

Counseling Psychology Fall 2023 Newsletter



Greetings from the Program Director.

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

Greetings! I hope you enjoy the enjoyable and pleasant fall season weather after a hot Texas summer (the 2nd hottest summer on record in Texas history).

I am extremely excited to welcome our two new program core faculty members, Dr. Kiet Huynh (tenure-track assistant professor) and Dr. Irais Anderton Chavez (clinical assistant professor) to join our program this semester. Dr. Huynh received his doctoral degree from University of Miami in 2020. He then completed a 1-year clinical post-doc at UC Berkley and 2-year research post-

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Greetings from the Program Director

doc at Palo Alto University. His research areas include LGBTQ+ mental health and substance use issues. Please see the program faculty spotlight inside of this newsletter on page 6 for more information about Dr. Huynh. Dr. Anderton Chavez is not a stranger to most of us for she was teaching practicum courses for our program in Fall 2022 and Spring 2023. Dr. Anderton Chavez completed her Ph.D. training from TWU and then worked in a community mental health center and a private practice for 5+ years before joining our program. She has extensive experiences in helping clients with domestic violence, traumas, and relationship conflicts. She will also serve as the assistant director of our Psychology Clinic. Please help me welcome Dr. Huynh and Dr. Anderton Chavez for joining our academic family.

In April 2023, Dr. Watkins announced his retirement with a modification plan starting from Fall 2023. Dr. Watkins has made significant contributions to the clinical training needs of our program in the past 35+ years in his role as program core faculty member and one of the few program faculty who continuously supervised/taught a practicum course/team every long semester (and sometimes in summer too). I know many students and alumni considered him as one of their mentors and critical source of support. On behalf of our program committee, I express our greatest appreciation to Dr. Watkins for his dedication and excellent work. With his modification plan, Dr. Watkins will continue to teach the Vocational Psychology and Supervision course for our program in the next two years before his full retirement. We plan to host a retirement party in his last semester at UNT. Stay tuned for more information to be announced in the near future.

This August, seven advanced students successfully completed all degree requirements and earned their doctoral degree in Counseling Psychology. They are (in the alphabetic order of their last names) Drs. Kelzie Beebe, Wan-Ju Chao, Kaleb Cusack, Heather Kiefer, Olivia Knizek, James Rushton, and Gabby Weierbach. All of our 2023 alumni secured employment positions in various settings. Please see page 25 of the newsletter for more information regarding their next stops and help me congratulate these outstanding and freshest alumni. We are very proud of y'all.

Greetings from the Program Director

In Fall 2023, we welcome nine very talented new students to join our program's 2023 cohort. All of our first years are well adjusting to the new academic family and have demonstrated strong efforts to manage the demanding doctoral training in the past 2 months. We are looking forward to working closely with everyone in the new cohort. Please see page 26 of the newsletter for their names, photos, and brief information about each of them.

The program hosted our annual Welcome party on 10/07 evening in South Lakes Park to welcome our 1st year and returning students and to celebrate the beginning of a new academic year. The welcome party was well attended, 40+ students, faculty, and significant others were there for a fun night and enjoying the cooler fall weather. Please see the group photo we took from this year's Welcome Party.

UNT celebrates a record high enrollment of 46K+ students on campus now. Our university continues to grow in its size and reputation. If any program alumni would like to visit Denton, please let me know for I will be more than happy to provide assistance and meet up with our alumni over lunch, afternoon tea/coffee, or happy hour.



Chiachih DC Wang, Ph.D.

Director, Counseling Psychology Ph.D. Program

Meet Our New Clinic Director



Dr. Jennifer Schwartz

Greetings everyone!

I just opened a fortune cookie and it said, “Use your talents, that’s what they’re intended for.” So, I decided to start this “get to know me” piece by telling you about my talents and also letting you know how eager I am to learn about yours. First, my most useful talent is that I’m always able to fit one more thing in a dishwasher. I’m also able to decorate food to look like other objects, and have played cello in about 19 countries (used to tour with a youth orchestra in the summers). I’m a mom to a 12-year-old girl, 15-year-old boy, and 5-year-old 20lb bunny. They are really enjoying Texas! We moved here from Pennsylvania which is the only place my husband and children have ever lived before now. I, on the other hand, have lived in 6 states!

My family is active in select activities. I love Aqua Zumba (can’t seem to find classes near me though, so am using recordings on an ipad next to the pool), my daughter does aerial hoop work, and my son bikes and flies planes. Kind of crazy huh, he can fly, but isn’t old enough to drive. We really love playing games though and have easily been to over 100 escape rooms to date. One of the best parts of moving to a new region is all the new activities to explore. Please suggest some! I also play mah jongg and my husband and I like to attend trivia games at local restaurants.

Meet Our New Clinic Director

Psychology has been my interest since childhood. I even asked for a DSM-IV for my birthday when in high school. I've been a clinic director since I finished my post-doc and embrace technology and the interface of science and practice. As a career director, I've learned a lot in each setting, and hopefully bring an enthusiasm for training, service to the community, and research that will inspire passions and projects into the future.

Clinically, I love to work with mood and anxiety disorders, adjustment disorders, trauma, and any problems that involve experiential avoidance. I operate from a CBT framework and train students to use CBT, exposure-based interventions, and ACT therapies. We can also borrow techniques from DBT. Overall, I'm a fan of implementing evidence-based principles of change over stand-alone manuals and believe that science should inform practice and practice should inform science.

Training clinics, by definition, serve a threefold mission. They exist to train students, serve a diverse public, and support research. My goals for the UNT Psychology Clinic are to modernize and streamline our workflow in order to facilitate all aspects of the clinic mission. Then, the goal is to build specialization in-line with the strengths of our supervisors and interests of our trainees. These specialties can support the research goals as well as serve the needs of trainees and clients. I am excited to be a part of UNT and look forward to the exciting things we will all do together!

"My goals for the UNT Psychology Clinic are to modernize and streamline our workflow in order to facilitate all aspects of the clinic mission. Then, the goal is to build specialization in-line with the strengths of our supervisors and interests of our trainees."

-Dr. Schwartz

Meet Our New Faculty

Dr. Kiet Huyhn



I am thrilled to join the Counseling Psychology community at UNT, and want to share a little about my background: I was born in Vietnam and relocated to Los Angeles when I was five years old. I mostly grew up in Los Angeles, where I lived with my parents, two older brothers, and a younger sister. When I turned 18, I decided to venture out on my own and pursue my undergrad in sunny San Diego. I attended the University of California, San Diego, where I double-majored in Psychology and Philosophy.

After graduating and not knowing what to do with my life, I applied for a million random jobs. After many rejections, I was finally hired at a health and wellness company as a health and wellness coach. I actually quite enjoyed this job, so much that I stayed for 5 years. This job helped me realize that I wanted to pursue further training in mental health, so I enrolled in a Master's program in multicultural counseling at San Diego State University. It was during this time that I also met and married my husband, Andrew. After I graduated, I somehow managed to convince Andrew to move with me to Miami, so I could pursue a Ph.D. in counseling psychology at the University of Miami (UM). At UM, I worked under the mentorship of Dr. Debbiesiu Lee.

Meet Our New Faculty Cont...

My years at UM were a transformative period in my life. It was during this time that I developed my passion for using research as a means to advocate for social justice, with a particular focus on LGBTQ+ and BIPOC communities. I had the privilege of learning from and working alongside faculty dedicated to social justice-oriented health disparities research. During this time, I also had the opportunity to receive three years of comprehensive training in BIPOC mental health through the APA Minority Fellowship Program. These five years in Miami helped me realize that I wanted to spend my career conducting research dedicated to improving LGBTQ+ and BIPOC mental health through a minority stress and intersectionality lens.

After our time in Miami, my husband and I packed our belongings and moved once again. This time, we relocated to the colder, foggy climate of the San Francisco Bay Area. There, I completed my internship at the counseling center of the University of California, Berkeley. I enjoyed it so much that I stayed another year for a clinical postdoc, so I could gain the clinical hours for licensure. And because I liked the postdoc life so much (*sarcasm*), I pursued a second postdoc! This two-year research postdoc focused on LGBTQ+ psychology research and was at the Center for LGBTQ+ Evidence-Based Applied Research at Palo Alto University under the mentorship of Dr. Kimberly Balsam. As this second postdoc journey ended, my husband and I once again felt the call of the sun, prompting us to relocate to Denton. Now, we are thrilled to be here at UNT and are already feeling welcomed into the community.

When I'm not working, I love to have friends over for dinner and games. I enjoy cooking and trying new recipes, especially Vietnamese and Korean ones. I also enjoy watching Korean dramas, anime, superhero movies or shows, and playing role-playing games on my PlayStation 5. When the weather is nice, I like biking and hiking, so I welcome any and all suggestions for good hiking spots in the metroplex.

-KH

Faculty Updates



Dr. Martinque Jones

Members of the BWell Lab have been very productive over the past few months and are excited about the Fall semester. Members of the lab are working on developing and defending their thesis and dissertation projects, and some members have manuscripts that have been published or received a positive review. This summer, lab members presented a symposium at the Association of Black Psychologists (ABPsi) Annual International Convention, two members presented at the American Psychological Association's Division 45 Research Conference, and one member presented a poster at the American Psychological Association Convention. Two lab members started their internship and are embarking on a new chapter of their professional journey, and several of our former undergraduate members started graduate school this academic year. This Fall, we also welcomed one new member to the lab! For more information about our lab, please see <https://www.bwelllab.org> or @bwell_lab.

BWell Lab



Faculty Updates Cont...



Dr. Joshua Hook

Hi, I hope this newsletter finds you doing well and staying healthy. The Positive Psychology Research Group is doing well, and my students (Heidi, Sabrina, Caleb, Jacob) continue to make good progress on their research projects. We also welcomed a new student (Meg) into our lab. This past year, Heidi defended her dissertation and matched for internship, and Sabrina defended her thesis. Professionally, I published a new book through APA that helps graduate students through the process of doing independent research (<https://www.apa.org/pubs/books/complete-researcher>). I am also on sabbatical this year, and am updating the Cultural Humility book for a new edition. Personally, Jenn and I had a new baby this past summer (Caleb Frederik Hook), so it's back to disrupted sleep! But it has been a joy, and Autumn has been a great big sister.

Faculty Updates Cont...

Dr. DC Wang and CCARL

Since the last issue of the program's newsletter, lab members have remained busy and productive. Two advanced lab members successfully completed their pre-doctoral internship in summer 2023 and started their post-doc positions. Specifically, Dr. Gabby Weierbach moved back from San Antonio to the DFW area for her post-doc position at Great Life Center. Dr. Wan-Ju Chao moved from University of Washington in Seattle to University of California Santa Cruz for her post-doc position. Both of them returned to campus in mid-May to attend their graduation commencement. I was very proud to participate in their hooding ceremony. Congratulations to Gabby and Wan-Ju for earning their doctoral degree and join the alumni club.



Additionally, Faraha was successfully matched with her top internship choice and began her internship training this summer at the University of Washington. Peter relocated to Houston this summer for his pre-doctoral internship training at the University Houston. Best wishes to Faraha and Peter as they are embarking on a new chapter of their professional development. Congratulations to Shiho for successfully defending her master's thesis in May 2023. Kudo to Ashley for getting her thesis proposal approved by her thesis committee and to Evan for passing his dissertation proposal defense this September. Both Hannah and Ashley are making good progress on the data analyses of their thesis projects with a goal to defend their thesis by early December. Melissa, Cachet, and Tiffany are all actively working on their dissertation/thesis proposals and will be ready to schedule their proposal meeting soon.

Faculty Updates Cont...



Five lab members (Shiho, Cachet, Macey, Tiffany, & Lilli) and I attended the 2023 APA convention in Washington DC this August. We had a great time presenting a few posters together, attending several good talks, and managing to have a dinner together on one night to relax and share our conference experiences. In addition to the posting presentations with our lab members, I met up with a few recent alumni from our department during the APA convention. They are Drs. Brian Yu, Laura Captari, David Mosher, Adam Hodge, and Patrick Love. I had a lot of fun catching up with them and learning about their recent accomplishments.

In the beginning of the Fall semester, several lab members collaborated with each other in several small teams and together, we submitted three symposium proposals, 2 roundtable proposals, and 1 poster proposal to be considered for presentations in the 2024 National Multicultural Conference & Summit which will be held in Santa Fe in mid-January. We hope many of them will be accepted and look forward to having a gathering during the NMCS.



Faculty Updates Cont...



Our lab organized a hiking trip visiting Clear Creek Natural Heritage Center in early April. The weather was nice and we had a great time walking on the hiking trail before heading to a bar to relax. Another social was the potluck gathering at Dr. Wang's house in May. Several lab members invited their significant others and we had a wonderful evening together to celebrate and wrap up the 2022-2023 AY.

We welcome our two new lab members in Fall 2023 as they started their 1st year doctoral training in the program. Ayurda came from Colorado and has a master degree in research from Fordham University. Christie grew up in Hong Kong and was a project coordinator for 2+ years after graduating from University of Houston and prior to starting her doctoral studies. We are excited to have them joining our research lab and looking forward to our close collaboration multiple research projects in the next few years.

Faculty Updates Cont...

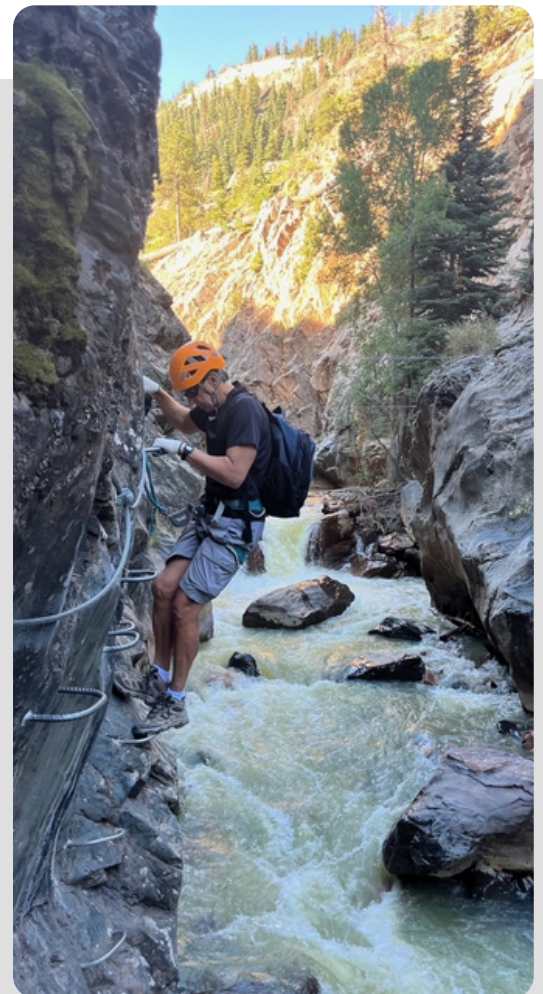


Dr Trent Petrie

*Hi Everyone
and happy fall!*

After our hottest summer on record, we are finally getting to enjoy some cooler weather in Texas, which contributes to being able to take longer walks with Charli (more on her later).

In the spring newsletter I shared about my upcoming travel plans for my sabbatical, so I'll give an overview of the actual trip here! Great fun to see my Loughborough University colleagues and their families and work with them on a couple of papers. On this part of my stay I was in Nottingham (yep, think Robin Hood), which is on the river Trent. Although it's not the place from where I get my name, it was interesting to be in a city where my name was aligned with pretty much any business imaginable (think Pub on the Trent)! After Nottingham, I traveled to London to meet Laura and start our travels. We spent a week there walking around the city, trying different restaurants, seeing a couple of shows



Faculty Updates Cont...



(Wicked!), and just enjoying this incredible city. Then, we flew to Dubrovnik (think Game of Thrones) where we stayed in the walled city, soaking in it's culture, sights, and food. We did take a GOT tour of the city (which got Laura to then watch the 8 seasons) and tried a wonderful Croatian dish called Peka. Next, we flew to Greece and immediately headed to the island of Naxos where we were able to stay in this beach front house that was so relaxing and

picturesque. We tried lots of Greek good, toured the island, watched sunsets from our patio, and just relaxed. Our one particularly adventurous day was our hike up Mount Zas, the birthplace of Zeus. Incredible views of the Cyclades islands from the top! Last we spent four nights in Athens, seeing the Acropolis and enjoying the city. We took a cooking class to learn to prepare traditional Greek foods and have been using that for our fall semester meals with our students. Overall, it was just the right mix of big cities, going out, and just relaxing and being in nature.

Our summer was busy and full, but not without travels as well. Laura continues her transition from Children's Health into private practice and starting working only 4 days per week upon our return from Europe. She has been developing her website, marketing materials, making connections with other professionals in the area for referrals and work, and training her replacements at Children's. It's a been a very busy, hectic, exciting, and scary time. This summer I finally got around to painting the outside of our house... fortunately June weather was good and I was able to get it done without heatstroke! July and August we traveled at two different time points to CO to see family and stay at our cabin. Will brought his girlfriend Ellie to visit and it was great to share that with her...they enjoyed hiking together and spending time at the hot springs pool. This year I finally took the time to traverse the Via Ferrata, which is a canyoneering experience through the box

Faculty Updates Cont...

canyon area south of Ouray. I went with a company and had four others and had a great conversation with the guide about sport psychology and how climbers use psychological tools in their sport.



Regarding work, the Center continues to grow and expand in our service provision across the DFW area. We are fortunate to have had so many excellent students come through the program and then create such a great reputation for our Center...it's paid off as we now work with three different universities, two private high schools, three university-level sport clubs. All of these fund many of the current students with paid assistantships! This year we also have started to involve Charli in our work with UNT Athletics...she is our Psych Assist Dog and athletes and staff have now started to get so used to her that when I show up without her it leads to the "where's Charli" question! We also continue to grow in our relationship with Kinesiology and have the wonderful opportunity of 12 students being in sport practicum this year. We also have two grants, our continuing project with the Pac-12 and Bodies in Motion and a new one with the American Athletic Conference (AAC) to bring mental health screening to member institutions' athletic departments. Both are going well and providing data that will become many of our current students' theses and dissertations.

Faculty Updates Cont...

Family update...Will is a junior in high school, on the JV1 basketball team, has a huge group of great friends, and has no idea yet on where he might want to go for college (though he knows he wants to go). He has an upcoming trip with Laura (and Laura's sister) to U Arkansas where they will watch the Razorbacks play football and have a tour of the campus thanks to Dr. Chris Bader, alum and current Director of Sport Psychology at UArk. Braeden continues to love his NYC life and to make progress in his Fashion Design program. This summer he had a paid internship with Calvin Klein, which provided an insider view of what goes on within the industry. He continues to design (and sew/tailor) his own clothes, recently finishing a wool suit for himself. Kyla is now in San Francisco at the UCSF Medical Center, beginning the second year of her Orthopedic surgery residency. A position opened up at UCSF in May and she was fortunate to be selected for it and then supported by Tech in making this move. She is thriving in this new environment!

We hope everyone is well, though know that we all will experience challenging, difficult times as we did recently with the hospitalization of my mom. She is now out of the hospital and back home, though the process of helping her get back there was hard and slow. Being in the hospital is a horrible, scary thing...for the person who is ill and the family who surrounds them. Take care and be well.

Trent, Laura, and Family

Alumni Updates

Dr. Alex Auerbach

Hi W&T Family,

I can't believe 5 years have already gone by since I graduated - I guess time flies when you're not in graduate school anymore!

Since I completed the program, I've been fortunate to have a broad range of opportunities that I never would've imagined roaming Terrill Hall. I am grateful for the preparation the Counseling Psych program offered and that I'm getting to stretch the skillset to its fullest.

For the last 3.5 years, I've been working full-time as the Senior Director of Wellness and Development for the NBA's Toronto Raptors. In my role, I'm responsible for all things mental health, mental performance, and human development for our players, coaches, and staff. I've been part of 4 NBA drafts, serve on the executive leadership team, and help with nearly everything the organization does in its quest to win an NBA title. I even had the distinct privilege of helping hire our new head coach, and I got a shout out at the introductory press conference - a capstone moment for my career.

This role has created innumerable opportunities for me beyond sports, a few of which I've started to explore in the last year and half. My most recent work takes me to the world of start-ups. I was recently named the Chief Medical Officer of the Founder Mental Health Pledge, a non-profit started to help founders access world-class behavioral health care through their investor or company's funds. I've also had the chance to ...



Alumni Updates continued...

to consult with a handful of start-up companies that have raised anywhere from \$1 million to north of \$100 million. In this work, I've had the chance to apply our skills to a broad range of problems. I've worked on new electronic health records that leverage AI and machine learning to make the supervision process more impactful, products designed to make for more effective integrated care, and AI-based personal coaches aimed at helping the average person live a happier, healthier life.

It's remarkable what training as a psychologist can do for you if you're willing to explore far and wide. UNT helped me develop a foundation to run my own side-hustle private practice and to work in professional sports. I got to meet Drake, live through the temporary relocation of a professional sports franchise, interview Hall-of-Famers, speak at international conferences, won over \$1 million in grants from the Pac-12 and Amazon Web Services, and I got to try poutine.

I couldn't ask for more off of the back of a graduate school experience than that.

If you're interested in what I'm up to next, feel free to follow along on social media (@AlexAuerbachPhD everywhere) and my newsletter (perform.substack.com). I do plenty of writing there, for better or worse.

And, I couldn't wrap this up without also sharing that, a little over a year ago, my partner Kirstie and I welcomed our beautiful daughter Zosia. Turns out training as a psychologist helps with parenting, too.

Wishing the community well!

Alex

Alumni Updates continued...



Dr. Kellye Carver

Hello from Milwaukee!

I was honored to be asked to check in with friends, colleagues and alumni of the UNT Counseling Psych program.

A little background for those I haven't met - I grew up in central Texas and attended Texas A&M University for undergrad. Raised in a military family at Ft. Hood, I was inspired to pursue clinical/counseling psychology after witnessing the effects of September 11, 2001 on military communities. In UNT's Counseling Psych program, I had the opportunity to specialize in trauma, couples therapy, and older adults. I created a "hybrid" elective cluster with components of the geropsychology and child/family clusters, working under Dr. Bert Hayslip for my thesis and Dr. Shelley Riggs for my dissertation. My research explored intersections of these areas, including grief/loss, reactions to trauma, aging, communication styles, and relationship satisfaction. I also taught the first-year Psychological Assessment lab and co-taught the Couples/Family practicum with Dr. Riggs. I completed internship at the University of Oklahoma Health Sciences Center Consortium, with my primary rotations at Oklahoma City VA. It was a

Alumni Updates continued...

great experience in a variety of settings, including trauma, couples/family therapy, community living/hospice, inpatient psychiatry, general mental health, pediatrics, and hematology/oncology.

While on internship, I accepted a staff position at North Texas VA. I joined their Tele-Mental Health team, a general mental health team that serves veterans in outlying areas of the Dallas-Fort Worth metroplex. Instead of driving hours to the main hospital, our veterans could drive to a closer town, where VA rented a clinic – or a room in a local clinic – and used telehealth technology to provide specialty care. We joked we were doing telehealth long before COVID and long before it was cool. We helped patients of all different ages, backgrounds and diagnoses. I continued my specialty areas of couples and older adults, as well as developing expertise in body-focused repetitive behaviors (BFRBs) like Trichotillomania and Skin-Picking Disorder. This was a particularly fulfilling population, as these patients were often underdiagnosed, misdiagnosed and/or misunderstood.

After almost eight years at VA, I needed a change. Supervising practicum students, interns and post-docs and helping with the training programs was a highlight of my career there; I'd also earned an Assistant Professorship at UT Southwestern (VA's partner institution). I made a career shift and took a Teaching Assistant Professorship at Marquette University, where I'm starting my second year.

I live with my husband, Steve, and our rotund orange tabby, Garfield, here in Milwaukee. After many years in Texas, we love the gorgeous summers, fall foliage, lakefront living, and food scene up here. Outside of work, I love to travel. Besides my own travel, I organize faith-based group tours overseas for my church, friends and family. I also affectionately label myself a "Bible nerd" and write for the First 5 Bible study app from Proverbs 31 Ministries.

I hope you're well and experiencing exciting things in your own personal and professional journeys. If you'd like to connect, feel free to reach out to Kellye.Carver@Marquette.edu.

-Kellye

Alumni Updates continued...



Dr. Gabby Weierbach

Hello UNT Family!

My name is Gabby Weierbach and I very recently graduated in August 2023 as part of the child and family cluster. I completed my internship in July at UT Health San Antonio as part of the child, adolescent, and family track and rotated at Clarity Child Guidance Center. I will say, writing this column as an alumni is an almost surreal experience as I still feel very much connected to my identity as a

a UNT student. As I reflect back on completing the final milestone of my doctoral journey, I am immensely grateful for my time at UNT. Overall, I can say that I felt confident in my abilities as a developing psychologist going into internship in both a clinical and professional sense. That foundation served me so well over the last year and allowed me to take advantage of all the training that was provided to me to build upon and become the clinician I am now. It is my hope that you are also able to take advantage of each and every opportunity presented to you during your time on campus and take pride in all that you have and will accomplish.

Alumni Updates continued...

During my internship year, I worked primarily in an outpatient setting providing individual, family, and group therapy for individuals ages 4-18, conducting comprehensive cognitive, academic, and personality assessments, as well as brief assessments for individuals in our inpatient/PHP unit, and community outreach. I could not speak more highly of my internship training. I got to work alongside professionals who truly prioritize the health and well-being of children and families in every aspect of their work. I think the area where I grew most is assessment. Over graduate school, you spend hours learning about various tests, how to administer and score them, and what information you should include in your writeup. Over the last year, I really expanded upon this foundation and learned how to integrate all of the data, both objective and projective, to create a narrative that fits best for the child I was working with. I am a huge supporter of our role as psychologists in providing psychological assessments. It is one of the truly unique services we are able to provide to our community. I hope that each of you find our own passion for this work, whether it be assessment, therapy, research, supervision, training, etc., and use it to serve your community.

As much as I loved my internship year, I was certainly ready to move forward in my professional journey and am happy to say that I am now back in DFW completing my postdoctoral fellowship at Great Life Counseling Center, a group practice in Plano and Addison, TX. For those of you looking for practicum sites, we LOVE to work with UNT students!

Aside from all of my professional interests and commitments, I also got engaged in February! So, when I am not studying for the EPPP or working with clients, I am usually planning a wedding or spending time with my best fur baby, Harlow. My fiancé and I love taking Harlow to parks and go hiking or play in the lake. Having this time with my loved ones, really helps me integrate professional and personal life in a way that works for me. I hope you all find our own way of work-life integration. If there is anything I can do to be of support during your graduate journey, whether it be preparing for external practicum, internship, or even research, please do not hesitate to reach out.

-Gabby

Student Spotlight



Olivia Kit

Hi all!

My name is Olivia, and I am currently a 2nd year in the program (still adjusting to calling myself a 2nd year)! It seems crazy to me how quickly an entire year has gone by. I feel like it was only yesterday that I was making the big drive down to Texas and starting this exciting new chapter of my life. Moving to Texas was a tremendous adjustment as I was coming from Canada, where hot is considered 30 degrees Celsius (yes, I still use Celsius). Entering the program, I

met so many wonderful, intelligent, supportive, and interesting people that I am so grateful to spend the next few years learning and working alongside. Having the amazing support from peers and teachers has allowed me to fully immerse myself into this program knowing that there are challenges, fears, and barriers that arise but remembering that we are not doing this adventure alone is always comforting.

I am in the Sport Cluster, and I work alongside the Swim and Dive team at UNT as their sport consultant. Being a part of the Sport Cluster allows me to reflect on the many hats we wear as doctoral students here at UNT. Conducting performance based and mental health services with athletes has fostered my personal and educational development. Having this terrific opportunity of working and increasing my knowledge with the help of my peers and supervisors results in me feeling fortunate and thankful to be a part of such a wonderful team!

As we know, being in this program means wearing multiple hats, which I briefly shared I wear as a sport consultant. I also wear the hats of clinician, Teaching Fellow, and student. Being a Teaching Fellow for the first time, I was nervous and asked

Student Spotlight continued...

myself questions like, do I need to know how to answer every question a student asks me if I am still a student myself, and if I wear a backpack to class am I going to blend in too much with the undergraduate students? These unknown questions were answered very quickly on the first few days of teaching. I have very much enjoyed navigating this unique role and learned a lot about lecturing, managing student emails, and providing students with my knowledge of diverse topics in psychology. Overall, the lessons I have learned thus far in the program have been lessons I did not know I needed to learn. Self-care has been one of the biggest lessons I could share with anyone in or who will be in this program. Learning to take time after a busy and long day to do something that makes me feel good like going for a walk outside has truly been a valuable lesson in managing the many activities and roles of this program. Remembering that self-care is what gets us through these long journeys is a powerful lesson that will continue with me in my later years of this program and into my professional career.



-Olivia

Student Spotlight continued...

Will Archuleta

Just Keep Swimming



It is truly a surreal experience to be in my fifth year of the program. With internship and beyond quickly approaching, I find myself reflecting on the path that led to this moment, a path filled with twists, uncertainties, gratitude, and finding peace in the unknown. I am reminded of my very first week in 2019, with feelings of excitement that propelled me through this new fast-paced environment, as well as feeling unclear about what the future may hold. It was that very same week, in fact, my wife and I married at the courthouse on Denton square. Talk about an eventful week! With so many things happening at once, and between all the excitement, it was very easy to feel overwhelmed and uncertain. It is times like this I revisit a quote from one of my favorite Disney movies Finding Nemo: “Just keep swimming”.

That quote resonates with me in several ways. It provides comfort in times of uncertainty and reminds me to have faith in the process. As someone with a visual disability, it brings me peace and assurance in times where the path in front of me is, quite literally, less clear. Soon after my first semester, as the COVID-19 pandemic turned everything we knew on its head, as racial injustice engendered necessary conversation and action toward social justice both within the program and throughout the community, and as my cohort and I began our clinical training over Zoom, I found myself navigating new and unexpected environments. And yet, through the sea of ...

Student Spotlight continued...



tribulations and obstacles, I also found community and belonging with my classmates and colleagues, I found wisdom and validation from mentors and advisors, and I found self-acceptance with what was beyond my control. All through these moments I would recite those words: Just keep swimming.

Now, navigating my next steps with internship, as well as my wife and I soon welcoming a new member of the family and stepping into a role as parents, I once again find myself uncertain of what the future holds. And you know what? That's O.K.! One of the greatest lessons I have learned throughout the program is to practice being at peace with navigating ambiguity and to lean on your community. I am ever grateful for the support, wisdom, and fellowship I've received throughout my years in the program and will treasure these moments forever. Community keeps me grounded in times of stress and uncertainty and serves as a reminder that everything will work out, even if the path is not always clear.

Just keep swimming.

-Will

Student Spotlight continued...



Lauren Kemble

Hello!

My name is Lauren Kemble and I am a fourth year in the child and family cluster in Dr. Kaminski's lab. This year I am working in private practice and loving the challenge of seeing children and adolescents, learning how to deal with insurance and strengthening my assessment skills. I am also serving as the clinic graduate student assistant and have had the unique experience of working with four clinic directors in the past year. Three things you should know about me are that I love the color pink, I am obsessed with my cat Benny

(follow him on IG @benny_the_boss), and I love to travel. My cohort jokes that I've written majority of my papers in graduate school on an airplane, and they aren't wrong. I have at least one pink item on at all times whether that's my backpack, blazer, or a pink tea mug, and if you mention cats, it's guaranteed that I will show you photos. Recently in our group psychotherapy class, our cohort participated in an activity where we drew a picture of how we presented on the outside and how we felt on the inside. My cohort gave me feedback that my inside self matched how I present on the outside. Hearing this from the people I couldn't survive grad school without was very meaningful to me and prompted me to reflect on how I can continue to show up authentically in my personal relationships, professional spaces, and with my clients.

Student Spotlight continued...

Over the past four years I have been learning what it means to be a psychologist and what this looks like for me specifically. I joined the Texas Psychological Association's Student Senate and found my passion for advocacy. When I first entered the program, I grappled with questions and insecurities about how to engage in social justice efforts and just recently learned how to make a difference in a way that feels true to me. Through co-facilitating an art therapy group at CTS last year, I discovered how powerful and therapeutic art can be and more importantly I recognized that I can't move forward in my therapist identity development without integrating art into my sessions. Most importantly, I have learned that my best work with clients happens when I show up as my truest self in the room. There is a quote by Carl Rogers on the wall at CTS that I passed by every day last year that says, "The curious paradox is that when I accept myself just as I am, then I can change." My advice to all current and future students is to take advantage of opportunities not for the sake of building your CV, but to grow authentically and intentionally.



-Lauren

*Congratulations to Our
Summer 2023 Graduates!*

Wan-Ju Chao

Postdoctoral Fellow at UC
Santa Cruz Counseling and
Psychological Services

Kaleb Cusack

Athletics Mental Health
Clinician at University of
Nevada

**YOU DID
IT!**

**James
Rushton**

Postdoctoral Fellow at
Sunrise Counseling in
Texas

**Gabby
Weierbach**

Postdoctoral Fellow at
Great Life Counseling
Center in Texas

Kelzie Beebe

Assistant Director of
Behavioral Science for the
Kansas City Royals

Heather Kiefer

Athletic Psychologist at
University of Nebraska

Olivia Knizek

Postdoctoral Resident at
UC Davis in the School of
Veterinary Medicine

Meet the First Years!

Students' profiles are presented in the alphabetical order of their last name



Megan Kelley

Hometown: Chicago, IL

Degree(s) and Last School Attended:

B.A. in Psychology and B.A. in Spanish from Baylor University
M.S. in Clinical Mental Health from Southern Methodist University

Advisor: Dr. Hook

Cluster: Child and Family

Hobbies/Fun Fact: I love cooking (Tieghan from Half Baked Harvest is my absolute favorite for inspiration), taking yoga and pilates classes, and spending time with family every chance I get.

Ayurda Pathak

Hometown: Aurora, CO

Degree(s) and Last School Attended:

B.A. in Psychology with a minor in Creative Writing University of Colorado

M.S. in Clinical Research Methodology from Fordham University

Advisor: Dr. Wang

Cluster: Child and Family

Hobbies/Fun Fact: I love to write both as a living and as a hobby. I also enjoy finding new restaurants, hiking, and watching horror movies with friends. I have a black belt in Taekwondo.



Dionne Regis

Hometown: Brooklyn, NY

Degree(s) and Last School Attended:

B.A. in French and African & African American Studies from University of Virginia

M.A. and M.Ed. in Counseling Psychology - School Counseling from Teachers College, Columbia University

Advisor: Dr. Jones

Cluster: Minority Wellness

Hobbies/Fun Fact: I love traveling and exploring different cultures. My goal is to go to all 7 continents - three down, four more to go!



Meet the First Years!



Mikaili Robertson

Hometown: Ellicott City, MD

Degree(s) and Last School Attended:

Bachelor's in Psychology from Hood College in Frederick, MD
Master's in Sport & Exercise Psychology from Springfield College
in Massachusetts

Advisor: Dr. Kaminski

Cluster: Sport Psychology

Hobbies/Fun Fact: I love to cook!

Christie Tsao

Hometown: Hong Kong / Houston, TX

Degree(s) and Last School Attended:

B.S. in Psychology and B.A. in Human Development & Family
Studies from the University of Houston

Advisor: Dr. Wang

Cluster: Child and Family

Hobbies/Fun Fact: I moved to Denton with my dog, Spirit. One of
his eyes is brown and the other is blue!



Chloe White

Hometown: Keller, TX

Degree(s) and Last School Attended:

B.A. in Psychology from Texas Tech University

Advisor: Dr. Hogge

Cluster: Minority Wellness

Hobbies/Fun Fact: I love to cook, read, and go on hikes!



Meet the First Years!

Caleb Wilborn

Hometown: Lubbock, TX

Degree(s) and Last School Attended:

B.A. in Psychology from Texas Tech University

Advisor: Dr. Petrie

Cluster: Sport Psychology

Hobbies/Fun Fact: Exercising, video games, and reading



Javon Williams

Hometown: Hancock, Maine

Degree(s) and Last School Attended:

B.A. in Psychology from Colby College (Waterville, ME)

Advisor: Dr. Petrie

Cluster: Sport Psychology

Hobbies/Fun Fact: Football, weight-lifting, and photography



Simon Wright

Hometown: Minneapolis, Minnesota

Degree(s) and Last School Attended:

B.S. in Public Health and Psychology from Elon University (Elon, NC)

M.P.S. in Clinical Psychological Science from the University of

Maryland-College Park

Advisor: Dr. Petrie


Cluster: Sport Psychology

Hobbies/Fun Fact: I love moving my body, whether it be weightlifting, running, or playing sports! Also, I love video games



A Message from Student Reps

Greetings from the Student Reps!



This semester has been a whirlwind as most are with our new 1st years joining our family and our 2nd - 5th years continuing to reach their goals and developing as clinicians, students, researchers, teachers, consultants, and most importantly people. We have been busy preparing for our first town hall of the academic year and interview day early next semester and can't wait for more opportunities to serve this study body.

In our role as the Counseling Psychology Program student representatives, we are committed to serving as liaisons for the student body and ensuring all voices are heard. We believe that in order to sustain a culture that respects and values diversity in all of its forms, we must maintain an active approach to the promotion of social justice and inclusion. Remember, getting through this program is a collective effort, and we're in it together so do not hesitate to approach us if you have any ideas, concerns, or questions!

As a student body, we hope this year will allow us to return to some pre-COVID normality and continue to provide opportunities for us to connect as a counseling psychology community in person. Students and faculty joined together in October to welcome our first years and celebrate all the hard work that has already been done and milestones achieved this Fall.

As previously mentioned, flourishing in this program is sincerely a group effort, and we will do our best to continue to foster collaboration and community for current students in our journey toward becoming multiculturally competent psychologists.

-Dafina and Issy

Editors' Column

A Note from your GSAs

Fall is upon us! We hope that you are enjoying the first glimpse of the fall weather as the temperatures drop and our coffee orders change from cold brew to pumpkin spice lattes.

October is particularly spooky for graduate students, and we hope that you have been able to find time to hibernate and prioritize your self-care. If you haven't **THIS IS YOUR SIGN TO TAKE CARE OF YOURSELF!** Whatever that may look like, you deserve a break.

We are halfway through the semester, and it seems as though another chapter of our academic journey has continued to be written out. We are so proud of you all, as you continue to work towards your values and passions, growing in both your professional and personal development. We can't wait to continue to witness all of the accomplishments that this program and each one of you successfully handle in the upcoming semesters. Best of luck and we will catch you in the next issue!

Shiho and Anna



Thank you to those who have contributed to the Fall 2023 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:

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Anna Straughan

AnnaStraughan@my.unt.edu