Exploring the narratives surrounding the racial climate at a rocky mountain university: Moving towards a campus-wide safe haven. *Poster presented at the University of Northern Colorado's Research Day, Greeley, CO.*
- King, C.** (2018). Does parenting matter during youth experiences of bullying? The relationships among emerging adults' retrospective reports of perceived parenting style, youth bullying experiences, and adult attachment. *Poster presented at University of Northern Colorado Research Day, Greeley, CO.*
- Kopystynsky, N., & Khalsa, G.** (2018, April). Mediating factors between acculturation / acculturative stress and symptoms of psychological distress: A literature review. *Poster presented at University of Northern Colorado Research Day, Greeley, CO.*
- Martell, J., & Montoya, H.** (2018, April). Childhood abuse and career development: Areas for intervention. *Poster presented at University of Northern Colorado Research Day, Greeley, CO.*
- Martinez, M., & Zwetzig, S.** (2018, April). An exploration of perceptions of diversity: Training with Counseling students: A case study. *Poster presented at University of Northern Colorado Research Day, Greeley, CO.*
- Pickenpaugh, E., & Burrow, N.** (2018, April). The relationship between divorce and recidivism. *Poster presented at University of Northern Colorado Research Day Greeley, CO.*
- Pickenpaugh, E., & Johnson, T.** (2018, April). The impact of intimate partner violence on the rates of miscarriage. *Presented at the University of Northern Colorado Research Day, Greeley, CO.*
- Zhao, A.** (2018, April). Creativity in Cultivating Cultural Empathy. *Poster presented at Research Day for the University of Northern Colorado, Greeley, CO.*

Rocky Mountain Psychological Association April 2018

- Anderson, T.** (2018, April). The relationship between quality of life and disability identity for adults with disabilities. *Poster presented at the Rocky Mountain Psychological Association Conference*, Denver, CO.
- Condie, M.** (2018, April). Burnout for Teachers: A Need for Intervention. *Poster presented at Rocky Mountain Psychological Association annual convention*, Denver, CO.
- Erwin, S., Baxter, M., & Cornell, S.** (2017, December). A Personalized View of Self-Compassion of Applied Psychology Graduate Students. *Oral Poster presentation Rocky Mountain Psychological Association*, Denver CO.
- Gretz, D., LaFary, K., & Woody, W.** (2018, April). The legacy of the research and service of Albert D. Biderman: From countering Communists to torturing terrorists. In E. Amsel (Discussant), *The Cold War, the Psychology of Coercive Interrogation, EITs, and the Hoffman Report. Symposium Rocky Mountain Psychological Association*, Denver, CO.
- Jersin Woods, C., Softas-Nall, L. & Martinez, M.** (2018, April). Psychology trainees' discomfort addressing client sexuality when considering sexual attraction. *Poster presented at Rocky Mountain Psychological Association annual convention*, Denver, CO.
- Khalsa, G., & Rings, J.** (2018, April). Global psychology: navigating ethical differences around the world. *Poster presented at the Rocky Mountain Psychological Association Conference*, Denver, CO.
- LaFary, K., **Gretz, D.**, Rosenblum, C., & Woody, W.D. (2018, April). The origins and legacy of SERE: From Cold War defense to EIT offense. In E. Amsel (Discussant), *The Cold War, the Psychology of Coercive Interrogation, EITs, and the Hoffman Report. Symposium Rocky Mountain Psychological Association*, Denver, CO.
- Landers, N., Sachs, N., & Rings, J.** (2018). Issues facing current trans research. *Poster presented at Rocky Mountain Psychological Association Annual Conference*, Denver, Colorado.
- McEvoy, E. & Mitchell, J.** (2018, April). Intimate Partner Violence. Perpetrated by Military Women. *Poster presented at the Annual Convention of the Rocky Mountain Psychological Association*, Denver, CO.
- Pickenpauh, E., & Burrow, N.** (2018, April). The relationship between divorce and recidivism. *Poster presented at the Rocky Mountain Psychological Association Conference*, Denver, CO.
- Rings, J. A.** (2018, April). Grief as a potential risk factor for suicide. In S. Becker (President), *The role of psychological science in suicide prevention. Symposium conducted at the Annual Conference of the Rocky Mountain Psychological Association*, Denver, CO.
- Turner, S. & Lyon, A.** (2018, April). *How it Helps: Outdoor Behavioral Healthcare for Youth. Poster presented at the Rocky Mountain Psychological Association Annual Convention*, Denver, CO.
- Woody, W., Grogan, C., **Ohde, K.**, Boniek, J., Scott, L., & Archibald, P. (2018, April). Corporate Interviews, Contested Confessions, and Expert Testimony: Employee Confessions Reduce Corporate Liability. *Poster presented at the Rocky Mountain Psychological Association Annual Conference*, Denver, CO.



Pictured above: Tyler Anderson presenting at RMPA



Pictured above: Nathaniel Burrow and Emili Pickenpauh presenting at RMPA

Accepted for presentation at APA August 2018

- Barritt, J. (PhD 2017), Softas-Nall, L., & Erwin, S.** (2018, August). Perfectionism on Shame and Self-compassion: Implications for Counseling Psychologists. *Poster to be presented at American Psychological Association Convention*, San Francisco, CA.
- Christie-Frazier, L. (PhD 2017), Johnson, B.D., Pickenpau, E., & Barthelemy, K.** (2018, August). The effects of interrelated goals, anxiety, and mindfulness on somatic symptoms. *Poster to be presented at American Psychological Association Convention*, San Francisco, CA.
- Hicks, C. (PhD 2017), Rings, J., Geiman, J., & Sachs, N.** (2018, August). The impacts of sexual minority stress on suicidal ideation. *Poster to be presented at the 126th annual meeting of the American Psychological Association*, San Francisco, CA.
- Kimm, A. & Geiman, J.** (2018, August) Interpersonal trauma, adult attachment, and self-compassion: A structural equation model of shame. *Poster to be presented at American Psychological Association Convention*, San Francisco, CA.
- Lyon, A.** (2018, August). Mindfulness and Stress in Pregnancy. *Poster to be presented at the American Psychological Association Annual Convention*, San Francisco, CA.
- Motter, B. (PhD 2017), Softas-Nall, L., & Mitchell, J.** (2018, August). Love is Gender Blind: Challenges Transgender Couples Encounter. *Poster to be presented at the American Psychological Association Annual Convention*, San Francisco, CA.
- Parnell, K., Spiker, D., Johnson, T., May, M., & Burrow, N.** (2018, August). Theory of Planned Behavior and Help-Seeking: Comparing Presenting Concerns. *Poster to be presented at the annual conference of the American Psychological Association Convention*, San Francisco, CA.
- Reid Marks, L., Fuss, A., **Parnell, K., & Hamilton, A.** (2018, August). Macroaggressions and Help Seeking in Adults of Color Living with a Chronic Illness. *Poster to be presented at the annual conference of the American Psychological Association Convention*, San Francisco, CA.
- Spiker, D., Hammer, J., & **Parnell, K.**, (2018, August). Men in Unhappy Relationships: Perceptions of couple therapy. *Poster to be presented at the annual conference of the*

American Psychological Association Convention, San Francisco, CA.

Wang, D., **Tian, L.**, Hou, Z., Zhou, J., Zhang, H., & Luo, Y. (2018, August). Using focus group method to investigate the interpersonal stressors among Chinese college students *Poster to be presented at the American Psychological Association Annual Convention*, San Francisco, CA.

Misc. Presentations

- Erwin, S., Hauck, A., & Rings, J.** (2018, January). Domestic violence and confidentiality: How can helping professionals minimize harm? *Oral presentation conducted at the 3rd annual Law and Ethics in Counseling Conference*, New Orleans, LA.
- Geiman, J., Davis, K., Sachs, N., & Rings, J.** (2018, January). Legal, ethical, and psychological implications of the ban on transgender military service in the United States. *Roundtable discussion conducted at the 3rd annual Law and Ethics in Counseling Conference*, New Orleans, LA.
- Khalsa, G., Hamilton, A., Kopystynsky, N., Tian, L.** (2018, April). A new cultural lens: addressing stigma towards mental health services. *Poster presented at the Western Psychological Association Conference*, Portland, OR.

Publications

- Gelman, S., **Martinez, M.**, Davidson, N., Noles, N. (2018). Developing digital privacy: Children's moral judgments concerning mobile GPS devices. *Child Development*, 89(1), 17-26.
- Heppner, P., Lee, D-G., & **Tian, L.** (In press). Problem-solving appraisal and psychological adjustment. In S. Lopez (Eds.), *The Oxford Handbook of Positive Psychology* (2nd edition).
- Nyline, B. (PhD 2016), Softas-Nall, L., Peterson, E., Peake, M., & Jersin Woods, C.** (2018). Inaccuracies in Facial Recognition of Fear and Sadness for Male Domestic Violence Offenders. *Journal of Social Sciences*, 6, 37-51.
- Pote, S. (PhD 2016), & Wright, S.** (in press). Evaluating anticipatory grief as a moderator of life and marital satisfaction for spousal caregivers of individuals with dementia. *Educational Gerontology*. doi:10.1080/03601277.2018.1438085
- Wallis, A. (PhD 2015), Gretz, D., Rings, J., & Eberle, K.** (In press). Assessing marijuana use, anxiety, and academic performance among college students. *Journal of College Counseling*.

Psychological Services Clinic (PSC) Update

Many thanks to **Dr. Brian Johnson** – Our Clinic Director, **Kiesten Eberle** – the Assistant Clinic Director, and **Abigail Kimm** – the clinic tech GA, who have all worked incredibly hard this year making the PSC the success. In addition, all the clinicians in training who saw clients, as well as faculty and supervisors who keep the PSC running.

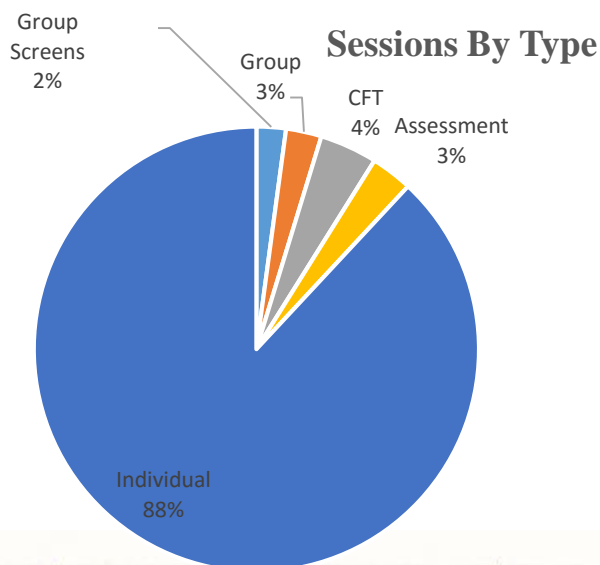
Many thanks to Dr. Johnson who served as the Clinic Director for the Psychological Services Clinic, our on-site training clinic, the past three years. Best wishes for his sabbatical leave coming up next year. **Dr. Rings** will be the next Clinic Director starting this summer 2018.

Also, many thanks to the faculty who provided live supervision to our trainees.

Congratulations to **Abi Kimm** who will be taking over as the 2018-2019 Assistant Clinic Director, and **Allegra Lyon** who will be taking over the Clinic Tech GA.

Clinic Data Reports from Fall 2017:

During the fall semester of 2017, the Psychological Services Clinic (PSC), our in-home clinic, provided services for a total of 181 clinic clients and conducted approximately 1261 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:

- 69% were UNC students
- 31% were community members or non-UNC students

Client Gender Identification:

- 74% identified as women
- 24% identified as men
- 2% identified as non-binary

Client Sexual Orientation:

- 65% identified as heterosexual
- 24% identified as unknown
- 7% identified as bisexual
- 3% identified as pansexual
- 1% identified as gay

Client Age:

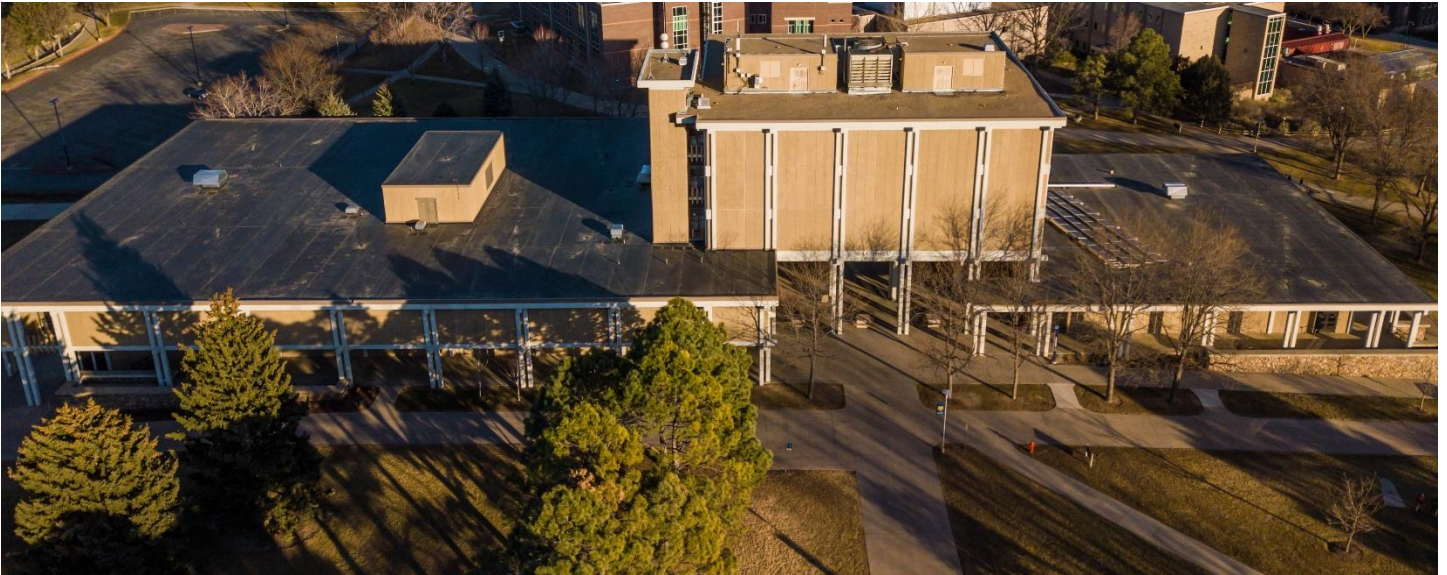
- 74% 18 – 25 years old
- 12% 26 – 64 years old
- 8% 12 – 17 years old
- 6% 6 – 11 years old

Client Ethnicity:

- 70% White/ Caucasian
- 23% Hispanic/ Latinx
- 4% Asian American/ Pacific Islander
- 2% Black/ African American
- 1% Mutli-racial/ Bi-racial

Staff News

Service Milestone for Diane Knight for 25+ years at UNC. We couldn't make it without you Diane; your kindness, and organization keeps us going. You seem to know everything! Thank you Diane.



McKee News

Dean Sheehan informed us a while ago that a new sprinkler system will be installed in McKee Hall during summer 2018. The installation will involve extensive work throughout the building. McKee Hall will be a construction site for the entire summer semester. McKee will be closed from shortly after finals until just before fall semester to accommodate this work. What this means is that *no one* will have access to their offices and building in general during this time period. There will be no classes or meetings in McKee Hall during the summer. Materials in all offices and storage spaces will need to be boxed up prior to the commencement of the work. Guidelines have been provided regarding the retention of records. Many were hopeful this remodeling would include windows, and unfortunately that will not happen! As this newsletter is being written professors are frantically packing.... The main office staff will be relocated to Michener second floor for the summer. The Psychological Services Clinic will be housed in Gunter Hall. The Stats lab will be in Ross. Most classes will take place in Candelaria, make sure to check in advance where your classes will meet. Please be patient with this process as we are all adjusting to the move!



Graduate Assistantships around Campus

Tyler Anderson started his full time GA last fall in the office of Disability Support Services. In his role, Tyler is working with students to determine what academic and housing accommodations would be beneficial to improve student well-being and opportunity for success at UNC. In this position, he splits his time between meeting with students directly and reviewing documentation such as cognitive assessments and letters from medical professionals. He will continue this GA this fall.

Morgan Condie has continued his full time GA throughout this year in the Department of Educational Technology working with K-12 teachers as part of their curriculum, learning how to incorporate various forms of technology and relevant methodologies into their teaching. Teaching in Ed Tech includes having office hours, creating the course materials, having a background in technology and teaching, and teaching in a mixed format (i.e., online and face to face). The GA also requires functioning as a research assistant and teaching assistant. Morgan will continue this GA this fall.

David Gretz will continue his full time GA at the Writing Center.

Tiana Johnson will be a GA for Student Outreach and Support in the Dean of Students' Office.

Deon Hall will continue his full time GA position in which he serves as the Graduate School Multicultural Transition Coach for the four race-based cultural centers at UNC.

Megan Martinez will be a GA as an Athletics Advisor. She will be advising student athletes and assisting with the Athletic Department's study hall program.

Hunter Montoya will be a GA for the McNair Scholars Program.

Kaitlin Ohde, Christie Jersin-Woods, Mackenzie May, and Emily Pickenpaugh will be GAs with University 101 as instructors and other duties for Fall 2018.

Sarah Zwetzig will continue her full time GA position as the Honors & Leadership Curriculum Design, Assessment, and Research Coordinator in the Center for Honors, Scholars, and Leadership (HSL).

If some of you receive or have received other GAs around the University, please let Dr. Softas know.



Congratulations and Alumni News

Julie Barritt (PhD 2017) will be completing her postdoc at North Florida/South Georgia Veteran Affairs Medical Center this summer and has accepted a Geropsychologist position with the NF/SG Veteran's Health System. Julie will be working in the Community Living Center (aka, the VA nursing home) with Veterans who have advanced chronic illness including MS, Parkinson's, advanced dementia, and who need short term rehab.

Barry Motter (PhD 2017) accepted a full time job with The Emily Program, which is an eating disorder treatment center. She will be working with the IOP program (they also offer PHP and residential care) as Program Coordinator and Outpatient Therapist. She was licensed as a Psychologist in Seattle, WA

Blair Nyline (PhD 2016) is now a licensed psychologist, congratulations Blair. In addition, she is now staff psychologist at Denver Health working in the downtown Denver jail with the severe and persistent mentally ill inmates. Blair will be supervising practicum students, teaching at the med school, completing competency evaluations, and providing therapy to inmates.

Below are pictures of Blair's wedding from September! Congrats!



And isn't it lovely Jason Kacmarski, Janae Gray and, Dylan Firsick were there for the wedding!

Congratulations to **Janae Sones Gray** and **Jason Kacmarski** who are now Licensed Psychologists in Colorado.



Alumni Dr. Sheryl Gonzalez-Ziegler

Author of Mommy Burnout

One of our graduates Dr. Sheryl Gonzalez-Ziegler (Psy.D. 2003) who is currently practicing in Denver is the founder and managing director of The Child & Family Therapy Center at Lowry. In addition, Sheryl is an author, speaker, media contributor, entrepreneur, non-profit board member, Girl Scouts leader and advocate for children. Born as a first generation Cuban American, Sheryl draws from her early childhood in New York City to her teenage years being raised in a blended family in upstate New York. These unique life experiences have created incredible perspectives on parenting, mothering and raising all types of children in the modern world. Sheryl recently published a book titled **MOMMY BURNOUT**. A handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the “perfect mom,” filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause.



Sheryl, tell us a little bit about what led you to writing a book on Mommy Burnout?

When I was about 3 years into my private practice, I started seeing a pattern among the mothers that were bringing their children in for therapy. I started hearing the same terms used like, “I am so exhausted; is this it? I just never have enough time...” I also started seeing a pattern of physiological symptoms among these women such as headaches, lack of interest in sex, weight gain, high blood pressure, and difficulty with sleep (typically insomnia). What was unique is that the stress levels that these women were reporting did not always indicate a Major Depression Diagnosis. It appeared that women, specifically mothers, were experiencing chronic stress to the point of burnout, but not necessarily sad and vice versa. I came across the criteria for Burnout as typically defined in the workplace and translated that to motherhood. Burnout- as defined by chronic emotional and physical exhaustion paired with reduced personal accomplishment seems to apply quite well to modern motherhood.

What has been the response from the audiences/public when you have presented this book?

The response to this book and the concepts around this book has been overwhelming. It premiered #1 on Amazon for the first week and was once again at the top of their sales list this past week. I think there is a sense of relief in not being alone in the stress of motherhood and that since I have treated so many women in this position that there is also hope to reclaim our lives and redefine what motherhood looks like today and for our future generation.

What do you think mothers experience in this culture and how that leads them to burnout?

Perfectionism. There is the pressure to keep up with the mentality, “I can do it all...” that women sometimes have due to the path that the women before us have paved so that we can have so many opportunities.

Any recommendations that you have for moms?

Yes! Lots...but if I had to just pick one it would be self-care. We really do need to put our own oxygen masks on before we can help our children. We need to make time for friendships and connection with community. The research shows that a sense of belonging is key to our mental health.

For more on this I have a TEDx talk on youtube titled “Why Moms Are Miserable” that talks about the need and power of connection.



2018

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Keep in touch and let us know of your news!

Please contact Dr. Softas-Nall basilia.softas-nall@unco.edu and/or Seneca Erwin erwi3612@bears.unco.edu if you have something to share!

Special thanks to

Christy Jersin Woods

who assisted Dr. Softas in the creation of the newsletter for the last couple of years. Thank you Christy for all your hard work! It is much appreciated!

Many thanks to **Seneca Erwin** who assisted in the creation of the spring 2018 newsletter.

Counseling Psychology Doctoral Program

For more information visit: <http://www.unco.edu/cebs/applied-psychology-counselor-education/counseling-psychology/>

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/.

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