Greetings from the DCT!

Dear Alums, Colleagues, and Friends of the UNT Counseling Psy Program, Greetings!

I hope you are enjoying the spring season. Dr. Kaminski resigned from the DCT position in the end of 2016 to better focus on her health and family. On behalf of our program, I would like to first express our greatest appreciation to Trish for her outstanding leadership and the devotion she has given to our program in the past 7 years as our DCT.

I am extremely honored to serve as the Director of the program. Because many alums may not know me, let me give a brief introduction about myself. I grew up in Taiwan and came to the States 20 years ago for my graduate education. After completing my pre-doctoral internship at UC Davis Counseling Center and receiving my doctoral degree from University Missouri in 2004, I became a faculty member in the Counseling Psy program at the University of Missouri-Kansas City and got my license. In Fall 2011, I joined our program at UNT. My wife and I have 2 daughters, one in college and another still in elementary school. My research areas include adult attachment, acculturation, cultural influences on wellbeing and psychosocial functioning, and adjustment and mental health of minority and immigrant individuals.

As most of you would agree, our program has many strengths. We have dedicated faculty who not only are well respected by other colleagues in the field but also sincerely care about students' personal and professional advancement. On the basis of training well-rounded counseling psychologists guided by the scientist-practitioner...Greetings continued on Page 8

Department Chair’s Address

Dear Alumni,

Greetings from the UNT Psychology Department! There are several events coming up this spring that we would enjoy having you attend. Our Bonney Endowed Chair Visiting Lecture Series will feature Dr. Leslie Morey on April 22, 2017. We look forward to continuing to bring in scholars who will provide training for graduate students, professional development for faculty, and continue the lecture series.

Our 27th Annual Talent Show will be Friday May 5, 2017. The Talent Show began in 1990 thanks to our alum Dr. Ron Nieberding’s efforts. It’s continued since that time and is a tradition we all enjoy at the end of the spring semester. The Saturday after the Talent Show, May 6, 2017, we will have an event to celebrate faculty and student awards and accomplishments. We will be sending out more information about all of these events and hope that you can visit Denton, Terrill Hall, and the UNT campus. If you haven’t visited Denton in a while there are a lot of changes downtown around the square and on campus. We would love to show you the changes in Terrill Hall and have you meet our current faculty and graduate students.

Cordially,
Vicki Campbell, Ph.D.
Department Chair
An update from Dr. Kaminski

Hello Alums!

I wanted you all to know that my cancer is in remission and I’m doing relatively well. My energy hasn’t returned to baseline yet, though, so I needed to take some things ‘off my plate’. I chose to resign from my position as Director of the Counseling Program. I am relieved and grateful to say that Dr. Chiachih “DC” Wang agreed to take on that role; I am not at all surprised that he is doing a great job! And, FYI: My husband and kids (ages 6, 7.5 & 9 yrs) are happy & healthy.

Calleigh (6), Aaron (7½), and Matthew (9)

Faculty Updates

Our faculty have been extremely productive this year outside of UNT in the psychological community. Here are just some of the significant contributions to psychology made in the past year:

Dr. Riggs was recently elected Vice President of Education of APA Division 43: Society of Couple and Family Psychology. As VP, she will be working at a broader, national level to enhance the education and training experiences of couple and family psychologists. Also, Dr. Riggs was invited to be keynote speaker at the 15th International Attachment Conference in Munich, which focused on the theme of attachment and emotional violence. Here, she presented “The Cycle of Emotional Abuse in the Family Attachment Network,” which traces the developmental trajectory engendered by emotionally abusive parenting in infancy through individual and relationship functioning in adulthood.

Dr. Watkins will present the keynote address for a supervisors meeting, sponsored by the Department of Educational Psychology, at the University of Alberta, in Edmonton, Alberta, Canada, in April. Several months ago, he delivered a keynote address and Master Class at the International Interdisciplinary Supervision Conference in Dublin, Ireland.
As I reflect on my decision to attend UNT, features of the program that stood out to me before attending remain those I am most grateful for today. First, the Child & Family Therapy cluster, provided an intensive training in working with families and couples. Though I identified strongly with Counseling Psychology values, the opportunity to learn this modality is unique to UNT. Another feature has been training in Assessment and Statistics, which provided a strong professional foundation moving forward. However, what I am most grateful for is my mentorship under Dr. Wang. Dr. Wang has held me to high expectations and driven me to achieve my own goals more than anybody else (including myself, at times). What drew me to Dr. Wang, though, was that he was just as interested in me personally, my marriage, becoming a new father, my personal adjustment, fostering an academic family in our research lab. Though I will miss this family I am certain these relationships will extend beyond my time at UNT.

**Andrew recently matched for his internship at Ohio State University Counseling and Consultation Services**
Student Spotlight: Alex Auerbach, MS, MBA

Coming to UNT was an easy decision. I remember attending interviews at other universities where current students shared that they did not feel like they had anything to offer, one where the student interviewing me shared that they “hated” the faculty member I was interviewing for, and encouraged me to stay away for my own good, and even one where a few current students danced on the table at the after-interview party (seriously). Needless to say, the judgment of the people I had met was...questionable.

At UNT, the strangest thing that happened on my interview day was a discussion about what flavor of muffins was best ($10 to the person who guesses who was having this discussion. As a hint, they are a current 5th year.) I remember leaving thinking that, if nothing else, I could safely engage in debates about food. Of course, it has turned out to be much more than that. My time with faculty members has been great. I could not be more grateful to have learned under the guidance of Dr. Petrie. The dude is practically a mythical figure in the field of sport psych. If you ever need a verbal hug, you need search no further than room 345. If you need a kick in the rear, room ____ might do the trick!

The best part about coming to UNT, however, has been the other students with whom I’ve had the chance to work. So many students of all years have been supportive and helpful to me throughout my time at UNT. And, I could not have asked for a better cohort to come in with. I’d be hard pressed to find a group of people that has taught me more about myself and the world around me than they have. It is a pretty incredible experience to find a group of 6 people that you can make huge mistakes around, and still have them support you and encourage you to continue your journey. Plus, it doesn’t hurt that I have seen them do some rather embarrassing themselves.

I know that as I get ready to head off to internship, I’m grateful to have had such a good experience with at least one cohort during my graduate training. Far and away, the student community in the program at UNT is the biggest strength, and will be sorely missed.

Student Spotlight: Shelly Sheinbein, MS

I am currently half way through my internship and will be defending my dissertation in summer 2017. This has been a long journey which I’m sure many can relate to and upon reflection it is the relationships I have built over the past 6 years which I have valued the most! The friendships and supervisors who have supported and provided me a wealth of knowledge and most of all guidance which has shaped both my personal and professional identity. I feel very fortunate to have received excellent training both during my 5 years at UNT and now at Northwestern CAPS. This year particularly I have grown in my integrative approach to therapy, utilizing evidence based practices, multicultural competence, and crisis intervention. I have also greatly enjoyed having the opportunity to work with athletes at Northwestern and serve on a consultation team which includes on staff sport psychologists and the sport medicine staff.

Applying for jobs and postdocs has also helped me narrow down my career goals and it has pushed me to figure out the clinical work that brings me the most joy. I am very pleased to say that I recently accepted a Postdoctoral position at Stanford’s Counseling and Psychological Services (CAPS) with a specialization in gender and sexual identity. It is a perfect fit which highlights my current strengths and it will also help me grow in developing greater skills in working with diverse populations. Overall, I am very thankful for all the opportunities I have had thus far and I am eager to continue growing through the remainder of my internship year and thereafter.
Dating and Relationship Violence

An Interview with Jeff R. Temple, Ph.D.
By: Laura Captari

What led you to UNT?
As a recent college graduate in 1998 working as a Starbucks barista in San Antonio, I applied to twelve doctoral programs and one master’s program. The only program I got an offer from was UNT! I had zero publications, zero presentations, and little knowledge. UNT took a chance on me and I’ve been trying to pay it back since. That was back in 1998, and I haven’t stopped learning since.

Tell us a little bit about your journey in the program.
I needed an academic job, so when Dr. Linda Marshall announced during orientation that she was looking for a research assistant, I figured I had nothing to lose. Linda became an amazing mentor to me – in research and in my life. All of my academic accomplishments can be traced back to her. She was the ideal research parent – tough, caring, smart, and had an insane work ethic; all characteristics I try to mimic. I eventually became her senior research assistant on her CDC/NIJ-funded study and did some innovative work on psychological abuse, marital rape, and bidirectional violence. I followed this experience with an internship and postdoc at Brown Medical School, where I examined the effectiveness of tailored batterer intervention programs.

How do you spend your time currently?
I’m an associate professor and director of Behavioral Health and Research in the Department of Ob/Gyn at the University of Texas Medical Branch in Galveston. While I spend one day a week doing clinical work, my greatest passion is research. My team is currently in the 8th year of an ongoing NIH/NIJ-funded longitudinal study following 1,000 adolescents to identify risk and protective factors of dating violence. We also recently received funding from the CDC and NIH to evaluate the effectiveness of a school-based healthy relationship program.

Why teen dating violence (TDV)?
One of my favorite quotes is by Franklin D. Roosevelt: “If you are going to do anything for the common man, you have to start before he becomes a man.” Teen dating violence (TDV) is an important public health concern resulting in acute and chronic physical and mental health consequences. Over 25% of teens will experience physical or sexual violence in their dating relationships, with more sustaining psychological abuse. If nothing is done to prevent the onset or progression of TDV, many of these teens will grow up to experience domestic violence. Adolescent relationships, however, look a lot different than adult relationships, and so does the abuse. TDV can include psychological, physical, sexual, and/or cyber abuse. Increasingly, the Internet is becoming a vehicle by which to perpetrate multiple forms of abuse.

Who is at risk for TDV and what are the consequences?
Everyone—boys and girls, and those in heterosexual and same-sex relationships. However, the risk is most prevalent among adolescents with a history of prior TDV, those who have witnessed community or interparental violence, those with a history of mental health challenges, as well as those who engage in other high-risk behaviors, such as substance use and risky sexual behavior, and those with irregular histories of medical care. TDV negatively shapes adolescents’ self-efficacy and can impair their ability to pay attention and retain information in school. Our research suggests that targeting multiple risk and protective factors, while promoting health relating, particularly among youth from violent households, is critical.

What do you hope for the outcome of your research?
I want to empower schools, teachers, medical professionals, parents, and community members to teach kids healthy relationship skills. We have implemented a high school-based healthy relationship curriculum in Houston-area schools, and recently received NIH R01 funding to evaluate a dating violence prevention program in middle schools. We call this program Fourth R, highlighting the importance of teaching our kids not only about Reading (w)Riting, and a(Rithmetic), but also relationships. Ironically, some of my biggest research crossovers into national media have been in the area of teen sexting, as increasingly, technology is becoming used as a vehicle for abuse. I have been honored to have the opportunity to present my findings on CNN, New York Times, BBC, Savage Lovecast, and even the satirical website, The Onion. Continued on Page 8
Catching Up with Dr. Bert Hayslip
Interview by Danna Bismar

Dr. Bert Hayslip retired in 2013 to Myrtle Beach after 35 years at UNT. He visited the UNT campus and met up with a few faculty members in the department. Danna did a brief interview with him while he was here.

**What do you miss most about UNT?**

I miss working with my graduate students. When I think about daily life, it was largely driven by the grad students. I chaired 65 dissertations and seeing students pass their dissertation defense was always memorable.

**What are you doing now?**

Well, I’m playing more golf; that’s the reason we moved to Myrtle Beach, well, and to be on the beach. About every week we walk on the beach, and sometimes I’ll run on the beach. You know, trying to remain fit- improve my golf game. I do a lot of volunteer work, I work with hospice caring for a number of terminally ill people and deliver meals every week. I also teach for the Osher Lifelong Learning Institute at Coastal Carolina, which is the second largest one in the United States. I have been just doing my thing, trying to remain involved, teaching undergrads part time, publishing, and going to conferences when I can.

**So, you did research with grandparents, and you are one yourself now. Is there anything about being a grandparent that has taken you by surprise?**

No. I know a lot about it. The dynamics are pretty much what you would expect them to be. It’s fulfilling, but we don’t get to see them very often. You maximize the time with them when you see them- we skype, talk to them on the phone, see them on Facebook… they’re very technologically skilled.
Faculty Spotlight: Dr. Watkins “What I’ve Been Doing”

I appreciate the opportunity to catch you up on what I have been doing professionally the last few years. And it all comes down to psychotherapy supervision. Virtually all my efforts --- practice and writing --- have been focused on that and that alone. With regard to practice, I still do individual and group supervision in our program, as I have done for much of the last 30+ years. I have always found, and continue to find, supervision to be an incredibly exciting experience, “a developmentally transformative opportunity”, and I feel very passionately about the doing of supervision and about continuing to try and make myself better as a supervisor. Alfred Adler said nearly a century ago that “Everything can be different”. And so it is with supervision and each and every supervisee. My hope is to always collaboratively find what works best for each supervisee, what works best for us together, and to then developmentally accommodate as best I can; finding that place of developmental accommodation is forever something I very much want to have happen in all my supervisions.

With regard to my supervision writing, perhaps it is best to think of my work as reflecting a program of thought (as opposed to a program of research): It has been primarily conceptual and practical in nature (though I also see it as having heuristic possibilities). Since 2010, my writing has primarily focused on two particular visions of supervision: Supervision integration and psychoanalytic/psychodynamic supervision.

“I have always found, and continue to find, supervision to be an incredibly exciting experience”

So, for example, several of my papers, especially since 2012 and beyond, have appeared in the in the Journal of Psychotherapy Integration, American Journal of Psychotherapy (a trans-theoretical publication), and Psychoanalytic Psychology. Those outlets have been the best fit for what I am doing, and I have provided you with a few representative publications below from those outlets should you wish to read more.

But most specifically within that body of writing, I have worked to articulate what I think of as a commonalities-inspired, commonalities-informed, supervision perspective. Much as we think about common factors in psychotherapy, I have wanted to better define a common factors vision of psychotherapy supervision. I have tried to specify what I see as being the common factors, common processes, and common practices of any and all supervision (see “Convergence in…” reference below); I have also tried to anchor those commonalities within a theory-driven model of supervision process and outcome --- what I refer to as the Contextual Supervision Relationship Model (CSRM; see “How Does…” reference below). We have lacked for a trans-theoretical vision of supervision, and the CSRM is one attempt to provide just that.

And last, let me mention that I had the good fortune to co-edit (with Derek Milne from the UK) a supervision handbook a few years back (reference below). It was a real joy to do, I spent several years working on that, and I certainly hope that it has contributed to supervision’s advancement in some way.

To close, I continue to so enjoy what I do, find working with our students rewarding beyond compare, and hope to continue much supervising and much writing about supervision in the years ahead!

Dr. Watkins’s recent publications:

DCT Greetings!
(continued from page #1)

model, our program offers three clusters—Child & Family, Minority Wellness, and Sport Psychology which provide curriculum, research, and clinical experiences on focused areas to prepare our students for the development of future specialties. We continue to attract a large number of applicants with top qualifications from all over the country and around the world. Program faculty are actively pursuing opportunities for various research topics and new clinical approaches to ensure our students are receiving adequate and cutting-edge training and exposure to address current and future challenges for the mental health profession. We have a strong reputation in training top-notch clinicians and psychologists of the new generation; our students and alums are well regarded by other mental health professionals in the region and many have taken on important leadership positions.

As the new director, I have a strong desire to continue the positive evolution of our program, built on the solid foundation we have developed up to this point. For instance, we would like to have a well-designed, user-friendly UNT Counseling Psychology alum data base that can be shared with all alums, colleagues, and students to enhance the professional networking function. Increasing regular contacts between our alums, current students, and the program is another goal. We would love to see more alums returning home to visit us on various program/department functions including homecoming, talent show, research day, and/or contributing to our internship mock interviews. We have taken some steps in actualizing these goals. For instance, we have reached out to all alums to update your contact information; we have developed a program-based email listserv which includes all alums, faculty, and current students and serves as the venue for more timely communications.

Our alums are absolutely our assets and resources. Here are a couple of ways that you can do to help your home program. First, please consider signing up to serve as an alum mentor to provide advices to our advanced students. Second, we have a counseling psychology activity account in the department which currently has a very low balance (less than $25). This activity fund is to cover the drinks/snacks of various program functions, including the town hall meeting each semester, internship application mock interviews, campus interview for perspective students, and Counseling Psy series of invited talks. Donation to this account is tax deductible and any amount (e.g., $10-$500) from our alums will be greatly appreciated. If you are interested in either item, please send us a notice at CounselingPsy@unt.edu and we will follow up with more detailed information and specific steps.

Our program is scheduled to have an APA reaccreditation site visit next year and we’d love to get your input on how to further strengthen our program. If you have any suggestions for improving specific areas of our program, please do not hesitate to contact me via email at dchwang@unt.edu or via phone call at 940-565-2678. Thank you for your continued support and I look forward to meeting with many of you in person soon in different program functions.

Chiachih DC Wang, Ph.D. Director of the Counseling Psychology Program at UNT

Dr. Temple Interview
(continued from page #5)

What advice do you have for current students considering a career in research or academia?

Get diverse research experience and take advantage of mentoring and networking opportunities. Really try to add value to those

You work with, and stay humble and collaborative. Say “yes” even if it means you sleep less. Work with nice people, even if that person is less accomplished than the other person. Be open to alternative opportunities. I’m in a department of Ob/Gyn at a medical school; a position I didn’t know existed as a graduate student.

What’s a random fact about you that few people know?

I have OCD, and had it pretty bad as a kid. In fact, it’s the reason I went into psychology. Interestingly, my research and clinical work have absolutely nothing to do with OCD.

What’s next for you? What are your current career goals?

I plan to continue plugging away on research projects, with the ultimate goal of disseminating healthy relationship programs in middle and high schools throughout Texas and the US.
Student Rep Corner with Emily Raiche and Laura Captari

It's been an honor to serve this year by advocating for students and collaborating with faculty to improve the program experience. Grad school is incredibly busy, and all of us can fall prey to the mindset of “put your head down, and just try to get through.” Reflecting on this semester, however, two key happenings stand out as powerful examples of our program culture, and the legacy we hope to leave for future students.

Interview Day
Hosting 30+ applicants is no small task, and we wouldn’t have been able to pull it off without the help and support of current students! We were struck by the rallying support that was embodied throughout the process. Many students picked up interviewees, others shared their homes, and everyone put in a long day of gracious hospitality. On interview day, we sent a clear message to next year’s cohort—we’re collaborative, not competitive. We support and take care of each other—it’s what keeps us going on long days of studying, report-writing, grading, and battling SPSS. Our Terrill Hall family really is a gift, and we’re excited to welcome our newest members in August.

Town Hall Meeting
Every organizational environment has its flaws—its unique dynamics, conflicts, and difficulties. And ours is no exception. But our program has made a commitment to create a space each semester to have tough conversations that stimulate change. Town Hall is a student-led forum to give voice to important, meaningful, and at times difficult topics in order to enhance our program experience. It’s our chance for students and faculty alike to step back from the craziness of grad school and reflect about the issues that influence and impact us. This semester’s gathering is April 7th, and we look forward to a time of stimulating conversation and mutual growth.

In the midst of a sociopolitical climate that is increasingly combative, we’re reminded of Maya Angelo’s words: “In diversity there is beauty, and there is strength.” As students and faculty, many of us come from different backgrounds and cultures. We endorse unique identities and values. Our hope and desire is to facilitate a program environment of curiosity about and a desire to learn from each other. Wherever our careers take us, a half-decade at UNT will leave its mark on our development as counseling psychologists. May our DNA be humility, respect, collaboration, and a commitment to advocacy.

Match Day Results
We are extremely proud to report that all of our students applying for internship this year matched. Congratulations class of 2018!

Alex Auerbach
University of North Carolina-Chapel Hill

Stacy Bonds
VA Portland Heath Care System

Kayla Carrigan
University of Miami

Jennifer Farrell
University of Central Florida

Kristina Rodriguez
Texas Woman’s University

Matt Schumacher
Oregon State University

Andrew Shelton
Ohio State University

Bailey Tackett
University of Maryland, Baltimore

Alexandra Thompson
North Carolina State University

Gabriel Zamudio
University of California, Davis

Editor’s Column
Hello All!

As you may have guessed, lots of exciting things are happening here at UNT! With the reaccreditation around the corner, we are working hard to make sure the process goes smoothly. We are grateful for all of the alumni support we have received and we are doing our best to continue UNT’s stellar reputation. This being my first column as editor, I thought it would be most appropriate to express my appreciation for our strong alumni community. As a 2nd year in this program, I have felt nothing less than a welcoming community in the UNT family and I am looking forward to continuing the exciting albeit exhausting journey of grad school! So, with that, I hope you enjoy this edition of the UNT Newsletter — and if you are interested in contributing to future editions, please contact me with updates of your interesting lives!

Sincerely,

Kendra Oosterhouse, MA
Counseling Psy Program GSA
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