

# COUNSELING PSYCHOLOGY NEWSLETTER



FALL 2021 PROGRAM WELCOME PARTY ATTENDEES

Photo by Lauren Kemble

## GREETINGS FROM THE DCT

BY CHIACHIH DC WANG, PHD

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

Greetings from UNT. I would like to share with everyone some exciting changes that have occurred in the past few months. First, after completing a national search, our department successfully recruited Dr. Donald Dougherty to join us in early August as our new Chair. Dr. Dougherty is a renown researcher and leader with an outstanding recording in securing research grants and mentoring junior faculty. Welcome to UNT, Dr. Dougherty; we are looking forward to your strong leadership. Please see pages 3-4 of this newsletter for the interview summary with Dr. Dougherty.

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## WELCOME GREETINGS FROM THE DCT, CONT'D

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In the Fall semester of 2021, the university and department have made strong efforts to transition vast majority of the courses and training activities back to the in-person format while continuing to stay alert and take necessary measures to reduce the spread of the virus. I am very proud to see almost all faculty, staff members, and students on campus are willing to wear masks. So far, we seem to be doing okay and sustain the challenge of the Delta variant. I hope we will be able to keep up and complete the entire semester with the in-person format.

This summer, seven upper years successfully completed their pre-doctoral internship and defended their dissertation to become our brand-new alumni. They are Drs. Nina Calmenson, Andrew Pereira, Stephanie Barrett, Carlie McGregor, Matthew Mikesell, Kendra Oosterhouse, and Karolina Wartalowicz. All of our 2021 alumni secured employment positions in various settings. Please help me congratulate these alumni. We are very proud of you. Due to the pandemic, their graduation commencement was postponed to December 2021. However, the department office organized a virtual gathering via Zoom in July to recognize their accomplishments and celebrate their success.

In late August, we welcomed eight very talented new students to join our program's 1st year cohort. As you can imagine, the mask-wearing and campus re-opening associated with the pandemic have added some extra challenges to their adjusting process. All of our first years are well adjusting to the new environment and continue to demonstrate strong efforts to manage the demanding doctoral training. Please see pages 22-23 of the newsletter for brief information about each of them.



*Photo courtesy  
of Dr. Wang*

For alumni with sufficient financial resources, please consider making a small donation to our program. The department has very limited administrative budgets. We have a program activity account to receive donation to help cover expenses that are not fully supported by departmental administrative money (e.g., mock internship interviews, campus interviews for admissions, town hall meetings, invited research or professional talks). Any amount (\$10-\$100) of donation from alumni is welcome for your donation really helps to provide more opportunities to our students. The donation is tax-deductible. If you are interested in getting more information, please contact me at [dcwang@unt.edu](mailto:dcwang@unt.edu) or at 940-565-2678.

The global COVID-19 pandemic has had a profound impact on many of us. We are all trying our best to adapt and thrive. I know some of our alums, colleagues, and students have lost significant others or have personally battled with the illness. My thoughts are with all of you, especially those who have been impacted by the pandemic. As always, if any program alumnus would like to provide input and suggestions, please do not hesitate to contact me via email or phone. I hope everyone stays healthy and well until we have fully overcome the global pandemic which I hope will be coming soon.

In solidarity,  
Chiachih DC Wang, Ph.D.  
Director, Counseling Psychology Ph.D. Program

# INTERVIEW WITH THE CHAIR

BY HANNAH HWANG & MELISSA BRIONES

THIS INTERVIEW HAS BEEN EDITED AND CONDENSED FOR BREVITY AND CLARIFICATION.

A SPECIAL THANKS TO MELISSA BRIONES FOR FACT-CHECKING AND PEER-EDITING.

## A MESSAGE FROM THE CHAIR

Dr. Dougherty welcomes all new incoming students to the program! He recognizes the challenges students experienced in the past year – especially those who began the program amid the pandemic and lockdown. He looks forward to when we can all be in one room together and have more in-person interactions.

He sees the challenges from being short on staff and faculty but is optimistic about the efforts currently in place to recruit new members to the UNT family. In fact, he is hopeful that we will recruit at least five new faculty members for the department this year, with the Counseling Psychology program getting a new faculty member this year.

Currently, he shares that there is a potential for the transfer of several grants to UNT, as well as the possibility of receiving two more new grants. He is also working on initiatives to get students more involved in research. Specifically, one of his initiatives is to provide more mentorship for students on grant writing; he hopes to be able to offer a class on grant writing next Fall.



*Photo courtesy of Dr. Dougherty*

**“I’M CERTAINLY HERE AND YOU [ALL] CAN CERTAINLY EMAIL ME IF YOU NEED ANYTHING. I VIEW IT AS ‘I’M HERE TO SERVE YOU [ALL]’ AND MAKING SURE THAT YOU [ALL] ARE GETTING WHAT YOU NEED.”**

DR. DON DOUGHERTY

Another one of his initiatives include implementing a monthly speaker series where students can interact with him and other faculty members. He hopes that we can take a look at the research within our own department to foster opportunities for more student-faculty collaboration, as well as create educational opportunities to learn more about other research out in the world.

CONTINUED ON PAGE 4

## A LITTLE BIT ABOUT DR. DOUGHERTY

Dr. Dougherty moved to Denton earlier this year. He and his partner, Karin, split time between Denton and San Antonio due to her ongoing work as an architect in the Alamo City. They have three children: the two eldest attend UT Austin while their youngest is finishing up high school.

An interesting fact about Dr. Dougherty is that he has an identical twin! Their lives were often on parallel paths, with his brother also having an unexpected career in academia until his retirement in the business world this month. For our Dr. Dougherty, he initially began his career with a degree in aviation and worked as a pilot before transitioning into a career in psychology.

**“WHEN [MY BROTHER] TOLD ME LAST SPRING THAT HE WAS RETIRING, I GOT TO THINKING WHEN I SHOULD RETIRE AND IF IT WAS TIME TO RETIRE. AND I CAME TO THE CONCLUSION THAT I’M NOT READY TO RETIRE, BUT I WAS READY TO MOVE ON TO LEAVE AN IMPACT SOMEWHERE AND LEAVE A LEGACY. AND I FELT LIKE MY SKILL SET REALLY WAS A FIT WITH THE NEEDS OF THIS DEPARTMENT AND THAT’S WHY I’M HERE.”**

DR. DON DOUGHERTY

## INTERVIEW WITH THE CHAIR, CONT’D

CONTINUED FROM PAGE 3

He launched his psychological career as a postdoctoral fellow at the University of Texas Health Science Center in Houston where he became an assistant and associate professor. After his tenure there, he spent three years as the vice chair of the Department of Psychiatry at the School of Medicine at Wake Forest University in North Carolina. Dr. Dougherty served his most recent tenure at the University of Texas Health Science Center at San Antonio. He carries his interest in research surrounding substance use among various populations, such as at-risk adolescents and DWI offenders, over to UNT.



*Photo courtesy of Dr. Dougherty*

He is currently actively conducting studies on the topic of transferring the technology from transdermal alcohol monitors into smart watches to help people monitor their alcohol intake and prevent risky behaviors more conveniently.

YOU MAY REACH DR. DOUGHERTY AT:  
DONALD.DOUGHERTY@UNT.EDU

# MEET OUR ADJUNCT FACULTY



*Photo courtesy of Dr. Wilson*

## DR. JAMIE WILSON

Hello everyone! I'm Jamie Wilson, Ph.D. and am happy to be back for another semester, supervising our counseling students again. I graduated the UNT Counseling Psychology program in 2011 and took the Child and Family elective cluster during my training. I completed my external practicum placement, internship, and post-doctoral fellowship at the Dallas VA Medical Center. I was then hired as a staff psychologist for one of the general outpatient mental health teams at the Dallas VA where I was quite the busy bee! During my time at the VA, I provided a full range of therapeutic interventions including individual, couple, family, and group therapy and administered a variety of psychological

assessments. The training I received at the VA in evidence-based interventions was quite comprehensive and enjoyable. Not only was I trained at the local VA, I was also sent to train at other VAs throughout the nation in order to learn Cognitive Behavioral Therapy for Chronic Pain, Dialectical Behavior Therapy, Prolonged Exposure, Cognitive Processing Therapy and Integrative Behavioral Couples Therapy. I helped create and served on a dialectical behavior therapy consultation team which treated Veterans throughout the Dallas VA system with severe emotion dysregulation. I also created a post-doctoral fellowship in Couple and Family therapy which was accredited by APA and made a permanent training position at the Dallas VA. In addition, I served on both the pre-doctoral internship and post-doctoral fellowship training committees and served as primary supervisor for the post-doctoral fellowship's couple and family post-doc as well as supervised several interns and practicum students.

In 2014, in order to have a better work/life balance and more autonomy, I made the difficult and scary decision to leave my position at the VA and go into private practice. With the encouragement of my husband, sister, and a few other UNT counseling program alumni and dear friends, I took the plunge and started Wilson Psychology, PLLC. I currently have an office in the north Dallas area with two other psychologists (one is from our counseling program). I see a diverse variety of therapy clients, ages 12 to 80+, with a wide variety of presenting concerns. I also regularly conduct comprehensive psychological assessments with a variety of referral questions. Since going into private practice, I've been able to develop competencies in treating individuals

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## MEET OUR ADJUNCT FACULTY, CONT'D

CONTINUED FROM PAGE 5

with reproductive trauma, infertility, and perinatal mental health concerns which are interests I've had for quite some time. Although I miss working with the Veteran population regularly, I am able to offer pro bono services to some Veterans through the Give An Hour organization.

I continue to teach and supervise. I believe holding the teaching fellow position during grad school for the couple and family classes from 2007-2010 and taking Dr. Watkins' supervision class sparked my love of teaching and supervision. I've been asked to be a practicum supervisor for the department's clinical doctoral students regularly since 2015 and for the counseling program when there is a need. I have also been able to teach the counseling program's psychopathology class several times, stepped in to teach Vocational psychology one semester, and taught the Psyc 6022-Application of Counseling Methods class last Spring which was a lot of fun! I have also created an external practicum opportunity in my private practice (paid, no less!) and have had several students work with me as one of their practicum experiences. I currently have two trainees working with me who have been quite busy with therapy and assessments.

Since April 2021, I have co-created and co-hosted a weekly podcast, Inspiration from the Couch, with two friends and fellow psychologists. We are having a great time talking about topics that we find very relevant to us personally and to the clients with whom we work. I am also involved in a year-long embodied leadership training entitled, Humanity First: The Art and Practice of Being Fully Human. The focus of this training is to help me be a leader in every moment and

connect more to myself so that I can connect more to others and leave them in their greatness. When I'm not engaged in professional psychology activities or working what seems like a gazillion jobs, you can find me at home with my husband of 23 years, our two kids (ages 13 and 12), our 3 cats, and loveable Labradoodle. When I'm not at home, you can usually find me at a Disney theme park, Disney-owned resort, or Disney cruise! I already have 5 trips planned for the remainder of this year and next year. My dream is to retire near one of the Disney parks and make Disney-themed confections during my golden years (#Disneygoals).

**“NO DOUBT, THIS PROCESS IS HARD WORK. HOWEVER, IT IS IMPORTANT TO ENJOY YOUR TIME IN GRAD SCHOOL AND FOSTER YOUR RELATIONSHIPS WITH CLASSMATES AND FACULTY AS THESE PEOPLE WILL BE YOUR COLLEAGUES BEFORE YOU KNOW IT!”**

DR. JAMIE WILSON

I have been really grateful for the training that I have received from our program. UNT really does offer a solid foundation for psychological practice. No doubt, this process is hard work. However, it is important to enjoy your time in grad school and foster your relationships with classmates and faculty as these people will be your colleagues before you know it! Advocate for what you want in your training and don't be afraid to take risks. And if you ever see me on campus, please say hello! I'm always happy to chat with trainees!

## MEET OUR ADJUNCT FACULTY, CONT'D

**DR. KIM ROBINSON**

Dr. Robinson has had the joy and honor of working as a nurse, a licensed professional counselor, and a psychologist. Each of those roles have taught her volumes about human behavior, our limits and strengths, and how each of us are at different points along a coping-collapse continuum at any point in time.

As a nurse, she worked in kidney Dialysis and Transplantation back when researchers were still experimenting on dogs. As she pursued her master's degree in 1990, she managed her own Cross Cultural Training program just as many Houston corporations were laying off thousands of employees who weren't willing to take overseas assignments. She trained families to prepare for overseas assignments worldwide, including the Train the Trainer program for cultural diversity for NASA's Johnson Space Center.

After her master's degree, she pursued brain injury rehabilitation during her Ph.D. at the University of Houston. Her doctoral internship was at the University of Texas Medical Branch in Galveston. She then taught at Midwestern State University, in Psychology, Nursing, and Public Health, and she taught in their Study Abroad Program in London, England for 5 summers. While working in a private psychiatric hospital, she worked on a military unit where several patients had PTSD. She then specialized in trauma work, and worked for all 4 branches of the military until May of 2019. She currently is a "train the trainer" and consultant for the Catholic Diocese of Fort Worth for Child Sexual Abuse and Sex Trafficking. It is in her role as an ambassador for Shared Hope International, a nonprofit organization combatting Human Trafficking for almost 25 years now, that she presents educati-



**DR. ROBINSON AND HER 55-YEAR-OLD COCKATOO, BUSHMAN.**

*Photo courtesy of Dr. Robinson*

onal programs on Human Trafficking. She also works part time with Ranch Hands Rescue, a sanctuary for humans and animals who have experienced trauma. It offers trauma informed therapies geared towards meeting the needs of our clients. The nonprofit agency opened the first safe house for male survivors of sex trafficking in June of 2021.

Dr. Robinson was hired to supervise doctoral level counseling psychology students this past summer.

# FACULTY UPDATES

## DR. JOSHUA HOOK



**DR. HOOK AND HIS FAMILY**  
*Photo courtesy of Dr. Hook*

It has been another good year for the Positive Psychology Research Group, although I think we're all ready for COVID to be done so we can get back to traveling to conferences and meeting in person. My students continue to make good progress on their individual research projects and present their work at (virtual) conferences.

On a personal note, we had a baby girl this past year and she is 10 months old now! It's crazy how the time flies. We haven't been traveling too much, but we did get to escape the heat a bit this summer and go to Canada to visit Jenn's family, which was nice.

## DR. TRENT PETRIE

Hi Everyone... I hope this message finds you and your families well. Since our last newsletter, so much has happened, from getting vaccinations (or not), the surge of delta, continuing political upheavals (e.g., voter suppression laws), but I hope that you have been able to stay connected to those who are important to, and supportive of, you and that has helped you find some peace and stability.

This summer, as we do every summer, we headed to Colorado to escape Texas and reconnect with our souls. This summer's travels were especially meaningful for several reasons. My son Braeden, who is now ensconced in NYC and about to start his fashion design training at Parsons, was able to be with us for a week. He had not been to our family cabin since high school, so it was a wonderful time of hiking, playing games with family, and an adventure of looking for a lost hiker



**DR. PETRIE AND HIS FAMILY**

(you can ask me about that one!). I also was able to spend more time there than usual and, this year, was able to get in some wonderful hikes... Middle and West Forks of the Cimarron, Bullion King Lake and Porphyry Basin, Columbine Lake, and the Bridge of Heaven. As I shared in a previous newsletter, my dad had died a year ago and, because of COVID, we were not able to do anything at that time. However, on all my hikes this summer I took some of my dad's ashes and



## FACULTY UPDATES, CONT'D

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spread him throughout the San Juan mountains of his childhood. I hope he finds peace there. Also, our dog Charli, who was a nugget just a few months ago, became a real dog on this trip! She definitely proved herself a mountain dog who loves hikes and loves, loves, loves water... there was not a mountain lake or stream that she did not enter with abandon! I have included a few photos of some of the areas we hiked and what we saw.



Laura continues her work at Children's as Director of their feeding program...very meaningful, but hard work. She also has been spending time with her mom who, unfortunately, is advancing in her Alzheimer's. Will, now almost 15, is in his first year of high school (masking because we believe in science), playing basketball, still loving his gaming, and so happy to have Charli. As I mentioned above, Braeden is about to start design school, though will be able to continue his work with the Buchwold group (he works for an entertainment agent). His work has been great for him, providing flexibility that has allowed him to travel and work abroad (he just returned from three weeks in Europe...because he could and because a friend's family had a place where he could stay 😊). Oh yeah, and he re-tore his ACL and will be having



*All photos  
courtesy of  
Dr. Petrie*

surgery in November! Kyla has just entered her 4th year of medical school. She was able to visit with us for about six week at the beginning of the summer as she did her final studying for her STEP-2 test (on which she did very well)...it was great to see her and for her and Will to spend time together too. Even though COVID has placed restrictions on the rotations that 4th years can do, she was able to spend four weeks at the USC medical system in orthopedics in August. She just submitted all of her applications for residency and now just has to wait a couple of months to learn about where she'll be interviewed...takes some of you back in time I bet! Hopefully, I'll have some updates on her progress for the next newsletter.

Some great news/announcements from work.

First, congratulations to Drs. Stephanie Barrett, Matt Mikesell, and Karolina Shander...all finished internships, graduated and are gainfully employed! Second, congratulations to Tess Palmateer, Randi Jackson and Andy Walsh who are on internship at sites across the U.S. and getting great training.

Third, welcome to Dafina Chisolm-Salau, Cachet Liu, Kasey Chambers, and Cameren Pryor who joined our family this fall.

Laura and I send our best to everyone and our hopes for a meaningful fall and into your holiday seasons. We are returning bit by bit to "normal" (I even flew on a plane last month!) and are hoping to start our student dinners and get back to in-person for our annual holiday party. We will let you know in the next newsletter.

## DR. DC WANG

Dr. DC Wang and his Cross-Cultural Attachment Research Lab had a busy and productive year.

I would like to first share some good news occurring in the past few months among our alumni and upper-year students in the lab. Kendra successfully completed her pre-doctoral internship at Dallas VA in July 2021. The exciting news about Kendra also includes that she secured a permanent staff psychologist position at the VA Ann Arbor Medical Center so her entire family, including her toddler son, Hayes moved back to her home state of Michigan in summer 2021.

Ivan also had some very impressive accomplishments. He successfully defended his dissertation in April 2021 and is now a tenure-track assistant professor in the Psychology Department at the Oregon State University.



**DR. IVÁN CARBAJAL AND DR. DC WANG**

*All photos courtesy of Dr. Wang*

Our lab alumni Ling, who graduated in 2020 and Wenzhen who graduated in 2019 also brought us some thrilling news in early summer. After completing her post-doc training at the Stanford University Medical School in August 2021, Ling accepted an offer and is now a tenure-track assistant professor of the counseling psychology Ph.D. program at the University of Calgary in

## FACULTY UPDATES, CONT'D



**DR. WANG WITH HIS FAM AND THE CCARL FAM**

Canada. Ling's husband, Gabriel who was also a formal lab member also moved up to University of Calgary to become a clinical faculty member doing both direct serves and clinical training there.

After working as a staff psychologist at a college counseling center, Wenzhen decided to switch track to academia and is now a faculty member in the School of Psychology at the Central China Normal University. Congratulations to all of our alumni and recent graduates. You are amazing and we are very proud of you.

Another update is that Danna successfully defended her dissertation in May 2021, well before her pre-doctoral internship started. She is on track to be one of our upcoming graduation cohort in August 2022.

This August, we welcomed two brand-new graduate lab members to join the CCARL family: Ashley Koh and Cachet Lue. Ashley came from California and completed her undergraduate education at Wheaton College. Cachet originally came from Canada but is pretty familiar with the DFW area for she completed her bachelor at TCU and then her master's degree from University of Minnesota. Both of them have adjusted well to Denton and their 1st semester of studying in the program.

## FACULTY UPDATES, CONT'D



*Photo courtesy of Dr. Watkins*

**DR. ED WATKINS**

Dr. Watkins with his three grandchildren:

Weston, 2,

Lila, 4,

and Milo, 9.

**DR. TRISH KAMINSKI**

Hello Alums, Students, Faculty, & Friends of the Counseling Psychology Program!

As I reflected on completing my second decade at UNT, my most satisfying work has been the clinical and research training of students. I reached out to the 18 psychologists whom I mentored in the past 10 years and am excited to update y'all on what half of these alums from my lab are doing! I am particularly proud that they are all have found ways to "give back," whether through advocacy and activism, teaching and training, or direct service to trauma survivors and clients with marginalized identities.

Take care & stay well,  
Trish Kaminski, Ph.D.  
*Scientia Conquisitor Lab*



**DR. KAMINSKI**

FACULTY UPDATES,  
CONT'D

JARICE CARR, PH.D.

After completing her internship in North Carolina, Jarice was invited to join the staff at the University of North Carolina (UNC) Charlotte's Counseling and Psychological Services.

She has since been promoted and is now the Assistant Director for Outreach and Community Engagement.

AUBREY HARSHAW AUSTIN, PH.D.  
AND HARLAN AUSTIN, PH.D.



After 10 years, Aubrey left her position as the Co-Executive Director of her nonprofit, Reaching HOPE, in the Denver area. Her work with victims of family violence and other interpersonal trauma filled a need in her community and made her eligible for student loan forgiveness. This was a good year for Aubrey to transition to private practice so her family could move to the Vail area because Harlan accepted a position as the Sport Psychologist for Vail Health. He loves his new job and even did a commercial for them that aired during the Olympics! Aubrey described the Vail area as, "picture perfect," and sent the proof! The rest of the Austin family includes Avery (9), Alden (4), and their "mischievous puppy" Zephyr (1).



THE AUSTIN FAMILY

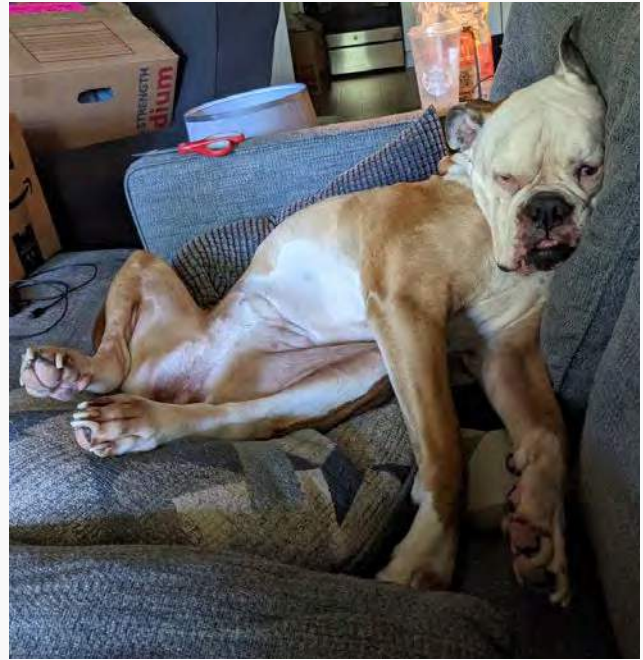
*All photos courtesy of Drs. Austin*

## FACULTY UPDATES, CONT'D

### ANDREW PEREIRA, PH.D.

Andrew is a Postdoctoral Fellow at LightHeart Psychological Associates in Redmond, Washington, doing assessment and therapy work as a pre-licensed professional under supervision. He is working on publishing his dissertation and analyzing the qualitative data he collected from his sample of BIPOC sexual minority men.

Andrew and his partner, Beau, are making a home in Bothell, Washington with their dog Bella. She loves the cool, temperate weather of the nearby wetlands (attached is a picture of her lounging). To stay safe and sane during the pandemic, Andrew and Beau met regularly with a small vaccinated group of friends to play Magic the Gathering “and other nerdy/fun boardgames.”



*Photo courtesy of Dr. Pereira*

### MAE MACINTIRE, PH.D.

Like the Austins, Mae and her wife, Laura, also settled in Colorado. They live in Grand Junction—the largest city in Western Colorado that also breaks records for having the most outdoor activities within 100 miles. Mae and Laura are raising a beautiful (and “spoiled”) 13-year-old puppy named Tavish.

Mae continues to love teaching and is a Psychology Instructor at Colorado Mesa University. In addition, she sees clients for assessment and therapy in her private practice. Laura is also a mental health professional and loves her job as a therapist and advocate for survivors of intimate partner violence.

### SARAH HAMMON ATKINS, PH.D. AND MATT ATKINS, PH.D.

Sarah and Matt are raising two sons. Their oldest, Aiden, just started at a new Montessori preschool and it’s an extra busy time for their family. Sarah hopes to catch up with us more in the next newsletter!

Meanwhile, I can tell you that Matt and Sarah co-own an addiction clinic and a mental health group practice in Minnesota. They would warmly welcome inquiries from any students looking for mentorship post-graduation related to opening a private practice, or students who may be looking for externships, post-docs, or jobs in the snowy Midwest!

FACULTY UPDATES,  
CONT'D

## MISHELLE RODRIGUEZ, PH.D.



*Photo courtesy of Dr. Rodriguez*

Mishelle is the founder of Collaborative Changemakers Counseling and Consulting, with offices in Ypsilanti and Ann Arbor, MI. Mishelle has created a niche using her expertise with clients who are reluctant to try counseling

(including people of color, men, athletes, and survivors of complex trauma). Mishelle is passionate about working with clients through times of intense difficulty, as well as everyday stressors and goals for growth. Her areas of specialization include family of origin issues, relationship concerns, self-esteem, perfectionism, sport psychology, multicultural issues, and trauma.

Mishelle approaches counseling from a relational cultural perspective, with the goal of understanding each client as a whole person, with an appreciation for their intersecting identities, relationships, roles, and the environments they are navigating. She is trained in multiple approaches that promote healing and growth by focusing on the brain-body connection. Mishelle also does training and speaking engagements related to Black mental health, cultural trauma, self-care for activists, stress related to the socio-political climate, trauma-informed counseling, and multicultural consciousness/competence.

## CARLIE MCGREGOR, PH.D.

Carlie moved to South Bend, Indiana in late July to start a staff position as a Sport Psychology Specialist at the University of Notre Dame. She is working towards licensure and HSPP credentials. Her sister recently bought a house in Bloomington Indiana, so Carlie has enjoyed spending some weekends with her and helping her with home-improvement projects.

On the research end, Carlie and I are working towards submitting her dissertation for

publication in the Journal of College Health. We hope our work will inform therapeutic work with college men and demonstrate the importance of improving the quality of their social relationships and academic self-concept to reduce body dissatisfaction and depressive symptoms. Furthermore, Carlie aspires for her research to have a wider impact such as informing advocacy programming to counter body related pressure from media, societal systems, and support networks.

## FACULTY UPDATES, CONT'D

**JUSTIN LITVIN, PH.D.**

Justin is a staff psychologist at the Fort Worth Veteran Affairs Outpatient Clinic. He works in a general mental health clinic and primarily provides couple therapy and treatment for PTSD, anxiety, and mood disorders. He also has a private practice (<https://www.vcstherapy.com/>).

Regarding research, the Complex Trauma Inventory (CTI; <https://psychology.unt.edu/cti>) is currently available in eight different languages.

Justin and his wife, Melanie, have a one-year-old son named Ethan. As you can see from the photos, Ethan is a very happy child. Justin wrote that Ethan is "very fun and brings my whole family so much joy. I could not imagine a more perfect child." Justin and Melanie also purchased a home in Fort Worth in 2020 and described their situation as "officially living our 'American Dream'!"

**THE LITVIN FAMILY**

*All photos courtesy of Dr. Litvin*

Justin offered kudos to the program and shared words of encouragement for current students: "We are grateful for the program which provided me outstanding clinical training and opened various professional opportunities. Although the program was rigorous, I can honestly say it was worth it. The training I received and reflection I did during those 6 years have not only changed my career, but who I am as a person."

**JENNIFER S. WILLIAMS, PH.D.**

Jennifer founded Spectrus Psychological Services (<https://www.spectruspsych.com>) in Bartonville, Texas. She recently expanded it to a group that provides therapy and psychological testing services for a range of presenting concerns.

They focus specifically in being a neurodivergent and LGBTQIA+ affirming practice and their clinicians have a range of backgrounds and specialty areas.

For a more detailed update from Dr. Williams, please see pages 18-19 of this issue.

# ALUMNI UPDATES



**DR. BRANNAN AND FAMILY**

*All photos courtesy of Dr. Brannan*

## DR. MEGAN BRANNAN

Hello everyone! I graduated from the Counseling Psychology program in 2010. I worked with Dr. Trent Petrie doing research on eating disorders and body image. I sought out experiences that allowed me to specialize in the treatment of eating disorders. This led to my internship at Purdue University's Counseling and Psychological Services, a postdoctoral fellowship at the University of Delaware's Center for Counseling and Student Development, and then my first official job as the Eating Disorder Treatment Specialist at University Counseling Services at Virginia Commonwealth University. I loved my time at VCU and the city of Richmond, but ultimately, returned to Texas to be closer to family and became a staff psychologist at the University of

Houston's Counseling and Psychological Services. I was then persuaded to join the staff at a local eating disorder treatment program providing intensive outpatient and partial hospitalization levels of care. In 2016, I received my Certification as an Eating Disorder Specialist and started my own private practice in Houston where I've continued to treat eating disorders as well as other mental health concerns. It's sometimes hard to believe it has been 11 years since I graduated from the program.

I have many fond memories of my time in the program both on and off campus. The Halloween parties and talent shows were some of my favorite times, but I also loved practicum team on Fridays from 2 to 4pm. The clinic was always nice and quiet then. Splitting time running between the Psychology Clinic at Terrill Hall and Counseling and Testing always kept me on my toes. More than anything, however, I think about the people in the program, both students and faculty. Trying to balance teaching, my own classes, research, and clinical work felt more manageable with the support of my peers. We were in it together. Lots of laughs, tears, and meaningful conversations occurred throughout my time in the program and it was an experience of bonding unlike any other. In fact, my closest friends are those that I met while in grad school.

Since moving to Houston, I met and married my husband, Chris. We have two small and very spoiled dogs, named Pickles and Happy. We've traveled all over the US, including Alaska and Hawaii and are planning some international travel (hopefully) once things calm down. I developed a Disney habit, and we frequently travel to Disney with another UNT Counseling Psychology program

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## ALUMNI UPDATES, CONT'D

CONTINUED FROM PAGE 16

alum, Dr. Jamie Wilson, and her family. We enjoy running and participating in races of varying distances. I love to dance; though with the pandemic, it's mainly in my living room. Since the pandemic, I got really into puzzles and roller skating again.

I can imagine doing the program during a pandemic has added layers of complexity that previous cohorts didn't have to contend with. I wish students and faculty the best as you continue to navigate training during a pandemic.



### DR. JENNIFER WILLIAMS

Greetings UNT Counseling Psychology Folks,

**Graduate School:** I graduated from the Counseling Psychology program in 2016. Our training at UNT was extensive and helped prepare me well for the journey I would take through internship and later work that I would later take on. The counseling program's unique and very valuable integration of assessment and testing into clinical training proved so very useful. My cohort and I were well prepared for clinical work, predoctoral and postdoctoral training, and professional exams and licensure. Faculty and staff at UNT were supportive, kind, encouraging, and challenging in ways that really inspired my growth!



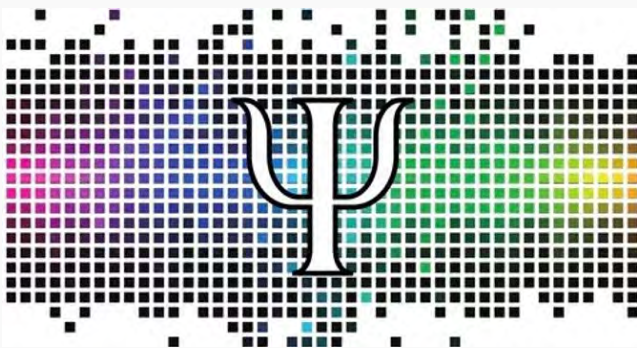
*Photo courtesy of Dr. Williams*

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## ALUMNI UPDATES, CONT'D

CONTINUED FROM PAGE 17

**Internship and Post-Doctoral Training:** I attended my predoctoral internship at Brigham Young University Counseling and Psychology Services to focus on provide services specifically to LGBTQIA+ students. This internship also included further training in individual, group, and couples therapy, assessment, and supervision. My cohort was instrumental in pushing for the creation of LGBTQIA+ group therapy that is now openly available to students on campus. I then completed postdoctoral training at the Jones Center for Children's Therapy and Assessment. Within this postdoctoral position, I gained experience providing therapy and testing services to children and adolescents. Throughout my graduate career and training experiences, I sought out further opportunities to learn and train in the provision of services to autistic/neurodivergent individuals as well as LGBTQIA+ folks.



SPECTRUS LOGO

**Post Licensure Work:** Following postdoctoral training, I settled in North Texas and began working with geriatric populations providing therapy and testing services. This offered the opportunity for me to gain experience in neuropsychological testing and broadened the age range and diversity of clients with whom I have experience. I then took the leap into private

practice when I opened Spectrus Psychological Services, PLLC ([www.spectruspsych.com](http://www.spectruspsych.com)). The learning curve was steep, as clinicians often do not have training to prepare them for all aspects of creating and running a business! Spectrus did well in its first few years, and I was able to build a steady clientele for therapy and testing. I have recently expanded Spectrus to a group practice where we provide neurodivergent and LGBTQIA+ affirming services. Our group includes myself, my backup clinical supervisor, two licensed counselors, a doctoral intern, and an occupational therapist. We continue to grow as we seek to meet the community needs.

**“THROUGHOUT MY GRADUATE CAREER AND TRAINING EXPERIENCES, I SOUGHT OUT FURTHER OPPORTUNITIES TO LEARN AND TRAIN IN THE PROVISION OF SERVICES TO AUTISTIC/NEURODIVERGENT INDIVIDUALS AS WELL AS LGBTQIA+ FOLKS.”**

DR. JENNIFER WILLIAMS

**Final Note:** As you continue your journey through graduate school and clinical training, I know you will at times feel tired, overwhelmed, and discouraged. When you feel like you cannot move any further, do any more, or surmount the next obstacle, I encourage you not to quit but to pause. Seek out your faculty, peers, and alum to hold space for you to breathe and regroup, and then keep going no matter the pace. Later, if you plan to enter the world of private practice, seek out your alum or other professionals who can mentor, guide, and encourage you through this learning curve. Be well UNT folks!

# STUDENT SPOTLIGHTS

## DOMINIQUE DOTY

Hi! My name is Dominique and I'm currently a 4th year in the program. Wow! It feels surreal to say 4th year!

It seems like only yesterday I stepped onto this campus as a first year, not knowing anyone, completely oblivious to what the next few years would bring. In my wildest dreams, I could never have imagined that my graduate school experience would be colored by so many historical events. From the global pandemic, to the sociopolitical unrest, the winter storm, and finally being back in person, these last few years have been nothing short of a whirlwind!

When I reflect on who I was when I arrived at UNT back in August of 2018, it feels like night and day from who I am now. In one of my classes recently, I was asked to think of something that I would tell my first-year self, knowing what I know now: You made the right decision. Four years later into my training, even with Imposter Syndrome still trying to rear its ugly head from time to time, I truly believe that I made the right decision. Coming from a military family, my passion for therapeutic work lies with veterans and their families. Working at the Fort Worth VA for my externship training this year has provided me the opportunity to give back to a community that means so much to me.



*Photo courtesy of Dominique Doty*

This year also marks my second year in the role of Clinic GSA, and what an experience that has been! Being part of the clinic staff has enabled me to increase my professional development skills, especially with the different modalities of service related to both telehealth and in-person administrative work.

Overall, my experience in this program has been wrought with challenges and rewards. Would I take any of it back? Absolutely not. The friendships and connections I have made here with like-minded individuals mean the world to me and make every hurdle worth it. I can look back on my time thus far and know, I made the right decision.

**“THE FRIENDSHIPS AND CONNECTIONS I HAVE MADE HERE WITH LIKE-MINDED INDIVIDUALS MEAN THE WORLD TO ME AND MAKE EVERY HURDLE WORTH IT.”**

DOMINIQUE DOTY, 4TH YEAR

## STUDENT SPOTLIGHTS, CONT'D

### KALEB CUSACK

Dear Alums, Colleagues, Students, and Friends of the APA-Accredited Counseling Psychology doctoral program at UNT,

My name is Kaleb Cusack. I'm a fifth year in the sport psychology cluster, which through the natural order of things in our program in combination with the pandemic, makes me irrelevant to most of you. I don't know half of you half as well as I should like; and I like less than half of you half as well as you deserve. Nonetheless, it is with my absolute pleasure to stand in the Student Spotlight™ and take this opportunity to give you a glimpse into my experience in the program (much redacted), advertise highlights of my CV (hey alums, please hire me), and share unsolicited advice and lessons learned from someone who was "exclusive" in his first year.

If there was any overarching, universal advice I could give about this program, it is that every year is a new batch of crazy. Your first year is filled with classes, program events (GASP social chairs permitting), and cohort ruptures that you eventually end up airing out in Group class. In second year, you take on the role of therapist for your first clients in the psychology clinic, teach classes, spend hours at standing at a practice, and start to recognize the cycle of program issues. By third year, you'll be walking tall to one of your three practicum sites, holding on to the hope that you will eventually be a fourth year. Fourth year, I hope you will have the chance to work with fantastic mentors and supervisors that you'll never forget.

I won't be the first to tell you to find balance in



*Photo courtesy of Kaleb Cusack*

your life and not wear the student hat 24/7. Many of you have/had relationships, ill-behaved pets, or side jobs to over-identify with to help cope with the challenges of graduate education. I was fortunate enough to have a dream team of roommates assembled to live in Andrew and Nancy Shelton's former home at 1506 Avenue C. We were a motley crew. A kinesiology master's student that I adopted into the program. A former fraternity member to help guide our home's culture. The program darling with an obvious avoidant-dismissive attachment style. Jokes aside, I could not have gotten through this program without them.

One quote that stands out from my time here is this: "find your people." This phrase encapsulates the necessity of connection to persevere in this journey. I arrived to this program with the notion

STUDENT SPOTLIGHTS, CONT'D

CONTINUED FROM PAGE 20

that how competent I appeared would be the only thing people saw. To my disbelief, I was surrounded by people who cared and supported me simply because I was here. There was not a time when anyone would not stop what they were doing to help me with a question or just ask how I was doing. This program has offered me the

opportunity to have a career I've wanted since I was 16, grow into a healthier relationship with myself, and build friendships that I will hold dearly for the rest of my life. I hope it is the same for you.

Alums, colleagues, students, and friends, I truly wish you all the best.

Kaleb

CONGRATULATIONS TO OUR  
SUMMER/FALL 2021 GRADUATES!

DR. STEPHANIE BARRETT  
DUKE UNIVERSITY ATHLETIC DEPT. POSTDOC

DR. NINA CALMENSEN  
THERAPY DALLAS POSTDOC

DR. CARLIE MCGREGOR  
UNIVERSITY OF NOTRE DAME, SPORT PSY SPECIALIST

DR. MATTHEW MIKESELL  
PREMIER SPORT PSY CENTER, POSTDOC

DR. KENDRA OOSTERHOUSE  
OANN ARBOR VA HEALTHCARE SYSTEM, STAFF PSY

DR. ANDREW PEREIRA  
LIGHTEART PSYCHOLOGICAL ASSOCIATES, POSTDOC

DR. KAROLINA SHANDER  
CHRYSLIS CENTER, POSTDOC

# MEET THE FIRST YEARS

PLEASE WELCOME THE 2021-2022 COHORT WHO BRING ENDLESS TALENT, ENERGY, AND SPIRIT TO OUR PROGRAM!

**KASEY CHAMBERS**  
SPORT PSYCHOLOGY, DR. PETRIE

**HOMETOWN**  
Red Bank, New Jersey

**DEGREES**  
B.A., English  
University of Pennsylvania

M.A., Education & Human Development  
George Washington University

M.A., Psychology  
Chatham University



**DAFINA CHISOLM-SALAU**  
SPORT PSYCHOLOGY, DR. PETRIE

**HOMETOWN**  
Atlanta, Georgia

**DEGREES**  
B.A., Psychology  
University of Maryland, Baltimore County

M.S., Applied Psychology (Counseling)  
University of Baltimore



**HOMETOWN**  
San Antonio, Texas

**DEGREES**  
B.A., Music  
B.A., Psychology  
University of Texas at Austin



**HOMETOWN**  
Montreal, Quebec, Canada

**DEGREE**  
B.A., Psychology  
Spelman College



**CALEB FREUND**  
MINORITY WELLNESS, DR. HOOK

**CASSANDRE JEAN-CEISE**  
MINORITY WELLNESS, DR. JONES

# MEET THE FIRST YEARS, CONT'D

**ASHLEY KOH**  
CHILD AND FAMILY, DR. WANG

**HOMETOWN:**  
San Jose, California

**DEGREE:**  
B.A., Psychology  
Wheaton College



**CACHET LUE**  
CHILD AND FAMILY, DR. PETRIE

**HOMETOWN:**  
Mississauga,  
Ontario, Canada

**DEGREES:**  
B.S., Kinesiology  
University of  
Minnesota

M.A., Psychology  
University of  
Minnesota



**HOMETOWN:**  
Raleigh, North  
Carolina

**DEGREES:**  
B.S., Psychology  
Southern Illinois  
University,  
Edwardsville

M.S., Kinesiology +  
Exercise & Sport  
Psychology  
concentration  
Southern Illinois  
University  
Edwardsville



**HOMETOWN:**  
Dallas, Texas

**DEGREE:**  
B.A., Psychology  
University of North  
Texas

**CAMEREN PRYOR**  
SPORT PSYCHOLOGY, DR. PETRIE

**MACKENZIE WATSON**  
CHILD AND FAMILY, DR. KAMINSKI

# A NOTE FROM YOUR '21 - '22 STUDENT REPS

BY MELISSA BRIONES & SABRINA ZUNIGA

This semester has been unique due to its combination of in person and online meetings and classes. As we acclimate to constant changes, please reach out to us if any concerns come up! Despite the anxieties and risks that accompany returning to in-person activities, a benefit to this has been in meeting our wonderful new peers and reuniting with friends.

As your reps, we continue to be committed to seeing our program become a more inclusive place that trains the next generation of social justice advocates and culturally competent clinicians. In seeing this mission continue, we will be meeting in committees to define how we will evaluate and incorporate further training to continue to increase multicultural competence.



**SABRINA (2ND YEAR) & MELISSA (3RD YEAR)**

We encourage all students and faculty to continue coming to us with new ideas to bring this goal to fruition.

We also ask students to bring any concerns or questions to us so we can best advocate for all students. As we return to this semblance of "normality," we aim to create community among newer and more senior students, as COVID has greatly impacted our ability to come together. If current students have any concerns, questions, or ideas, we are only a text, email, or Zoom link away! You can also catch us in the cube room.



**“WE SERVE AS THE LIAISON BETWEEN THE COUNSELING PSYCHOLOGY PROGRAM STUDENTS AND FACULTY. WE ENCOURAGE STUDENTS TO COME TO US WITH THEIR CONCERNS, SUGGESTIONS, OR COMMENTS ABOUT THEIR EXPERIENCES AS GRADUATE STUDENTS. OUR MISSION IS TO ADVOCATE FOR STUDENTS AND MAKE STUDENTS’ VOICES HEARD.”**

YOU MAY REACH THEM AT: [PSYC-COUNSELINGREP@UNT.EDU](mailto:PSYC-COUNSELINGREP@UNT.EDU)



## EDITORS' COLUMN: A NOTE FROM YOUR GSAS

BY MACEY ARNOLD & HANNAH HWANG

As your new Graduate Student Assistants (GSAs), we greet you this Fall with well wishes for your health -- mental, emotional, and physical. It's been a difficult year and half for us all as we continue to seek a solution towards stopping the spread of COVID-19 and its variants. We are in awe of our student body for their resilience, empathy, flexibility, and proactive desire to support their colleagues. As we anticipate a full in-person semester in the Spring, we hope to encourage everyone to continue to prioritize their well-being as we find our "new normal."

In the past two years, we have also seen many social movements dedicated to upholding social justice and liberation. As your GSAs, we are dedicated to making this program a safe and productive environment that will provide everyone with equitable training and educational



opportunities as we advance into professionals. We are here to assist students keep track of their benchmark accomplishments and move up toward the next stages of your training. If you have any questions about program matters, we are happy to help find you the correct answers.

Finally, we would like to offer our deepest gratitude for the former GSA, Gabby Weierbach, for helping us settle into these roles with generosity and patience. We acknowledge her impeccable work holding this position solo for the previous two years. Gabby, we wish you the best as you get closer to entering the real world!

### ABOUT MACEY

Macey Arnold is a second-year student in the Sport Psychology Cluster. She is from Palm City, Florida and is a former competitive swimmer. She received her B.S. in Psychology and Exercise & Sport Science from the University of North Carolina at Chapel Hill. She also has research experience working with Dr. Nagy at Duke University. She is passionate about advocating for equity among 2SLGBTQIA+ populations, specifically those who are also athletes. In her free time, she enjoys getting updates about her nephew, cooking, spending time in nature, and watching the *Real Housewives* series to unwind.

### ABOUT HANNAH

Hannah Hwang is a second-year student from Austin, Texas in the Minority Wellness cluster. She received a B.A. in English and Interdisciplinary Studies at Baylor University and a M.Ed. in Counselor Education from the University of Texas at Austin. She has previously worked as an English teacher in Seoul, South Korea and as a case manager at a crisis residential center. Her research interests include community-based interventions for multicultural and multilingual populations. In her free time, she enjoys walking around Central Market at a very leisurely pace, cooking, learning new art forms, and climbing.

# PET CORNER: THE MVPs OF OUR PROGRAM

TO FEATURE YOURSELF OR YOUR PET IN THE NEXT ISSUE,  
PLEASE EMAIL HANNAH (HANNAHHWANG@MY.UNT.EDU)

This is an ode to our pets who provide us with laughter and love every day. It's not easy work keeping doctoral students sane, but they do are ex



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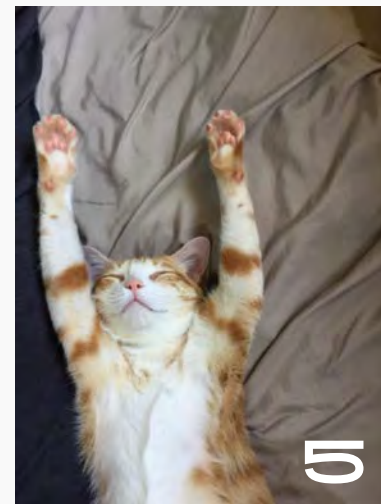
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**"IT IS THE INTUITIVE  
POWER OF ANIMALS  
THAT CAN HELP US  
HEAL HURTS, LESSEN  
STRESS, FEEL NEEDED,  
AND EXPRESS OUR  
CARING SIDE."**

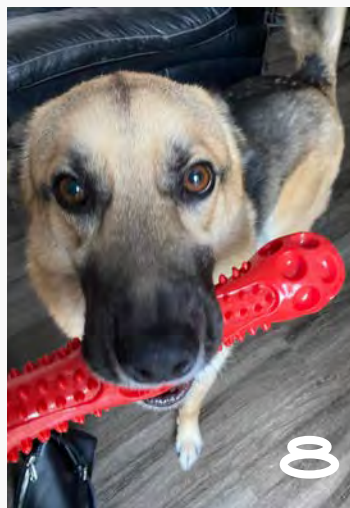
MARY BECKER, DVM



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- NEEBU, FARAHA HASAN 1
- ALOO, FARAHA HASAN 2
- ZIGGY, DAFINA CHISOLM-SALAU 3
- MOMMA, CALEB FREUND 4
- MKANGO, CALEB FREUND 5
- MOCHA, JULIAN YOON 6
- MARINA, HEATHER KIEFER 7
- ENZO, MELISSA BRIONES 8
- MANGO, CARMYN HAYES 9
- BEAR, HANNAH HWANG 10
- BENNY, LAUREN KEMBLE 11