
COUNSELING PSYCHOLOGY NEWSLETTER

UNIVERSITY OF NORTH TEXAS

Greetings from the Program Director!

ChiaChih DC Wang, Ph.D.

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

I hope everything is going well for you and your family. As we are embracing the wonderful spring season, I would like to share with all of you some exciting news that happened lately in our program. Seven of our advanced students just concluded their internship application process a few weeks ago with a great success. For five consecutive years, our program has achieved a 100% match rate on phrase I with all APA-accredited internship programs.

—*Greetings continued on Page 2*—



Department Chair Address

Vicki Campbell, Ph.D.

Dear Alumni,

Greetings from the UNT Psychology Department! This year our Bonney Endowed Chair Visiting Lecture Series has highlighted assessment and each program is bringing in speakers. Last Spring we had Dr. Les Morey here, author of the PAI. On Oct. 16, 2017 Dr. Kris Anderson from Reed College was here to speak about her research addressing adolescent substance abuse and the innovative assessment methods she has developed. The Counseling Psychology has identified several potential speakers and we will let you know when plans are in place. We look forward to seeing alumni at these talks.

On Friday Feb. 23 we had our annual Practicum Fair where students can visit with representatives from potential external practicum sites in the area. It was great to see a number of alumni there and hear about their current work!

We just completed our competition for Department Awards for graduate students, and the winners will be posted soon on the department webpage. So take a look at some of our great students. At the end of the semester we will be hosting an award ceremony and we would welcome alumni.

If you haven't visited Denton in a while, there are a lot of changes downtown around the square, and on campus including a new Union Building and Apogee Stadium. And we've learned that Terrill Hall will be getting some renovations in the coming year. We would love to have you meet our current faculty and graduate students, and visit faculty you worked with when you were at UNT.

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Continued from Page 1 (Greetings from DCT)

Please see page 10 of this newsletter to see the student names and the internship programs with which they are matched. Please help me congratulate these seven students and wish them continuous success in their internship year.

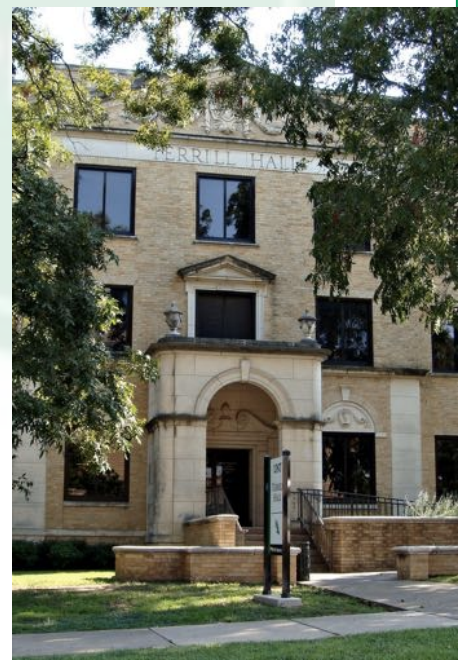
Based on input provided by alums and students, we have made some modifications on our course sequence and will begin to implement the change on the rising 2nd year cohort. Specifically, the Legal and Professional Issue course will be moved up to the fall semester of the 2nd year and students will complete the Multicultural Counseling course in the spring semester of their 2nd year. The program faculty believe these modifications will better prepare our students to effectively handle potential ethical and legal situations occurring during clinical training of their 2nd year and enhance their overall multicultural counseling competences. Please continue to provide us your valuable feedback to help the program continue to strengthen our curriculum.

Our program has been actively preparing for the upcoming APA-reaccreditation site visit scheduled in Fall 2018. This coming fall also marks as the 40th year anniversary of our APA accreditation. We plan to invite alums to return to the campus for a Home Coming program to join us celebrating this meaningful moment. More details about the celebration event will be sent in early Fall via our alum email listserv.

Last but not the least, I would like to remind all of our alums that the program is in need of small donations to the program activity account in the department. Donation made to this account is tax deductible and any amount (\$10-\$100) is welcome. If additional information is needed about this donation, please feel free to contact me at dcwang@unt.edu or 940-565-2678. Thank you in advance for your consideration and support.

Both Denton and UNT are growing and expanding rapidly in recent years. However, our program is always your home base and we are striving to make here a more welcoming and supportive place for all of our alums. If you have not visited Denton or our campus for a while, please make a plan to come home to visit us in the near future. I would love to take you around Terrill Hall and the campus. Look forward to hearing from you soon.

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



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Faculty Spotlight:

Shelley A. Riggs, Ph.D.



Greetings! I hope that all of you are striving and thriving! It's my turn to update you on what's been going on in my world at UNT. I suppose the biggest news is that I was promoted to full professor this past year – Yippee Yahoo!!! Although nothing much has changed in terms of what I do on a daily basis, the pressure is off and the anxiety decreased, so I FEEL different. After breathing a heavy-duty sigh of relief, I am continuing to focus my efforts on training the next generation of counseling and family psychologists. In the past I've struggled with the competing demands inherent to the scientist-practitioner model of training, but I've found a comfortable balance grounded in a dedication to fostering the holistic – research, clinical, professional, personal – development of students. And I try to always remain mindful that my students are my future colleagues. YOU are proof of that.

Some pretty cool things have come my way that contributed to the successful promotion. I am probably most proud of the state and national honors that were largely based on my teaching and training activities: TPA's Outstanding Contribution to Education Award and being named a Fellow for APA's Division 43, Society of Couple and Family Psychology. My Fellows address in 2015 provided an overview of the Family Attachment Network Model and highlighted the research we've been doing in the Family Attachment Lab (see <https://psychology.unt.edu/family-attachment-lab/media>). In addition, international recognition came in the form of an invitation to be the key note speaker at the 2016 International Attachment Conference in Munich, Germany. Until that time, I was actually unaware of the broad impact made by a theoretical article I published on attachment and emotional abuse. I was thrilled by that discovery, as well as the opportunity to interact with international attachment scholars and visit Bavaria, which is a beautiful region with a fascinating history and culture (e.g., castles, museums, and by chance, we made it there for the last day of THE Oktoberfest!).

Over the years, I have been fortunate to work with an amazing research team in the Family Attachment Lab. We've had a lot of fun traveling in Texas for state conventions and following the APA convention around North America to present research posters and symposiums. A lot of FAL students have also published their research. Recent and ongoing studies focus on traumatic grief, combat trauma and military/veteran psychological health, and of course couple, sibling and other family relationships.

As many of you know, clinical training/supervision is one of my favorite and most meaningful training activities. It is in this individual and group context that I have the privilege of getting to know a large number of our students, including and beyond my own lab. I still find it exciting to work with new clinicians and supervise their ongoing skill development in individual, couple, and family therapy. I have complete confidence that many of you now are providing excellent clinical services to a wide variety of clients and communities, and I feel incredibly blessed to have participated in your training.

Currently, in addition to acting as the Associate Director of the Counseling Psychology doctoral program, I recently was appointed as the department's Graduate Advisor and look forward to this role. I have also expanded my training efforts to the national arena in my present role as the Vice President of Education for APA's Division 43. I have been focusing on delineating training guidelines for various levels of CFP training within clinical, counseling and school psychology doctoral programs. If any of you would like to be involved with the Division 43 Training and Education Committee, shoot me an email!

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Faculty Update:

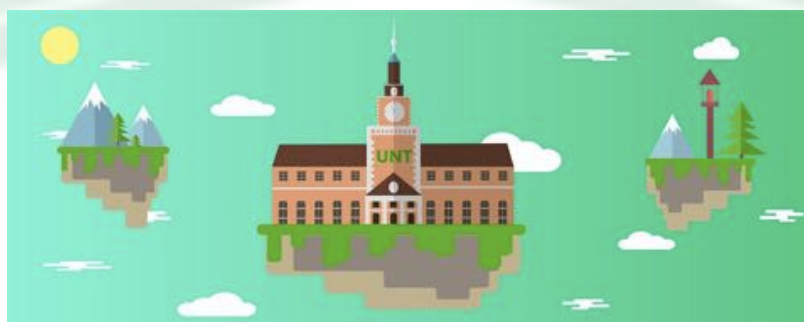
Patricia "Trish" L. Kaminski, Ph.D



Hello Alums and Friends!

I would like to share some exciting news with you. I took my first sabbatical last semester and it was wonderful to have the time for deep thinking and submitting manuscripts. My student and faculty collaborators are working on numerous projects, most of which are described on my website: <https://psychology.unt.edu/sclab>. I invite any of you who work with adult trauma survivors to check out our recently developed Complex Trauma Inventory (Litvin, Kaminski, & Riggs, 2017), a self-report instrument to assess symptoms of both PTSD and Complex PTSD (available at no cost at <https://psychology.unt.edu/cti>). I am also thrilled to be collaborating with a former student, Dr. Han Ki Back "GiBaeg Han". GiBaeg, an Associate Professor of Psychology at Sogang University in South Korea, is spending his yearlong sabbatical as a visiting scholar at UNT!

On a personal note, my health continues to improve. My kids are enjoying new hobbies--gymnastics for Matthew (10 yrs.) and Calleigh (7 yrs.) while Aaron (8.5 yrs.) chose violin lessons. Patrick continues to like working as the TAMS psychologist and is having fun planning something special for our 20th wedding anniversary this summer! We adore our newest addition to the family, a Chihuahua mix puppy we named Daisy. Although I did not get winter holiday cards out this year (and missed Valentine's too), I am so grateful to those of you who keep me on your holiday card list, especially since I am not on Facebook. I would love to hear from you anytime and perhaps will see you at TPA (Nov 15-17 in Frisco)!



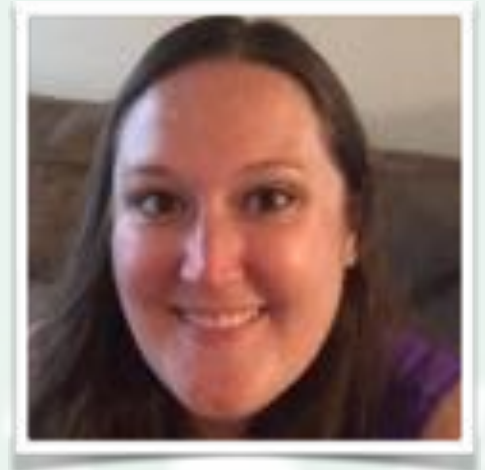
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Alumini Update

Stephanie Womack, Ph.D.



I recently completed all of the requirements for licensure in the state of Texas, and am excited to say I am finally a Licensed Psychologist! I am currently working with Comprehensive Psychological Services of Texas, a private practice that contracts with foster agencies to provide in-home psychological evaluations for children in the foster care system. I work with kids from birth to age 18 with a variety of presenting problems, from adjustment difficulties to severe depression and bipolar disorder. Each child receives an evaluation once a year to assess cognitive, academic, developmental, emotional, and behavioral functioning. Using the data I collect from the interviews and assessment measures, I provide tailored recommendations for additional interventions and services that might be helpful for the children and caregivers. I can honestly say I love my job, and it is so rewarding to be able to use the skills I honed throughout my training to help children and families through a difficult time in their lives.

I am also in the beginning stages of establishing my own private practice, wherein I plan to offer therapy and assessment services to children, adolescents, adults, and families. My post-doctoral fellowship training emphasized child and adolescent assessment and therapy, and I discovered how much I enjoy working with this population. I am hoping to find a location in the north Dallas area and open the doors to clients within the next few months. I am very excited about this opportunity!

Looking back on my professional journey in the UNT Counseling Psychology program and beyond, things feel somewhat surreal. I remember the overwhelmed excitement of first year, the frenetic pace of third year, and the seemingly never-ending hoops of applying for internship. I remember feeling like a real grown up my first day of internship, and the realization that I was about to be independently licensed and therefore on my own toward the end of post-doc. Each milestone felt almost insurmountable as it approached, and now serves as a mile marker to remind me of a distinct stage of my professional growth and development. I am so thankful for the memories, the joys, and even the tears. Every time I drive through Denton I am reminded of those little moments of grad school that have defined this era of my life, and I am grateful I was able to call UNT my home.



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Alumini Update : Craig Henderson, Ph.D.

At the invitation of Dr. Wang and the UNT Psychology Program, I recently visited UNT to meet with students regarding their career development plans and to present research on which I have been working on identifying core elements underlying evidence-based treatments, in our case family therapy for adolescent substance use and disruptive behavior disorders. I found this to be an incredibly rewarding experience.

Spending time with Drs. Wang, Campbell, Blumenthal, and other faculty and students reminded me what a special place UNT was. I was moved by the realization of how much my professors had given to me, grateful that I could now be in a place where I could contribute in a small way to students with whom I sat among not too long ago. I look forward to further developing collaborations between SHSU and UNT, as I think our programs can continue to mutually benefit each other. And you will probably be seeing me again soon, as my son will be entering the Honors College at UNT in the Fall, majoring in Psychology. He is interested in studying the neuroscience of music. Two of my fondest memories of UNT were the collaborative atmosphere among the students--something I am pleased we have been able to develop at SHSU--and the relationships I had with my mentors, particularly my major professor, Bert Hayslip, without whom I would have never achieved my dream of becoming a professor, clinical supervisor, and mentor.



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Update from Alumni Jacquelyn Elbel, Ph.D.

I, Jacquelyn Elbel, I entered the Counseling Psychology doctoral program in 1983. In 1987 I went to the Perry Point V.A. Medical Center, on the Chesapeake Bay in Maryland, for my internship. Upon completion I returned to Dallas with a job waiting at Parker College of Chiropractic. The Academic Dean had contacted Larry Schneider, my dissertation chair, asking whether a doctoral candidate might be looking for a job. I was interviewed over the phone and hired. I have been at Parker ever since. For my first 19 years I taught one or two classes and conducted counseling with students and spouses. Now I work exclusively with students and spouses in counseling/therapy and offer a few workshops and guest lectures each trimester. Parker has become a University with several types of degree programs. What I enjoy about working in a University Counseling Center is the freedom to see clients without worrying about billing, insurance (or lack thereof) or ability to pay. I also have the opportunity to be creative in my outreach. The photo was taken at an organization fair. I handed out bubble wrap for stress management. The university setting has made my client load more diverse in terms of age, presenting problem, and length of care. (If this sounds like an advertisement or encouragement to work in College Counseling Centers--you are right—the Counseling Center Director's list serve has had many conversations about the lack of Ph.D.-level applicants. The salaries offered at college/university centers do not necessarily reflect the benefits of working in these settings which can add up to 10-15K a year). I regularly attend Texas Psychological Association conferences and have presented several workshops and symposiums at the annual conference regarding working with LGBT+ clients.

One of my funniest memories from my graduate school days was helping another doctoral student conduct research comparing hypnosis and biofeedback in the old Terrell Hall, which was being deconstructed at the time. There is nothing like the sound of jackhammers in the background to assist a research subject in going into a trance! I am not sure he mentioned these confounding factors in his dissertation write-up. The day we moved out of the building signs went up on the outside "asbestos danger—do not enter". We all needed a little biofeedback at that point!

Every day I am thankful for my doctoral training which helped prepare me for my job which helps me assist students (of all ages) in reaching their potential. I have a wonderful and meaningful career and am grateful to the UNT Counseling Psychology and Counseling and Testing Center faculty for their guidance.

Jacquelyn Elbel, Ph.D.

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Student Spotlight Arubah Khan, M.S.

Just a couple weeks ago, I received the exciting news that I matched at American University's Counseling Center for internship! Part of this site's appeal is the location: Washington, D.C. is buzzing with political energy, holding the promise of a fast-paced lifestyle and young, action-oriented professionals. But much more than that, I was drawn to this site's extensive focus on training and supervision, and it eventually gravitated to the top of my ranking list because of the warmth, zest, and creativity displayed by the counseling center staff. Most of all, their passion for social justice is infectious and inspiring – needless to say, I am ecstatic!



During my third year at UNT, a few students and I founded Psychology Advocates for Social Change (PASC) to promote inclusivity and advocate for the social, psychological, and physical welfare of all people. Currently, PASC is on its way to becoming a university-recognized student organization, so look out for that later in 2018! Through PASC, I've become affiliated with many on-campus resources and we have collaborated in various ways to promote diversity and acceptance at UNT. This is what I want to do forever (ish). Internship offers me the chance to create my own outreach programs to provide care for underserved student populations, but also to create conversation on campus about topics like privilege and inclusivity.

There have been times we have, as a program, felt “stuck” while discussing cultural competence and social justice issues. Sometimes, our clients feel stuck, too, and the fear of what could happen next keeps them stationary.

In those moments, we urge our clients to lean into that discomfort so they are no longer held captive by the fear. I hope we all think of this next time we feel stuck, too, knowing that growth lies on the other side. In my 5 years here at UNT, I have seen those challenging conversations turn into action, so I want to encourage all of you to keep being challenged.

Y'all, the work we do is so important. We work hard, and the work is hard, but it is so meaningful to enrich peoples' lives so they can live freer. As I'm on my way out (!!!), I'm reflecting on how much my cohortmates and I have grown together. I feel deeply proud of not just them, but all the amazing people who have been a part of my journey to this point. The thing I wish for most is that none of us lose the phenomenal passion we have for our work. A wise man once said, “Being happy is the goal, but greatness is my vision.” Keep striving for greatness, fam.



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Update from Graduate Student Council Randi Jackson



Fun fact #1: There are over 87 buildings that make up the University of North Texas. Our university serves over 37,000 students housed in 13 different colleges, and it is only growing. The campus is expanding and improving with what seems to be never-ending construction in order to make more space for our community.

Fun fact #2: None of the current buildings are named to pay tribute to a member of the UNT community that are identified as people of color, and only two buildings are named after women.

The Graduate Student Council (GSC) recognizes the University of North Texas is an institution that serves a diverse student population. One of UNT's core values seeks to fulfill the university's mission as a public university that promotes a culture of diversity, respect, and dignity. The GSC shares this value, and would like **celebrate** the significant contributions of diverse persons in the UNT community in a special way.

The GSC is urging the university to name the new on-campus dormitory (whose construction will be complete in 2019) after a person of color and/or a woman in order to promote the university's core value of diversity on a path to preparing students to become thoughtful, engaged citizens of the world. If there is someone in the UNT community who identifies as a woman and/or person of color who you would like to nominate, please send their name and a brief explanation of why they should be considered for this honor to JacksonRandi@my.unt.edu.

Thanks for your help!



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Internship Match Results

**We are extremely proud to report that all of our students
applying for internship this year matched.
Congratulations class of 2019!**

Lauren Baxter
National Psych Training
Consortium-Central Region

Arubah Khan
American University

Justin Litvin
VA Medical Center-Syracuse

James McGuffin
University Texas at Dallas

Krystal Stephen
University of Miami

Brittany Woolford
North Carolina State University

Wenzhen Zhu
University of Pennsylvania



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Student Rep Corner

Laura Captari and Danna Bismar

Diversity: The Art of Thinking Independently Together

Today's world is increasingly complex and diverse. As counseling psychologists in training, it is vital to consider clients' intersecting identities and the impact on their mental health. For example, how might experiences of systemic oppression be fueling their depression or anxiety? In what ways can we empower clients with marginalized identities to experience liberation from internalized racism, sexism, ableism, or homophobia?

But multicultural competence does not stop here. It's important to also be curious about our own identities, cultural backgrounds, values, prejudices, and biases, and how these inevitably impact our therapeutic work. We are multicultural beings—both inside and outside the therapy room. APA's newly-released Multicultural Guidelines (2017) reflect an increased emphasis on the person of the therapist.:

Psychologists aspire to recognize and understand that as cultural beings, they hold attitudes and beliefs that can influence their perceptions of and interactions with others as well as their clinical and empirical conceptualizations. As such, psychologists strive to move beyond conceptualizations rooted in categorical assumptions, biases, and/or formulations based on limited knowledge about individuals and communities.



Critical self-reflection and a commitment to life-long learning are core aspects of cultural humility (Hook et al., 2017). Perhaps the most dangerous thing we can do is assume we have no biases. We cannot grow if we do not reflect on our experiences of privilege, our preconceived notions and prejudices. And we cannot name these things without some level of safety. Our growth and development as multicultural psychologists is predicated on environments to wonder about, own, process, and explore difficult topics, like race, religion, politics, gender, sexuality, age, and size...to name just a few.

In our pursuit of cultural competence, perhaps we jump too quickly over these sensitive topics. It's uncomfortable. It's *hard*. It's vulnerable. Sometimes, it can feel dangerous. Yet, these sorts of conversations have the potential to shape us far more than textbook knowledge. We have so much to learn from each other, with all our various perspectives and backgrounds. Certainly, differences can be points of contention, but they can also be contexts for growth if we practice self-compassion and patience.

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Continued from Page 11 (Student Rep Corner)

When we talk about diversity or and social justice, maybe the goal is not to think together to agreement, but to truly hear and better understand alternate points of view. Perhaps we are sometimes afraid to “rock the boat” and thus miss out on really cool (albeit sometimes uncomfortable) opportunities for learning and growth.

Admittedly, conversations about diversity can be difficult in graduate school. There is an undeniable power differential between faculty and students. But whether these conversations happen with classmates, in supervision, in class, or in a larger group setting like Town Hall, we desire to lean into discomfort and work to create change not only in the therapy room, but also in our personal lives, the community, and the classrooms in which we teach and learn.

APA’s new Multicultural Guidelines highlight the importance of thinking not only individually, but also systemically:

Psychologists aspire to recognize and understand historical and contemporary experiences with power, privilege, and oppression. As such, they seek to address institutional barriers and related inequities, disproportionalities, and disparities of law enforcement, administration of criminal justice, educational, mental health, and other systems as they seek to promote justice, human rights, and access to quality and equitable mental and behavioral health services.

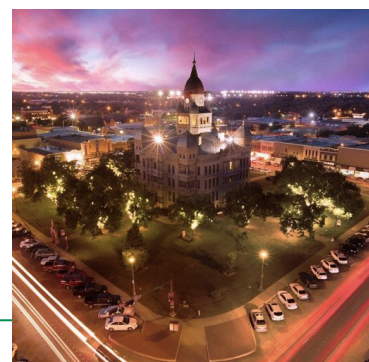
Here’re a few questions to consider and talk about as we move forward:

- How can we cultivate curiosity and openness rather than defensiveness and shame?
- How can we take risks to examine ourselves and lean into personal growth edges?
- How can we own the ways we’ve been insensitive toward minority individuals?
- How can we, together, develop a critical consciousness through examining and understanding our own privilege?
- How can we move forward as a program to address barriers, inequities, and disparities?

References

American Psychological Association. (2017). Multicultural guidelines: An ecological approach to context, identity, and intersectionality. Retrieved from <https://www.apa.org/about/policy/multicultural-guidelines.PDF>

Hook, J. N., Davis, D., Owen, J., & DeBlaere, C. (2017) *Cultural humility: Engaging diverse identities in therapy*. Washington, DC: APA.



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Editor Column

Kendra Oosterhouse, MA and Wan-Ju Chao, M.S.

Hello All!

Springtime is definitely buzzing here UNT! Between interview day, internship interviews, match results, cohort meetings, and APA's self-study, our students and faculty have had a busy semester. I am pleased to report that all seven of our internship applicants matched this year, making it five years in a row that we have had 100% match rate! Most of them received their top site offer too!

Also, interview day was a success and we are currently in the process of offering positions for the 2018-2019 cohort. PASC has been working on becoming a UNT organization and our students and faculty continue to challenge each other to stretch our multicultural competency and awareness. The APA self-study for reaccreditation will be finalized in the next few months and we are expecting a site visit for fall 2018.

While this has consumed most of my time, Wan-Ju Chao, a 1st year in our program graciously stepped in to co-edit this newsletter edition (Thank you Wan-Ju!). Dr. Wang, the faculty, and the students continue to work hard to ensure the solid foundation you have built for UNT remains for years to come and are looking forward to completing the reaccreditation process. Thank you for all of your dedication and support over the years, we wouldn't be where we are today without you! We would love to hear how you are doing - If you would like to contribute to our next newsletter, please email me at kendraoosterhouse@my.unt.edu.

Warmly,
Kendra Oosterhouse, MA
Counseling Psy Program GSA



Hello everyone,

It is my honor to join the editor team for this newsletter! It is exciting to know there are many meaningful and inspiring things going on in our big family at UNT. Particularly, the program is dedicating itself to facilitating the cultural competence of the students. In this issue, our outstanding alumni also regard our program as valuable because it equipped them with sufficient knowledge and training. As a first-year student, I am certain that I will have a wonderful journey, as our alumni, in the following years.

Thanks all for your contributions and support to this issue!

Best Regards,
Wan-Ju Chao, M.S.

