



Fall 2024

Counseling Psychology Newsletter



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Greetings from the Program Director



Dear Alumni, Colleagues, and Friends of the UNT Counseling Psychology Program,

Hello! I hope you are enjoying the cooler Fall season after another extremely hot Texas summer.

My name is Joshua Hook, and I began my term as program director this Fall. Before I offer some updates about some of the new and exciting things happening in the program, I want to take the opportunity to give a big, heartfelt “Thank You” to Dr. DC Wang for his seven and a half years of service as program director. Dr. Wang did an excellent job leading our program, and I hope to do a good job of following in his footsteps. If you have some time, I encourage you to send Dr. Wang a note or email saying thank you for his work and effort over the past several years.

I am very excited to welcome our two new program core faculty members, Dr. NaYeon (NY) Yang (tenure-track assistant professor) and Dr. Kayla Carrigan Balcom (clinical assistant professor). Dr. Yang earned her doctoral degree from the University of Maryland, and she also completed her predoctoral internship at the University of Maryland Counseling Center. Her research focuses on grief and loss, with a particular focus on how culture and intersecting identities shape the grieving process. Please see the program faculty spotlight inside this newsletter on page 3 for more information about Dr. Yang. Dr. Balcom is a familiar face to many of us as she graduated from our doctoral program in 2018. Since graduating from our program, Dr. Balcom has worked at the University of Tulsa Counseling and Psychological Services as a staff counselor and assistant director, as well as the Georgia Institute of Technology as a sport psychologist and director of sport psychology. She will teach practicum in the UNT Psychology Clinic and serve as the Assistant Director of the Center for Sport Psychology and Performance Excellence. Please see the program faculty spotlight inside this newsletter on page 4 for more information about Dr. Balcom. Please help me welcome Dr. Yang and Dr. Balcom for joining our team at UNT!

This August, eight advanced students successfully completed all degree requirements and earned their doctoral degree in Counseling Psychology. They are (in alphabetical order of their last names): Drs. Dominique Doty, Megan Drew, Heidi Ellis, Gabriella Gaskin-Cole, Tosha Griggs, Peter Gu, Faraha Hasan, and Derek Sokoloff. Please see page 14 of the newsletter for more information regarding their next steps, and help me congratulate these outstanding new alumni. We are very proud of you!

In Fall 2024, we welcomed 9 very talented new students to join our program’s 2024 cohort. All our first years are adjusting well to our new academic family and have demonstrated strong efforts to manage the demands of doctoral training over the past 2 months. We are looking forward to working closely with everyone in the new cohort. Please see page 15-17 of the newsletter for their names, photos, and information about them.

We hosted our annual welcome party on September 21st at our home in Dallas to welcome our 1st years and returning students, and to celebrate the beginning of a new academic year. The welcome party was well-attended, with over 40 students, faculty, and family members gathering together. Please see the group photo we took from this year’s welcome party.

UNT has over 46,000 students on campus now, and our university continues to grow in its size and reputation. If any program alumni would like to visit Denton, please let me know and I would be more than happy to connect over lunch or coffee.

Joshua Hook, PhD
Director, Counseling Psychology PhD Program

Greetings from the Chair



Dear Faculty, Students, and Staff,

Each semester, I am asked to write a portion of the counseling program's biannual newsletter. As I sit down to write, and begin to reflect on months past, I am filled with optimism about the direction we are headed and humbled by all the hard work each of you have dedicated to the department, the students, your clients, and the field of Psychology. While the summertime is typically filled with rest and relaxation, you all worked tirelessly to make continued professional progress on your scholarship, pedagogy, and service to the department. I would like to acknowledge all your hard work and encourage you to continue the wonderful progress you all have made in establishing our department as a model for success at the University of North Texas.

I would like to welcome new faculty to our department:

Dr. Michael Barnett - Associate Professor in Clinical
Dr. Kayla Balcom - Clinical Assistant Professor
Dr. Alisa Garner - Assistant Professor in Clinical
Dr. Sam Spencer - Assistant Professor in Clinical
Dr. NaYeon Yang - Assistant Professor in Counseling

I have no doubt that each one of them will contribute meaningfully to our department and will have a lasting impact.

I would also like to welcome three new staff members:

McKenzie Shrum - Financial and Research Coordinator
Trevor Holcombe - Graduate Coordinator
Brandy Jett - Administrative Specialist, Psychology Clinic

They are all wonderful additions to the department, and we are happy to have them as part of our team. I would also like to welcome the new graduate students to our program. We are excited that you are a part of our program, and I wish you continued luck in your journey.

This semester, Dr. Joshua Hook assumed the role of program director for the counseling program. I am excited for Dr. Hook to take on this role and to continue supporting the counseling students not only as an advisor, but in a leadership role. He is taking over the role from Dr. DC Wang who served diligently for seven and a half years as program director. I would like to thank Dr. Wang for all the hard work and dedication. Dr. Wang continues to support the department as the Interim Associate Chair of Academics, this fall, while Dr. Kristal Clayton is on faculty development leave.

Finally, I would encourage all of you to engage, particularly in the Bonnie Lecture Series where we have prominent speakers from all over the country come in and give a talk. This is a wonderful opportunity to engage with not only our speaker but also our peers and colleagues.

I hope each of you continues to work hard and stay focused on your academic careers. While working hard is important, remember to take some time to rest. As we all know, rest is very important and productive for long-term growth. Have a great rest of the semester and Go Mean Green!

Donald Dougherty



Meet Our New Faculty

Dr. NaYeon Yang

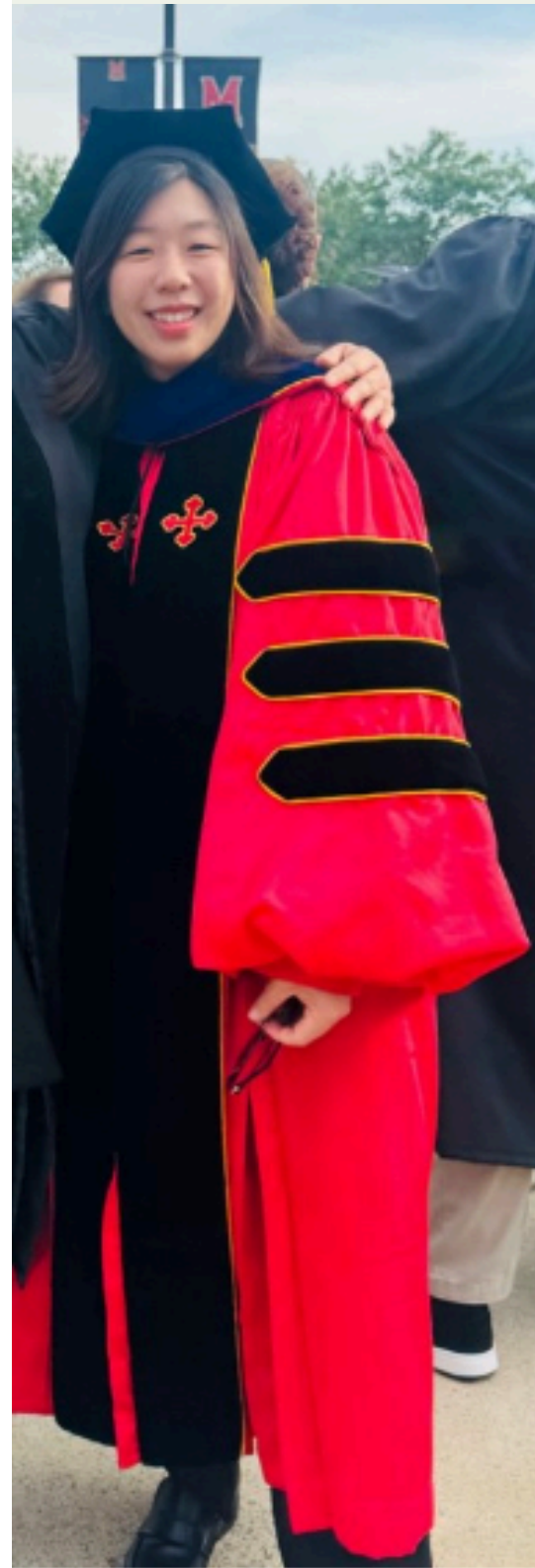
Hello, everyone! My name is NaYeon Yang (she/her), and I am a new tenure-track assistant professor in the Counseling Psychology program. I am so excited to join UNT and look forward to meeting each one of you soon.

Prior to joining UNT, I earned my PhD in Counseling Psychology from the University of Maryland, College Park (although my diploma is still on its way, here's a photo of me after I was hooded at the commencement). Originally from Seoul, South Korea, I have lived in both South Korea and the U.S. throughout different periods, which has greatly influenced my academic journey. I earned a bachelor's degree in psychology from the University of Minnesota, Twin Cities, and a master's degree in counseling from Korea University.

I am honored and thrilled to begin my career in the Counseling Psychology program, as I truly believe in this field's power to create profound change in people's lives through research and practice. I am particularly excited to embark on this new journey at UNT, an institution recognized for its status as both a Minority Serving and Hispanic Serving Institution. I look forward to contributing to research that advances practice and advocacy, and I am eager to collaborate with students and colleagues in advancing these efforts.

My research program primarily focuses on (a) grief and loss, (b) career development, and (c) multiculturalism and social justice issues. Across these research programs, I place a profound emphasis on multicultural and cross-cultural research as well as the well-being of minoritized individuals. My research on grief and loss centers on improving the psychological adjustment of grieving individuals. I also explore grief within the contexts of culture and intersectionality, as well as trauma, gun violence, and artificial intelligence (AI).

I am looking forward to building meaningful connections with students and fellow faculty, as I believe collaboration and shared learning are at the heart of personal and professional growth. Grief and loss are both universal and pervasive—whether we recognize them or not—and I am open to research collaboration, particularly where it intersects with the work you do. If you are interested in collaborating on research related to grief and loss or would like to discuss grief work in clinical settings, please feel free to email me or stop by my office.



Meet Our New Faculty

Dr. Kayla Balcom



Kayla Balcom is a former graduate of the UNT Counseling Psychology program in the Sport Psychology Cluster. She met her husband Ryan while living in Denton and got engaged on the Square in 2016. After completing her internship in Miami and her postdoc in Tulsa, she and her husband spent the last five years in Atlanta, Georgia, where Kayla was the Director of Sport Psychology for Georgia Tech. They welcomed two children into their family while in Georgia. A three-year-old (Riggs) and a four-month-old (Evelyn). Their family is rounded out with a mini collie/aussie mix named Lewie (named after Lewisville, TX - the first place Kayla and Ryan shared a home).

Kayla and Ryan are thrilled to be back in Texas and Kayla is so excited to be back with the program. The Balcom family spends a lot of their free time at home these days with the kids - but when they do find themselves out and about, they are usually on the hunt for good food and drinks on the square, spending time with family in the DFW area, or looking for new playgrounds and parks for their kids!

Kayla is a collector of vintage 80's rock vinyl - so feel free to give recommendations!

Faculty Updates

Dr. Ingrid Hogge



I hope everyone is having a great start to the 2024 school year. This is the beginning of my 3rd year at UNT and it has been fun to see the program continue to grow! Our lab has been busy this year with a variety of projects. We have published articles on topics such as self-compassion among childhood sexual abuse survivors, feminist activism and anti-feminist backlash in South Korea, and suicidality among Asian American adults. We also have several ongoing projects, including a study of traumatic stress among older adults. I'm happy to share that Chloe White (2nd year student) won a student poster award from the Division 17 Section on Supervision and Training (STS) for her work on graduate students' personal experiences with suicide and suicide stigma in doctoral training programs. We also welcomed a new doctoral student, Sreoshi Chowdury, who completed her master's degree at University of Texas at Dallas. Welcome, Sreoshi!

Dr. Martinque Jones

Members of the BWell Lab have been very productive over the past few months and are excited about the Fall semester. We accepted one new member to the lab, Raven Gipson-Washington, who brings with her strong research and clinical experiences that center Black Americans! Lab members have continued to develop their thesis and dissertation projects, and Quanisha Whittfield defended her thesis in July 2024. Additionally, multiple lab members have manuscripts that have been published, received a positive review, or are currently under review. Notably, former lab member, Kyjeila Latimer, published in the [American Psychologist](#), while Melissa Briones (whose main lab is the CCARL Lab) published in [Sex Roles](#). Two of our lab members, Cassandre Jean-Ceide and Amber Williams (Clinical Psychology) started externship, while others are busy working in the UNT Psychology Clinic and Counseling & Testing Services! Students have also engaged in meaningful service both within and beyond the university community through organizations such as, the Association of Black Psychologists, Mental Health America, Texas Psychological Association, and STEM Noire. As an extension of this community work, the lab will continue to host an annual workshop targeting college women of color.





Faculty Updates

Dr. Trent Petrie

It's been a while since we last shared an update on the comings and goings in the Petrie-Austin household! Sorry for not contributing in the last newsletter because we love to share what's been happening with us and acknowledging some of the fun and great things we have going on.

Let's start with family updates! Braeden continues to love living in NYC and pursuing his fashion design training. He's currently doing an internship at Khaite (<https://khaite.com/>) and will be there through February. He will finish his program during the spring semester 2025, culminating in his final thesis which will be 10-15 original designs. He was able to spend a week with us at the cabin this summer, getting to hike to Columbine Lake with me and Charli. I also got to visit him (and his girlfriend Emily in NYC) this September for a long weekend...great to see the city with him. We will let you know once he gets his website up!

Kyla has now entered her third year as an orthopedic surgery resident within the UCSF healthcare system...needless to say she's busy. Even so, her and her partner Mel have been able to take some fun trips into the outdoors (e.g., Yosemite) and Laura and I will be visiting her in November for a long weekend. Overall, she's doing well within her program and she and I are collaborating on a couple of studies of Orthopedic surgeons! One will examine their preperformance routines (funded by a grant from AASP) and one will look at the Mental Health and Coping of orthopedic residents. Great fun to be getting to share these opportunities.

Will is now a senior in high school and just turned 18! It seems like only yesterday he was in elementary school and I was meeting him for the first time. Will has a great friend group and seems to be enjoying his senior year so far. He continues to work at Holister and has started work on his college applications. Although he'll be applying to TX schools, his heart belongs to the University of Colorado and we are pretty sure that's where he will end up. Will too spent some time at the cabin this summer, though unfortunately not overlapping with Braeden. He, Laura and I got to do several great hikes, getting him to the top of Bridge of Heaven!





Faculty Updates

Dr. Trent Petrie (continued)

Laura has been well and is enjoying her switch into private practice even though it's taken a bit longer than she had expected to reach critical mass. Over the last couple of months, though, all the hard work she has been doing since January has really started to pay off with more clients, increasing numbers of connections within her field, and more interesting opportunities for collaboration. She still works at Children's one day a week, which keeps her connected to all of her friends/colleagues there! On the fun side of things, she and Will (and her sister Kris), went to England for about 10 days and, while there, happened to attend a concert...well, not just any concert, but a Taylor Swift concert. Yes, they are unabashed Swifties 😊. Despite a 3-day odyssey on their return trip (think every possible cancellation that could occur), they had a wonderful time, one that will be a lifetime memory.

Trent has been, well, really busy...something Laura reminds him of a lot 😊. I am very excited that one of alums, Dr. Kayla Balcom, has been hired by the Psychology Department, returning to Denton and joining us in our work in the Center. Great things will be forthcoming! In addition to the research projects mentioned above, all the students within the Center have been doing such great work, including obtaining several grants over the last year (from AASP, the NCAA, and the American Athletic Conference). We have a number of really interesting projects going on many aspects of athlete mental health and implementation of the Bodies in Motion program. Travel this year was not quite as fantastic as last, when Laura and I were able to travel through Europe during my sabbatical, but time spent in Hawaii and CO were top on our list this year. Laura, for the first time, was able to come out to our cabin in the fall and was blown away by the beauty of the leaves! What's new with Charli you ask? Well, she's become UNT Athletics Mental Health dog! Every day, about 7 am, she shows up for work in the athletic training room to be there for all the athletes, trainers, staff, etc. Every morning as we roll in and she runs into the training room, I hear excited exclamations of "Charli!!!" as everyone starts loving on her. All I can say is that UG or Reveille have nothing on Charli 😊.



Other updates...congratulations to our group who went out on internship this fall (of course we roasted them in May). Lindsey Slavin is at Stanford, Julian Yoon at Duke, and Justin Harker at Johns Hopkins. Always bittersweet when each cohort leaves. But, we also have the chance to welcome a new group to UNT and into the Mafia...Hunter Williams, Claire Bailey, Gavin Dunn, and Sydney Bechtel are now part of our team!

Laura and I hope everyone is well and enjoying their fall...we'll catch up again in the spring!

Faculty Updates

Dr. Chiachih Wang



Our lab remains busy and productive since the last issue of the program's newsletter. Faraha & Peter successfully defended their dissertations, completed their pre-doctoral internship training, and graduated in summer 2024. Faraha is joining a private practice in the Seattle area while Peter is currently in a post-doc position of a center run by a UNT alum in the Minneapolis area. Congratulations to Drs. Hasan & Gu for joining our program alum club and advancing towards getting their license. There are more updates regarding our advanced lab members. Melissa stays in the DFW area completing her internship at Momentous Institute whereas Evan relocated to St. Paul in Minnesota for his pre-doctoral internship this past summer. Equally exciting news includes that Tiffany successfully defended her thesis this summer and that Shiho successfully defended her dissertation proposal and now applying for her pre-doctoral internship. Both of them were working diligently for many months to complete the landmark projects. Congratulations to both of them.

While attending the 2024 APA Convention in Seattle this August, I managed to meet up with some current and former lab members who attended the convention, including Faraha, Ayurda, Dr. Ivan Carbajal (currently an assistant professor at the Organ State University), and Dr. Laura Captari (currently a research staff member at Boston University). Additionally, my family and I were very happy to have dinner with my own mentor from graduate school, Dr. Brent Mallinckrodt. Due to COVID, there had been almost 5 years since our last in-person meeting. We had a great time catching up and sharing what have happened in recent years over the dinner. I have attached a photo we took during dinner. Besides disseminating research findings and attending talks to gain insights and cutting-edge ideas, the opportunity to reconnect with old friends and colleagues through professional conferences has always been very rewarding to me.

We welcome a new graduate member joining our lab in Fall 2024. Lynn Moussa Pasha grew up in Saudi Arabia and completed her college education in Psychology from University of Houston. She has made good adjustments after relocating to Denton and progressed well in her course work and clinical training. We are excited to have her joining our research lab and looking forward to close collaborations in multiple research projects in the next few years.





Alumni Spotlight

Dr. Andrew Perreria
2021 Graduate

What a whirlwind! I believe my UNT cohort was one of the first to experience the school-to-work transition during the COVID-19 pandemic. After a fully-virtual pre-doctoral internship at University of Washington (highly recommend them btw) and a brief assessment/counseling post-doc, I joined a virtual group practice with a multi-state company through the tail-end of the global disaster. Almost 3 years ago, I decided to join a more values-aligned organization in Seattle, Interconnections Healing Center (IHC), to connect with like-minded clinicians.

IHC is a small group practice with strong social justice, liberatory, and anti-oppression values. Collectively we serve primarily QT-BIPOC populations. IHC is also a training site for masters, doctoral, and postdoctoral trainees, and we provide individual, relationship, and group counseling as well as programming and outreach to the community. I also have aspirations to integrate an assessment program with doctoral-level clinicians. Dr. Agnes Kwong, who is IHC's director, my supervisor, mentor, and a wonderful colleague/friend, fosters a work environment that is unlike any I've encountered before. During my time at IHC, I am feeling more empowered, competent, and healed from past experiences due to the warm, supportive, and consistent mutual care embedded within the work culture.

It's been about 5 years after moving away from Texas and UNT, and on reflection I'm so grateful for all the support and substantial training. There were rough patches and a pandemic, but with some time I feel it was all worth it. Although it's difficult to see while you're knee deep in doctoral training, once you're out in the field for a while it's easier to notice just how useful those substantial efforts were. I feel I can move towards my vocational goals steadily and with a sense of intention and preparedness. The immense meaning in my work with clients is sustaining, and I'm truly honored to serve as a licensed psychologist under the lineage of Dr. Patricia Kaminski (also highly recommended btw, she and her family are gems to the community). I'm also now engaged to my love, Bo, and enjoy the company of my hairless cat Moosie.

It feels important to leave some parting words to my future colleagues. I don't really have a place in my current level of privilege to offer anything to you all still in the mire of training. For some of you, who the bleached-white ivory tower of academia was designed for, it won't be so bad really. For others it will entail endless readings that lack modern perspective, research dizzies, instant noodles, painfully deep reflections, encounters with oppression and ignorance, and uncomfortably rapid personal change. Regardless of where you're positioned in this range of experiences, please never forget that what you're doing matters more than you can imagine, and always remember that we are the worst version of ourselves during graduate school. Don't let the shame creep more than it needs to, and look out for each other in the spirit of kindness rather than scrutiny. Thanks for everything, my alma mater.



Alumni Spotlight

Dr. Jenna Tomalski
2020 Graduate

Greetings from Athens, GA! I am a proud member of the graduating class of 2020, and, as I'm sure for many of you, the past four years have taken some interesting twists and turns.

I was on internship at Appalachian State University in Boone, NC when the pandemic hit, which also coincided with job-hunting time. I had several interviews lined up and just turned down a job offer at the end of February because it wasn't quite the right fit and "there would still be plenty of opportunities available." Unsurprisingly, there was some significant scrambling involved, virtual stress-crying with my supervisor, and totally rational thoughts that I'd never find a job and "maybe it wouldn't look tooooo bad if I just called the job back to see if they'd still hire me??" Still, I kept on applying, trying not to let the constant rejections due to hiring freezes, not being licensed yet, or simply not receiving any response deter me. By August, job opportunities started reopening, and I was offered a job at Georgia Southern University. I immediately accepted the offer because, honestly, I couldn't afford not to.

Moving to the small town of Statesboro turned out to be one of the best decisions. I became the first embedded sport psychologist at Georgia Southern, tasked with building a strong bridge between the counseling center and athletics department to improve access and mental health resources for the student-athletes. It was an incredible, though daunting, undertaking to build a program from the ground up. Thankfully, I had tremendous support from both departments, and my confidence in my UNT training was solidified. I fondly remember the first time a staff member trusted me as the "expert," and I could confidently give my recommendation. And it was implemented! With success! With an amazing support team, I developed policies and procedures to create a structural foundation for any provider to continue to strengthen the departmental relationships.

After about two and a half years, I moved to a sport psychologist role within the University of Georgia Athletic Department. It was a difficult decision to leave the comfort of Georgia Southern, however, I was motivated for a new challenge and new adventure. Navigating a completely different system was tough, but it's been exciting to continually grow my knowledge, experience, and skills. It also felt a bit like a homecoming, since my father completed his post-graduate education at UGA, and I was born in Athens. It's been an enjoyable experience returning as an adult, creating my own community and memories and hearing the history from when my parents lived here. I've found a home in Athens, though through quite an unexpected journey. And for those of you who know me, it's going to feel strange for me to say that I'm no longer trying to return to North Carolina! Rolling with the unexpected and being open to opportunities has led me to a new home.

Although now, I'm almost legally required to end everything with, Go Dawgs!

Student Spotlight

Dionne Regis



Hello everyone!

My name is Dionne R. Regis, and I am currently in my second year within the Culture, Identity, and Wellbeing Cluster, working under Dr. Jones in the Black Women Wellness Lab. A year ago, I was living in “Big Apple”, New York City, a place I called home for 23 years. Now I live in “Everything is Bigger”, Texas, where I’ve grown to love cowboy boots, barbecue, and my dear beaver friend at Buc-ee’s. Reflecting on my first year in the program, one of the most significant lessons I have learned is the importance of confidence in my abilities to thrive in a PhD program. I recognize that I was selected to be here, and my current skills, combined with my determination to excel in my field, equip me to reach my goals. This understanding has provided me with the encouragement needed to navigate feelings of imposter phenomenon, particularly during the demanding periods of our Foundations and Assessments courses. For my current first years: I hope you remember this message as you continue your journey through your first semester and your first



year was also further shaped by my amazing cohort. Coming to Texas without family and friends was a daunting transition for me and yet I was able to find a new family away from home. From celebrating birthdays, going on trips together, and relying on one another during the harder days of the program, my cohort members have embraced me for who I am and the contributions I make to our program.

My goal during first year was to develop as a "psychologist-advocate," a concept introduced by esteemed psychologist Dr. Kevin Nadal. By the end of first year, I enhanced my cultural competence in therapeutic and assessment practices, acquired advocacy skills through my fellowship with Mental Health America, and learned how to advocate for my community in Denton by participating in the UNT Association of Black Psychologists student group and working with the Health Careers Opportunity Program, assisting youth from marginalized backgrounds in accessing higher education and awareness of the psychology field.

Second year is filled with multiple roles: research projects including my dear ole’ thesis (may she soon rest in peace cause I’m tired lol), clinic work, and courses. Nevertheless, my commitment to growing as a culturally-attuned psychologist, whose research positively impacts underserved communities within the mental health care system, remains steadfast.

Lastly some quick fun facts about me! Rihanna and Sam Smith are my favorite artists. I love travelling and have been to Ireland 3 times. Shenandoah Valley and Blue Ridge Mountains are my favorite places to enjoy a hike. I find serenity in lakes and oceans. I am a bookworm with romance, self-help, and memoirs/autobiographies as my preferred preference. I started wearing earplugs at concerts because I attend too many and it is too early for me to lose my hearing.

I am enthusiastic about continuing my journey in the Counseling program and learning from our faculty members and alongside my peers!



Student Spotlight

Ashely Koh

I'm in my fourth year of this long six-year program, and I want to shout, "Praise God!" –I'm more than halfway there! I can talk about all the challenges I've faced along the way, but instead, I'd rather focus on the blessings and opportunities I am grateful to have experienced through this program.

First, I owe so much of my mental health and academic success to the upper years, peers, and supervisors who have consistently supported me in tangible ways. What a gift it is to say that I have never truly felt alone in the valleys of this program! There have been countless moments where I felt moved by the level of support and encouragement I've received from fellow students.

I'm also incredibly grateful for the rich clinical experiences I've gained. Currently, I'm completing my externship at JPS Hospital and Fort Worth VA. I have the privilege of working with refugees, immigrants, oncology patients, veterans, and couples. Both sites have provided extensive learning opportunities, but I would like to highlight a few key areas of reflection.

At JPS, I am just beginning to scratch the surface of understanding the unique needs and challenges faced by refugees. This makes me eager to continue learning about how I can more effectively serve them in a hospital setting, especially as a clinical trainee with multiple privileged identities. At Fort Worth VA, I'm learning about different trauma-focused therapy modalities and deepening my understanding of the psychological impact of unhealthy romantic relationships on both microsystems and macrosystems. I have also been developing skills facilitating empathic joining and healthful communication to foster healing.

Often, I catch myself savoring my time at these sites thinking to myself, "How did I get here?" I feel both honored and humbled to be trained by seasoned professionals, and I am deeply appreciative of the trust my clients place in me.

Lastly, I'm grateful that this program has allowed me to form new life-giving relationships and a loving church community. I'm originally from San Jose, California, so moving to Denton, Texas was a big adjustment. But I feel so grateful that this program has led me to meet the people who make Texas feel like home. And I thank my God, 엄마 ("umma"; mom), and community for helping me navigate this program and keep me grounded. Through these relationships, I've been able to practice self-care and enjoy activities outside of my usual grind, such as getting my bi-weekly mala tang fix, singing karaoke, listening to live music, going on runs, worshipping the Lord, and belly laughing a ton.

With my dissertation and IRC coming up, I'm feeling the weight of what lies ahead, but I know that I can lean on my academic circle, my community, and God. I'm excited to continue growing in my final three years at UNT!



Student Spotlight

Cachet Lue



Hi everyone! If you know me, you know some of my favorite things to do are to rest and sleep! But here I am on an evening after a few clients, writing to you all before my 9:30 pm bedtime arrives. I am now a fourth year in the program (shout out to the FUN cohort) and honestly, very proud of the journey I've taken towards this Ph.D. For any of you who feel like it's going to be a long journey, trust me, the days go by quickly. Mostly because you have multiple days a week where you are on campus 8-12 hours a day, but it is all a part of the journey and having some great friends a long way has made it even better.

One of the biggest lessons I came into the program with and that has stuck with me throughout the years is having some boundaries and knowing when there is too much on your plate. Some great advice I got was to write down the number of hours I was spending each week on all of the different responsibilities, which was wild in itself to see, between clients, classes, research, extracurricular organizations, and more. It for one, scared me, but two, it helped me to see the clear

picture of my week and what might need to change in order for my mental health and self-care routine to be sustainable throughout the past four years. Although there were times that I had no control over what was on my plate, I did my best to limit how much I continued to add. Although, I did sign up to be one of few students to be in two clusters, two research labs with two advisors, two junior consultants to mentor, two UNT teams to work with in one year; we'll just ignore those facts because I definitely still get 8-9 hours of sleep a night.

Our program was my number 1 choice for a few years before I was even admitted. The program offered many amazing training and networking opportunities that I knew would put me in a place where I'd never had to worry about going back to Canada (sorry mom). Little did I know that I would also end up marrying my native Texas husband, who probably never even planned to go to Canada until he met me. So I would say, life has worked out well in more ways than one!

Outside of living the dream of being a UNT PhD student, I've been grateful to stay in the DFW community where I went to TCU for undergrad #GoFrogs and remain close with friends who are in the area that help to keep me grounded. They allow me to live in some of my other identities as friend, local mom, pick up soccer bestie, and happy hour partner. UNT has truly been a time for growth and alignment in who I've always known I was, but to live in it more authentically each day.

One last piece of advice I'll end with, take that trip if you can afford to do it! This program is long and its okay to feel like you might be missing out on what other friends, not on the PhD journey, get to do. But you get to do the cool things too, so do them where you can! To anyone reading this, I thank you for reading a little bit about me and I wish you all well!



Congrats to Our Summer 2024 Graduates!

Megan Drew

Air Force Captain
at Dover Air Base

Dominique Doty

Post-doc at the South
Texas Veterans Health
Care System

Gabriella Gaskin-Cole

Post-doc fellow at UC Davis
Health Child and Adolescent
Psychiatric Services Clinic

Heidi Ellis

Post-doc fellow at Great
Life Counseling Center

Peter Gu

Post-doc fellow at
Slate

Tosha Griggs

Currently applying to
VA positions

Faraha Hasan

Currently starting a
private practice

Derek Sokoloff

Post-doc at Duke
University
Counseling Center

Meet the First Years



Claire Bailey

Hometown: Fairfax, Virginia

Degrees: B.S. in Psychology from the College of William and Mary, M.S. in Sport and Exercise Psychology from the University of Kentucky

Cluster: Sport Psychology

Advisor: Dr. Trent Petrie

Hobbies: I love running, reading, and watching Jeopardy.

Sydney Betchel

Hometown: Kirtland, Ohio

Degrees: B.S. in Counseling Psychology and Sport Psychology from Liberty University, M.A. in Sport and Performance Psychology from the University of Denver,

Cluster: Sport Psychology

Advisor: Dr. Petrie

Hobbies/fun fact: I enjoy making iced matchas and homemade syrups to put in them, have a lifelong goal to visit all 30 MLB stadiums, and love to read or play volleyball in my free time!



Sreoshi Chowdhury

Hometown: Dallas, Texas

Degrees: B.S. in Psychology and Speech, Language and Hearing Sciences and M.S. in Psychology from the University of Texas at Dallas

Cluster: Child and Adolescent

Advisor: Dr. Hogge

Hobbies/fun fact: I love reading and am constantly looking for new recommendations. As a kid, I would ask the librarian for the limit and check out exactly that amount of books to take home.

Meet the First Years

Gavin Dunn

Hometown: Round Rock, Texas

Degree: Bachelor of Arts in Psychology with a minor in Sociology from Baylor University

Cluster: Sports Psychology

Advisor: Dr. Petrie

Hobbies/fun fact: I like to golf, and a fun fact is that I am an above average ping pong player.



Raven Gipson-Washington

Hometown: Corpus Christi, Texas

Degrees: A.A. in Business from Skagit Valley College, B.A. in Psychology from Arizona State University, M.A. in Clinical Psychology from Texas A&M University-Corpus Christi

Cluster: Culture, Identity, and Wellbeing

Advisor: Dr. Jones

Hobbies/fun fact: I like to reading for fun. My fun fact is I did the Disney college program at Walt Disney World in Florida, and I loved it!

Dannie Haakinson

Hometown: Saginaw, Texas

Degree: B.A. in Psychology from Texas Tech University

Cluster: Culture, Identity, and Wellbeing

Advisor: Dr. Huynh

Hobbies/fun fact: My hobbies are listening to music, playing video games, and playing with my cat Chai. My fun fact is that I love collecting vintage records.



Meet the First Years



Lynn Mousa Pasha

Hometown: Houston, TX

Degree: Bachelors of science in Psychology from the University of Houston

Cluster: Culture, Identity, and Wellbeing

Advisor: Dr. Wang

Hobbies: I enjoy reading and cooking.

Jacqueline Sifuentes

Hometown: Bryan, Texas

Degree: B.S. in Psychology with a minor in Neuroscience and certificate in Applied Behavioral Health from Texas A&M University. Whoop!

Cluster: Child and Adolescent

Advisor: Dr. Kaminski

Hobbies/fun fact: I love going to concerts, powerlifting, and exploring new places/restaurants with my family, partner, and friends!



Hunter Williams

Hometown: Corpus Christi, Texas

Degrees: B.A. in Historical Studies from University of Texas at Dallas, M.S. from University of North Texas

Cluster: Sport Psychology and Child and Adolescent

Advisor: Dr. Trent Petrie

Hobbies/fun fact: I like playing soccer and I'm colorblind.

Congratulations!

Sport Psychologist 2024 Young Researcher Award Winner Macey Arnold



As many of my peers and faculty members know, I am very passionate about research and the potential of research to influence positive change. In the past year, I have had the honor of receiving research awards for conference presentations on multicultural education in sport psychology graduate programs and the inclusion of transgender individuals in sports. At the 2023 Annual Conference, the American Psychological Association's Division 47, Society for Sport, Exercise & Performance Psychology, awarded me the Student Poster Award for my thesis on multicultural education in sport psychology master's degree programs. This project emphasized the importance of inclusive, supportive, safe environments and the embeddedness of multicultural training throughout supervision and curricula. I also received the Student Travel Award at the Association for Applied Sport Psychology (AASP) 2023 Annual Conference for my work with Dr. Trent Petrie and Kasey Chambers on NCAA coaches' attitudes toward transgender athletes, a project that highlighted the need for educational and policy efforts to ensure inclusion in sports. Most recently, I was awarded the Sport Psychologist 2024 Young Researcher Award from AASP for researching Texas High School Coaches' Attitudes toward the Inclusion of Transgender Athletes. This presentation was recognized as the most outstanding submission by a graduate student or early career scholar. I am incredibly grateful to be able to do this work and be in a research lab with such supportive individuals committed to multicultural training, social justice in sport psychology, and fostering inclusive sport environments. Specifically, I would like to thank Dr. Trent Petrie for his unwavering encouragement and support and for challenging me to produce research that not only earns awards but positively impacts the communities I care about. And of course, a special thank you to my other research half, Kasey; I could not (and would not want to) do this without you!

Messages from the Student Reps & GSAs

Greetings from your 2024-2025 student reps! We've enjoyed planning the welcome party for everyone to get to know each other and build a sense of community within the program. We want to thank Dr. Hook for opening up his home for the event, and to the department for allocating us funds for catering at the event. We appreciate all the students and faculty that showed up early for this semester's town hall. The conversations were productive and we are hopeful for our program to continue to grow and change. We plan to continue to voice student concerns in program committee meetings and with the Dean. As your student representatives, we are dedicated to being a voice for the student body and ensuring that everyone is heard. Our goal is to help create and sustain a culture that values and respects diversity in all its forms. To achieve this, we are committed to actively promoting social justice and inclusion throughout the program.

Remember, completing this program is a team effort—we're all in this together! Please don't hesitate to reach out to us with any ideas, concerns, or questions. Your voice matters, and we are here to support you every step of the way! -Issy and Javon



It's hard to believe that we're more than halfway through the semester! We hope that everyone can enjoy the cooling temperatures and find moments of joy as they continue to progress through the program. Our program and department are offering several events to foster our professional development as future counseling psychologists. We encourage everyone to take advantage of these community engagement events, clinical trainings, and social events to fill up your cup in all your roles as a clinician, researcher, student, and human.

Thank you to those who have contributed to the Fall 2024 Newsletter. Without you, this issue would not be possible! If you are interested in contributing to future newsletters, please feel free to reach out to:

Anna Straughan [AnnaStraughan@my.unt.edu] or

Ayurda Pathak [AyurdaPathak@my.unt.edu]