



Spring 2019

COUNSELING PSYCHOLOGY NEWSLETTER

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Greetings from the DCT!

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

I hope the blooming spring season brings some joy to you. Several major events have happened in our program since the previous issue of newsletter was published in Fall 2018. For instance, our program completed the APA re-accreditation site visit in November 2018 which we had worked diligently for a few months to get ourselves ready for it. The site visit went well and the report that was revealed by CoA in early March includes many positive comments and recognizes our strengths, including the unique training opportunities associated with clusters, strong emphases on diversity issues, and robust connection with alumni and other agencies in the DFW area.

Greetings from the DCT Continued on Page #16...

Department Chair's Address

Dear Alumni,
Greetings from the UNT Psychology Department! The last few years our Bonney Endowed Chair Visiting Lecture Series has highlighted assessment with each of the graduate programs bringing in speakers. The Counseling Psychology program will be bringing in Dr. Clara Hill this April to discuss some of her work and do a workshop on Consensual Qualitative Research. We look forward to seeing alumni at her talk [Helping Skills: The Empirical Base for Training & Interventions in Psychotherapy] Thursday April 11 3-4:30 PM.

The UNT Equity and Diversity Conference was Feb. 28 and featured some great speakers. We would love to have you attend next Feb.! And on Friday March 1 we had our annual Practicum Fair where students visited 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.

Cordially,
Vicki Campbell, Ph.D.
Department Chair

Faculty Spotlight: Dr. Patricia "Trish" Kaminski

"What I've Been Doing."

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

I am excited to provide an update on my personal life and professional endeavors. First, my family is doing well and keeping me as busy as ever! My husband, Patrick, remains the TAMS psychologist and enjoys supervising a practicum student from Counseling Psychology during the long semesters. Matthew is in 5th grade and both excited and nervous about starting middle school in the fall. He is a Minecraft expert and enjoys gymnastics, riding his dirt bike, and Nerf wars. Aaron is in 4th grade and a math whiz. He describes himself as 'an indoor kid' (like a character from a favorite book series:) and spends his free time building everything and anything, making YouTube videos, and playing board games. Calleigh is in 2nd grade and an animal lover. She is exceptionally creative and loves to bake, garden, and play Poké-mon. We all enjoy our Chihuahua Mini-Pincher pup, traveling together, Friday pizza-movie nights, learning guitar together, bike rides, and swimming when our pool is open. My health is continually improving and I'm hopeful about a new medication regimen to get my thyroid regulated.

At work, I am enjoying more time for research since stepping down from most of my previous administrative roles. In the past two years, I have primarily focused on three research areas. First, a current intern, Justin Litvin, & I (with the help of numerous advanced students in the program and Drs. Riggs and Ryals) conducted a large research project to develop ways to assess trauma disorders as defined by the ICD-11. To date, we have published the Complex Trauma Inventory, a self-report instrument to screen for PTSD and Complex PTSD. We are in the process of preparing the publication of the Clinician-Administered Interview for Trauma Disorders (CAIT) [for use by psychologists and trainees] and a brief form of the CTI [for use in primary care environments]. I aim to work with alums and colleagues to create a child-version of the CTI (if you work with traumatized youth, please contact me: 940-390-5159). Moreover, several researchers across the globe are translating the CTI into their native languages. Meanwhile, several students and I are continuing data collection to investigate numerous questions related to the etiology of complex trauma, the variety of its presentations, protective factors, and resilience. My other set of projects involve male body image (and weight stigma, intersectionality, and other variables) and the development of a method for using the PAI to screen for adult ADHD.

I didn't get holiday cards out in 2018, but expect to in 2019. I really appreciate those of you who still keep me on your card lists. I love hearing from all of you and seeing your growing families! If you are so inclined, my address is 1611 Manchester Way, Corinth, TX 76210.

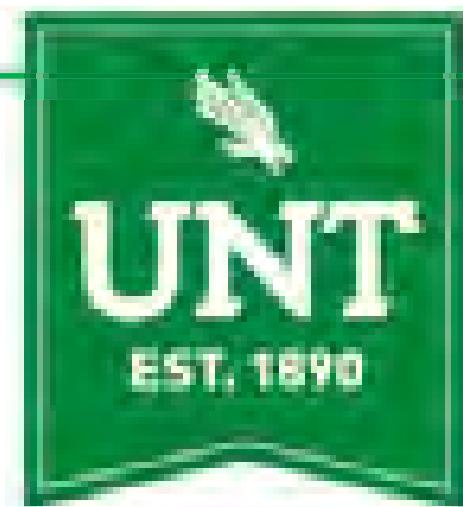


Faculty Updates

As usual, our faculty have been up to some incredible things this year!

Dr. Joshua Hook: It was a busy year for the Positive Psychology Research Group! My students continued to do great work, and several presented their research at the American Psychological Association (APA) conference. David Mosher matched for internship at Texas Women's University, so he will be staying in Denton for another year. Lucky us! I got a new grant on trust in God, and wrote a book with my wife on how to support adoptive and foster families (<https://www.amazon.com/Replanted-Faith-Based-Adoptive-Families-Spirituality/dp/1599475375/>). I was also humbled and honored to win the Division 17 (Counseling Psychology) Early Career Award.

Dr. Shelley Riggs: The Family Attachment Lab has been very active during the last year and several members were recognized for their excellence. Three students won awards for their posters: Emily Raiche won the APA People's Choice Award for her poster "*Military Mental Health: Role of Dyadic Communication and Family Functioning*", Kendra Oosterhouse won the APA Division 43 poster award for "*Secure-base Provision to School Age Children, Satisfaction, & Parental Mental Health*", and Dalena Le won first place at the TPA convention for "*Resilience Following Traumatic Loss: The Roles of Social Support, Self-Compassion, and Sense of Coherence*." In addition, Dr. Riggs was recognized for her commitment to teaching with the CLASS Advisory Board Award for Graduate Teaching. Dr. Riggs also recently accepted the appointment of UNT's IRB Chair and is currently working with collaborators at the Waco VA on a grant funded project to develop and implement a parenting program for veterans with PTSD.



Student Spotlight: Jenna Tomalski, M.S.



I can hardly believe it: Classes are completed, dissertation is defended, interviews are in the books, and internship is in sight! It feels so exciting to be in the place, but I can still remember first year like it was just yesterday: meeting my cohort mates (“you’ll be in the trenches together!”), getting my cube (felt super official), and being terrified of assessment (WAIS? WAIT? WHAT?!). Fifth year felt so far away, and internship was just this imaginary place advanced students went to as they wandered off into the distance. Now, I am ridiculously ecstatic that all my training has cumulated in my internship placement at the Appalachian State University Counseling Center! What once felt unreachable is now just a handful of months away!

Reflecting on all the coursework, practicum experiences, and supervision over the past five years, it's exciting to see how this program has helped me grow as a therapist and a person. Starting off as a shy first year who barely spoke up in classes, I learned how to use my voice, assert my needs, and share my unique perspectives. For example, I recognized I wanted more hands-on experience with supervision, training, and crisis experience for my external practicum training this year. Returning to CTS for my final year felt like my training had come full circle. Although I was there during second year (back in the “old days” when we had vocational practicum), it felt like a new experience coming back as a fifth year. Because I learned to advocate for my goals, I get exceptional experience co-facilitating group supervision for trainees, learn the behind-the-scenes of the training program, and receive support during crisis walk-in hours. Having more responsibilities and autonomy within my practicum only increases my excitement and confidence for moving onto internship!

As I prepare to leave UNT, I think about what Dr. Wang has said about the cohorts going on internship - “Even with the lights off, you all still shine so bright!” It took a while for me to fully embrace his sentiments, but now being on the other side, I can see he is absolutely right! We receive excellent training and supervision within this program and leave incredibly prepared for internship and beyond. Applying for internship was a trying process, but I was constantly reminded to trust my training. Trust that our brilliant faculty and the amazing opportunities provided to us have prepared me to succeed in life after UNT.

So wherever you're at in your training, know that you're in a great place. Yes, it can be stressful and frustrating, but it is also incredibly rewarding. I hope you recognize the strength in your own voice, and know that the relationships developed and the confidence built while navigating through this program makes you a stronger counselor and person. And although I am excited to return to the land of the pines, the people and friendships I've made at UNT will always hold a special place in my heart!



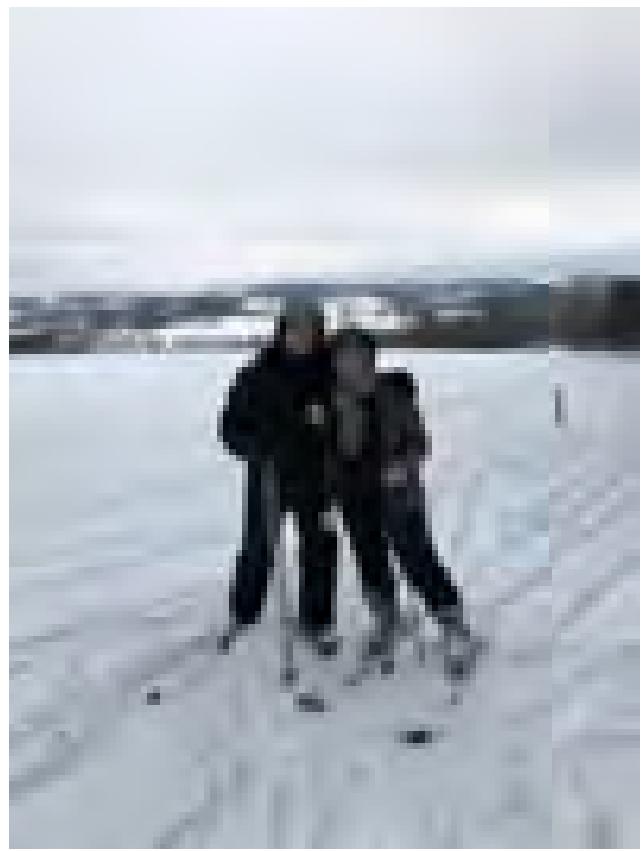
Student Spotlight: Justin Litvin, M.S.

Greetings from Syracuse, NY!

I wanted to give y'all a professional and personal update as well as a sneak peek into life on internship:

Internship Proper – I am currently doing my internship at the Syracuse Veteran Affairs (VA) Medical Center in Syracuse, NY. In summary – I am loving it! My training experience is as good if not better than what I expected. I was a little nervous about doing clinical-related tasks 40 hours a week, but there is enough diversity in my case-load and tasks that I am not getting bored or drained. To give you some insight into my training, my rotations include general outpatient mental health, PTSD clinical team, substance treatment services, and an assessment clinic. Since my goal is to get as much exposure to evidence based treatments as possible, I am learning the protocols for cognitive processing therapy for PTSD, prolonged exposure for PTSD, cognitive-behavioral conjoint therapy for PTSD, integrative behavioral couples therapy, acceptance and commitment therapy for depression, cognitive behavioral therapy (CBT) for anger management, CBT for insomnia, CBT for chronic pain, CBT for anxiety, and dialectical behavioral therapy. We also devote our Thursdays to group supervision, workshops, and case conferences. Overall, I think that I am receiving a great balance between additional training and clinical practice.

Life on Internship – As Dr. Wang famously instructed us the night of mock interviews, “You should view your internship as a paid vacation!” Well, my wife (Melanie) and I took his advice. Syracuse is located in central NY and is about 30 minutes from the Finger Lakes, 1.5 hours from the Adirondack Mountains, 2.5 hours from Niagara Falls, and 4.5 hours for NYC. We have really enjoyed and taken advantage of the Fall and Winter so far, and we have a long list of outdoor activities to do in the Spring and Summer. There are so many activities and places to visit on this side of the country that we are running out of weekends to schedule all of them!



My first time skiing in NY

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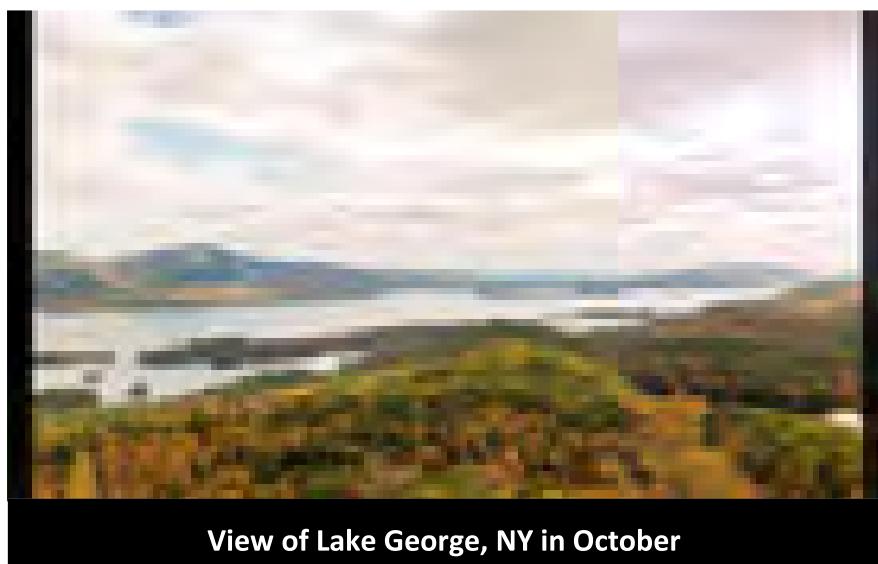
Family outing near Lake George, NY

Research – DONE!!! I successfully defended my dissertation on February 14th, so my official obligation to research has ended. However, I am very proud of the work my team and I did, and I want to publish the results as soon as possible. The goal of my dissertation was to develop interpretation guidelines for the Complex Trauma Inventory (<https://psychology.unt.edu/cti>), the first publicly-available, self-report instrument that assesses the International Classification of Diseases' (ICD-11's) definition of PTSD and Complex PTSD. In order to do this, my team and I developed the Clinician-Administered Interview for Trauma Disorders (CAIT), a structured clinical interview protocol that can be used to diagnose the ICD-11 trauma disorders. The development of the CAIT was one of the most challenging but rewarding projects I have ever participated in. From my count, I had 3 licensed psychologists and 11 graduate students provide valuable feedback to improve the development of the CAIT. Y'all rock!

Now that we have cutoff scores for the CTI, the new shift in advancing its utility is to translate it into various languages. The CTI is currently being translated into 7 other languages, including Arabic, French-Canadian, German, Italian, South Korean, Spanish, and Turkish. If you know other languages or have connections to people who do, send me an email if you would like to help with the translation.

When I Grow Up... I am excited to announce that I was offered a postdoctoral fellowship at the Dallas VA. So, I am coming back to Texas in August! The VA staff were very generous to modify their Couples and Family position so that I will spend 6 months providing couples and family therapy and 6 months providing trauma-focused treatment. Once I finish my postdoc, I hope to transition to a permanent staff psychologist position in the Fort Worth or Dallas VA.

See y'all in August!



View of Lake George, NY in October

A Word From Some of Our First Years!

Peter Gu



People tend to think that they will be happy once they obtain a certain goal: "I'll be happy once I get married", "I'll be happy once I get a raise" "I'll be happy once . . .". The unfortunate truth is that often the joy in achieving a long-term goal, that excitement in moving on into a new phase in life, is fleeting. Humans have the incredible capacity to adapt to a new surrounding or a new lifestyle and before long, that previously new phase of our lives has become the new norm and we continue towards the next goal, the next milestone, saying to ourselves "I'll be happy once . . .". This yearning for the next great accomplishment is not inherently a bad thing; in fact, it is probably one of the reasons why we were all able to enter a PhD program. However, this future oriented thinking can deprive us of opportunities and experiences that we could be living now. This is even more true in a graduate program. There is *always* something to do, something that calls for

our attention or demands our time. There is always a "next step", another milestone, another goal; and, if you are always looking forward towards the next goal, it is so easy to forget about the present, to sacrifice opportunities *now*, for the sake of a future, fleeting happiness; "I'll be happy once . . .".

When we focus so much on the future, it always comes at a cost: relationships, mental health, or even physical health. Therefore, it is of paramount importance to live our lives, to not forget the values and passions that bring us joy, and most importantly, not to use graduate school as an excuse to put our lives on hold. This was the single, best piece of advice I was given before entering a graduate program and I hope to pass it on. Graduate school is undoubtedly difficult and there will be times where all the priorities (because everything is important and a priority) pile up and time seems too short to accommodate all the things that we have to do. I hope that we can all remember to not let life pass by, find a way to incorporate passions and the things we value into our routines and never forget to take a moment to embrace and find joy in the moment. Do not let "I will be happy once . . ." come at the sacrifice of "I am happy now". Through applying this to my life, my first year here has been more fulfilling and rewarding than any other year in my educational career and I hope that this advice finds you well and that it may prove to be similarly to be helpful in some way on your journey through the program.



A Word From Some of Our First Years

Faraha Hasan

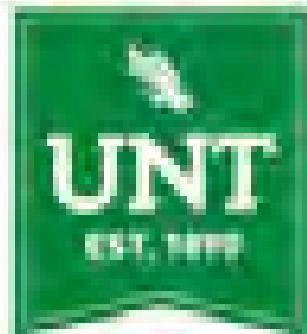
It was not until the first day of the Spring semester that it hit me: we made it! We made it to the hustle of our first semester of the program! The assessment exams, our first assessment reports, and our first statistics course for the program! We got through all of it. It took me awhile to realize it. After going through Winter Break when I had no reports or exams or papers to worry about and all the time to focus on my family, I realized what we went through was ROUGH. It really sunk in when we were thrown into the ease of this semester. Although this semester has more room to breathe and relax, we are still incredibly busy. We fill in our time now with more of our personal interests. We are also starting to see (practice) clients and help older students with their assessment clients. We're beginning to see everything we learned last semester be applied, and that is very fulfilling!

Some things I have to say to incoming first years are that this program IS very challenging the first year, but it is doable. People will tell you horror stories about how awful the month of October is your first semester, but it comes down to your mindset: if you think it will be awful, it will be, but if you think it is going to be alright, it will be alright. However, I recommend being open with your instructors and supervisors when your load becomes overwhelming. There were definitely times I felt like that we were given unrealistic expectations. Many of us had other commitments beyond the classroom, and it was difficult managing so many tasks at once during busier times of the semester. Remember that the older students are definitely there to hear you out and provide support! If it were not for the constant check-ins from older students and their consistent willingness to help, first semester



would have been even more challenging than it already was.

Despite all the stress and work I associate with UNT now, I love coming to Terrill Hall every morning. I truly feel like I was meant to be a part of this program, and I am excited to continue building roots here.



Alumni Update: Angela Cusimano, Ph.D.

Greetings current students! I graduated from the Counseling Psychology Ph.D. program in 2013. I'm currently living in my home state of Florida and working at the West Palm Beach VA while working on starting my private practice where I specialize in treating kids and families. I completed my internship with the United States Air Force (USAF) and served three years as an Active Duty psychologist. I originally joined the Air Force for their specialty training in child psychology but my time serving stateside discouraged me from pursuing this venture any further. I'm thankful for my training with the USAF and feel as though the internship was a memorable experience. The "real Air Force" involves managing people and programs, and this just wasn't a good fit for my long-term professional goals. In retrospect, I would've preferred an internship that focused more on kids and one that better equipped me to launch into a career working with kids and families.



While at UNT, I was fortunate enough to be awarded with the College of Arts and Sciences Graduate Research Fellowship (CGRF) where I served as a research fellow under Dr. Riggs and her Family Attachment Lab (FAL). We had an awesome team of undergraduate and graduate students who I really enjoyed working with. I elected to complete the Marriage and Family Therapy (MFT) specialty track which furthered my interest and passion in working with couples and families. I am currently a Gottman Level 1 Therapist and plan to continue my education with Dr. Gottman's approach. I recently conducted a family therapy session where I used some of the structural family techniques that we learned with Dr. Riggs and Jamie Wilson (class of 2011) so believe it or not, your training is always a part of who you are.

My most memorable experiences while at UNT were the people I met and the variety of training opportunities in our program (teaching, research, clinical work, coursework). I am still friends with and keep in touch with several people from my time there. Of course, the experience at UNT was stressful and involved many late nights and weekends but in the end I wouldn't trade those years for anything. If I have one piece of advice, it is to enjoy and cherish the times and memories that you are creating while at UNT. Graduation comes quickly and then most people go their separate ways. Get the requirements done in a timely manner, but also find time for fun & relaxation! This is an essential work-life balance skill that you will need to practice and develop in order to be a successful and satisfied psychologist who doesn't burn out too quickly.

My current endeavors involve becoming certified as an EMDR therapist and eventually a Registered Play Therapist. My first single-author publication was recently published in a Special Issue of the Journal of EMDR Practice and Research entitled "EMDR in the Treatment of Adolescent Obsessive-Compulsive Disorder: A Case Study". Last year, I self-published a self-help book called "Crash Course for Divorce" (sold on amazon.com) and I'm currently working on a second book which will be sold directly from my private practice's website: www.pbfamilycounseling.com. Thanks to the VA, I am trained in all three evidence-based practices for the treatment of PTSD and have found that working with survivors of trauma is a strength and something I thoroughly enjoy. In my free time, I enjoy spending time with my family and friends, my fiancée, and my rescue pup Avery. Some of my hobbies include reading (currently reading The Big Leap by Gay Hendricks), Crossfit, yoga, and watching movies. I also have two young nieces who I enjoy snuggling and spoiling, as any good auntie would!

I hope that you all are enjoying your time at UNT and know that the relationships you develop now will last a lifetime. Feel free to reach out if you have any questions, I always enjoy talking to those who have decided to pursue this very challenging and rewarding path in life. Take care everyone!

Alumni Spotlight: Kristina Rodriguez Yates Orr, Ph.D.

Howdy all! I recently graduated from the UNT Counseling Psychology program in August 2018. My journey through the program was an interesting one but one that I would not change. Part of the process of obtaining a Ph.D. is to craft and cultivate the values, interests, and purpose you intend to lead with as a future psychologist, and I had the opportunity to see that through at UNT due to my training and the various roles I held across campus.

One thing I quickly learned about myself was that I loved and thrived in a university counseling center (UCC) setting. There was just something energizing about the time-limited work to be done with a diverse college student population. My experience as an intern at Texas Woman's University's Counseling and Psychological Services confirmed this enthusiasm and calling, and so the adventure began!

I currently work at UNT's Counseling and Testing Services as a staff psychologist. We offer a variety of services that include individual, group, and couples counseling, as well as crisis services and outreach. CTS has been met with the difficult task that several UCC's across the nation face as well: provide quality short-term services for students with limited resources. CTS has been faring well in that we usually do not have waitlists and students can schedule an appointment within at least 2 weeks of inquiry. In order to do this, we have moved to primarily providing every other week appointments, triaging/referring during initial consultations, and providing weekly, drop-in therapy workshops. Currently, I am the only therapist that works with couples at CTS and am co-facilitating a grief group. I also have a developing liaisonship with the McNair Scholars program and Student Support Services on campus. Additionally, I provide outreach in the DFW community for parents, families, and educators of first-generation college students. As a Latina and first-generation college student, I value diversity and inclusion, resilience, community, personal/professional growth, and education, and aspire for my work to be a reflection of these values.

One reason I returned to UNT was the opportunity to help grow a community I was once a part of. It is important for me to acknowledge and honor the powerful and humbling privilege I have not only to work with clients, but to help shape future generations of psychologists as well. This is why I whole-heartedly value my role as a supervisor at CTS and the opportunity to educate, support, and train practicum therapists. It also provides a consistent avenue for mutual growth for both supervisor and supervisee.

Beyond defending my dissertation, completing internship, graduating, and starting a new job in 2018, I also got married! I continue to travel every chance I get, watch a million shows on Netflix and Hulu, eat a lot of pizza, and am beginning the arduous phase of studying for/taking the EPPP. Wish me luck! And remember, it's all about balance!



Students from our program go on to do incredible things.**Congratulations to Alex Thompson on receiving the dissertation award from APA Division 47!**

Hey UNT fam and Sport Psych Mafia,

For those I know, hey-o from North Carolina – I miss seeing you all and wish everyone a strong push through the end of the semester! For those I don't know, my name Alex Thompson; I wrapped up my Ph.D. in Counseling Psychology with an emphasis in sport psychology in August of this year after completing an internship at North Carolina State University Counseling Center. While at UNT, I spent four years working in the Center for Sport Psychology and Performance Enhancement, consulting with several university teams and members of the local athletic community. I am currently a Sport Psychology Post-Doctoral Fellow primarily responsible for providing psychological services to the Athletic Department, with a weekly 8-hour rotation at the Counseling Center providing services to students struggling with disordered eating. My research background centers on prevalence and predictors of disordered eating in active and retired NCAA female collegiate athletes.

I recently learned that I am a very lucky recipient of the APA Division 47 Dissertation Award. My first reaction to receiving this award is that I am so incredibly grateful to Drs. Petrie and Watkins for helping me achieve this accomplishment. With their personal and professional guidance, they helped me fulfill a dream I had when I graduated with my bachelor's from Davidson College in 2010. As a student-athlete at Davidson, I experienced abundant pressure and anxiety about my appearance, related to both my identities as an athlete and as a woman. My hope at that time was to create prevention and intervention programming targeting female student-athletes so that others would feel more supported and equipped to manage the pressures than I did when I encountered them. With the research experience I've gained through my time as a student at UNT, I feel significantly more empowered to create this kind of programming, and have begun to implementing preventions efforts with the student-athletes here at NCSU. Developing as a professional and being awarded the D47 Dissertation Award simply would not have happened without the help, support, and direction of Dr. Petrie and Dr. Watkins.

To give a brief summary of my dissertation, and I'll work to keep it brief, we conducted a large-scale longitudinal study of NCAA-Division I swimmers, divers, and gymnasts. We collected data that included assessments of eating disorder symptomatology, body satisfaction, mood, internalization of ideal body types, intention to diet, and perceived pressures regarding body shape. The highlights of the study include:

Those who endorsed disordered eating, at either the clinical or subclinical levels, increased significantly over time (i.e., 25.4% at Time 1; 30.1% at Time 2).

Subclinical levels of disordered eating increased from 18.7% at Time 1 to 26.9% at Time 2.

Of those who were subclinical or asymptomatic at Time 1, 52.3% and 22.9%, respectively, maintained and/or developed some level of disordered eating by Time 2.

Regardless of being an active competitor or retired, the women consistently endorsed using exercise and dieting/fasting as the most frequent form of weight control, but to a much lesser degree when retired.

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A logistic regression model examined psychosocial predictors of future disordered eating (i.e., clinical and/or subclinical combined):

For athletes with disordered eating symptoms at Time 1, the full prediction model explained 14.1% to 21.1% of the variance in disordered eating categories, and correctly classified 73.6% of the athletes in the sample. In particular, more body dissatisfaction and pressure to exercise as active competitors significantly increased the athletes' odds of maintaining disordered eating in retirement.

These findings suggest that a substantial portion of retired athletes report symptoms at the subclinical level. This finding is concerning because emotional distress (e.g., sadness; Petrie et al., 2009b), physical health problems (e.g., mineral density deterioration; Treasure et al., 2010), and body image concerns (e.g., body dissatisfaction; Greenleaf et al., 2009) have been associated with both subclinical and clinical EDs.

My study is the first to examine, through diagnostic assessment, ED prevalence rates of athletes in retirement as well as how such prevalence changes from their time as active competitors. Further, using a longitudinal methodology, I was able to determine what variables were risk factors of ED classification in retirement, another first in the athlete – ED literature.

This study helps to inform early intervention efforts for student-athletes, reinforcing the importance of developing body acceptance and healthy relationships with exercise. Additionally, including pre-retirement educational programming that targets healthy transitions and positive coping in retirement will also likely aid in prevention of subclinical disordered eating.

Thanks to any and all who read this lengthy letter, and please don't hesitate to reach out to say hello and/or if I can be of any help at athomps8@ncsu.edu.

Best,

Alexandra Thompson, Ph.D.

Sport Psychology Post-Doctoral Fellow

NCSU Sports Medicine

UNT Counseling Psychology Alum

Speaking of Great Things... Match Day Results

We are extremely proud to report that all of our students applying for internship this year matched. Congratulations class of 2020!

Erin Albert
North Carolina State University

Ling Jin
UC—Santa Barbara

Nina Calmenson
Community Reach Center

David Mosher
Texas Woman's University

Laura Captari
Mt. Sinai Beth Israel Medical Center

Emily Raiche
So. Arizona Psychology Center/La
Frontera Center

Kristina Clevinger
University of Houston

Jenna Tomalski
Appalachian State University

UNT Counseling Psychology Program Presents: Recovery to Practice Workshop

Presenters: Scott A. Stevens, PhD, and Jason Pollio, Director of Recovery-Based Services, Texas Council of Community Centers



Jason Pollio, Author of *Recovering from Trauma: A Person-Centered Approach to Treating Trauma and Traumatic Stress*, is the Director of the Center for Trauma and Resilience at the University of the State University of New York at Albany. Jason is also the Director of Trauma Assessment, Prevention, Intervention and Recovery (TAP) Center at the University of Albany. Jason is also the Director of Recovery-Based Services for the TX Council of Community Centers.



Matt Fingess, PhD, is the Director of Recovery-Based Services, Texas Council of Community Centers. Matt is also the Director of Trauma and Resilience (TAP) Center for the University of Albany, SUNY Albany, and the Director of the Trauma and Recovery-Based Services for the TX Council of Community Centers.

Recovering to Practice is a workshop funded by the Hogg Foundation that focuses on providing an excellent self-care environment and networking opportunities for adult individuals with severe mental health disorders.

**This will be provided for SPS, LMSW, or LCSW credit or CME

Recovery Model School

Times: 4:30pm (lunch will be provided)

Where: Terrell Hall Room 204

• Recovery thinking interventions and
• Trauma Recovery techniques including mind-body
• the importance of culture



The counseling psychology program recently hosted the Recovery to Practice Workshop and it was a great success! The presenters covered topics related to the Recovery Model and its guiding principles, Assessment and Person Centered Recovery Planning, Peer Delivered Services, and Partnership Engagement in treatment management.

2019 BONNEY LECTURE SERIES

Speaker:

Clara E. Hill, Ph.D.

Professor

Department of Psychology, University of Maryland

Dr. Hill's areas of expertise are in helping skills, psychotherapy process and outcome, training and supervising therapists, dream work, mentoring in life, and qualitative research. She has published 230+ peer-reviewed journal articles, 75 chapters in books, and 14 books (including *Helping Skills*, *Dream Work in Therapy*, *Conversational Qualitative Research*, and *Mentoring in Life*).

She has been President of the Society for Psychotherapy Research, Editor of the *Journal of Counseling Psychology*, and Co-Editor of *Psychotherapy Research*.



WORKSHOP CONVERSATION: Dreamwork Research Methods

April 11, 10am-12pm, UNTC 340 (registration required)

RESEARCH TALK: Dreamwork: The Dreamer, Dreamer Therapist &

Instrumentality/Psychotherapy. April 11, 2-4:30pm, UNTC 340

PUBLIC LECTURE: Registration open

April 12, 10:30-11:30am, UNTC 340 (registration required)



Psychology Department
College of Liberal Arts and Social Sciences



Graduate Student Council Update: Randi Jackson



Hello all!

As many of you may know, UNT has recently been reaffirmed as a Tier One research university (woo!). Our university leaders have attributed this institution's research reputation and excellence to the collaboration of brilliant minds across programs and departments. The Graduate Student Council (GSC) is looking to partner with this collaborative method in more intentional ways. GSC has some exciting things in the works specifically for graduate students. We want to create more opportunities for graduate students to connect, learn, and grow together in order to continue generating new ideas and innovative research.

GSC would also like to encourage graduate students to attend and sign up for the Professional Development Workshops held by the

Toulouse Graduate School. These events are held in order to help us navigate the complicated process of defining ourselves as professionals in our respective field. These workshops cover important topics that include, but are not limited to, speaking at conferences, learning how to network with other academics, applying for different types of grants, preparing your first CV, and other essential skills that may not be directly addressed in our curriculum. Additionally, the graduate school is offering thesis and dissertation boot camps that are designed to provide a supportive environment for intense, focused writing time, as well as structure and motivation to overcome typical roadblocks in the research process. The remaining boot camps for the Spring 2019 semester are: March 23-25 (weekend session), and April 17-19.

For more information, please call 940-565-2383, or email alma.deleon@unt.edu. Thank you all for the valuable contributions you each make to this place! As always, please let me know if there is any way GSC can better serve YOU!

Randi Jackson
GSC Senator, Counseling Psychology Representative



Greetings from DCT Continued from Page #1

Furthermore, we conducted a national search to recruit our new program faculty. The process included reviewing 30+ applications in October/November to identify a small group of candidates, conducting web-based interviews on selected finalists in November/December 2018 to select three candidates with top qualifications and an excellent match with our program needs, hosting three campus visits in January and February of 2019 to assess the fit and get to know our candidates. The entire process was completed this February and I am excited to share the news that Dr. Marti Jones will join our program as a new assistant professor.

Dr. Jones received her doctoral training from University of Houston and completed post-doc programs at University of Columbia, Teacher College and University of Michigan. Please help me welcome Dr. Jones if you get a chance to see her in conferences or meetings.

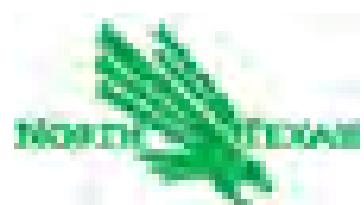
I would also like to update you on some personnel change at the program level. After 4 years of serving as the program's Associate Director of Clinical Training, Dr. Riggs passed the torch to Dr. Hook in January 2019. On behalf of the program, I would like to express our deepest appreciation to Dr. Riggs for her excellent service and leadership. We are also very thankful for Dr. Hook for agreeing to take on this administrative role. Dr. Schneider will be retiring in the end of this semester. He has served at UNT and in the department as a faculty member for more than 45 years. We are extremely grateful to him for his long-standing and exceptional contribution to our program and the UNT community. Thank you, Dr. Schneider! We will miss you. Last but not the least, Kendra Oosterhouse will be completing her role as the program graduate assistant this May and Gabby Weierbach is our new program GSA in the next 2 years. Kendra has done a super job and her outstanding organizational skills and efficient work played a key role for our success in the reaccreditation self-study and site visit.

In the department office, we have a program activity account which helps to cover the costs of various program functions, including the mock internship interviews, campus interviews for admissions, town hall meetings, and invited talks. Donation to this account is tax deductible and your generous support of any amount (e.g., \$10-\$100) will enable us to accomplish more extra programs to assist our students. Please contact me at dcwang@unt.edu or at 940-565-2678 if you would like to get more information about the specific steps of making the donation.

Alumni are our best assets and please contact me via email or phone if you would like to provide any input or suggestions regarding how to enhance our training program or if you would like to find a way to get involved in our training activities.

Chiachih DC Wang, Ph.D.

Director, Counseling Psychology Ph.D. Program



Counseling Student Representatives: Danna Bismar and Cam Davis



This semester started off to a great start as we have been working hard to plan for interview day and prepare for a successful townhall. We are just off the heels of interview day and we would like to say thank you to all of the current students and support staff that were able to make that day a huge success. We are looking forward to welcoming our incoming first year cohort!

We also have been very busy working with the program faculty in order to improve the multicultural and diversity initiatives here in our program. While this work has been hard, we are honored to be a part of this process and feel encouraged by the commitment our program has displayed toward equity, inclusion, and multiculturalism. We want to highlight that students' voices played a big role in the recent changes to our mission statement and aims on the program website, which now include social justice. We believe this is an important step to the furtherance of improving the culture of the UNT Counseling Psychology Program.

In our role as Counselling Psychology Program student reps we are committed to the continual causes of social justice and advocacy for our student body. We believe that in order for us to continue to develop as counseling psychologists this common mission needs to be at the forefront of our minds. We also want to acknowledge that this process looks different for everyone. As counseling reps, we encourage the current student body to bring to us any concerns, questions, or ideas that they may have regarding this mission.

Danna Bismar & Cam Davis

Counseling Program GSAs: Passing on the torch

Hello All!

Happy Spring! After almost three years as the program GSA and newsletter editor, it is time that I step down from my role and transition into the next phase of my graduate career with internship applications, dissertation proposal/defense, IRC, and, hopefully matching next February! It is hard to believe that I am finishing my fourth year at UNT and about to start my last. I wanted to take a minute to share with you my greatest appreciation for all you do for the UNT community. Between our amazing faculty, students, and alumni, you have made my job an absolute pleasure! It has been a wonderful experience working with you all in some way and I am honored to be a part of this UNT family. Those of you who have contributed to the newsletter during my time editor – thank you! I have loved working with you all in some capacity. The support of the faculty, the dedication of the alumni, and the passion of the students is insurmountable here and I cannot imagine a better place than Denton to be my home during this journey of graduate school J. A special thank you to our DCT, Dr. DC Wang. His devotion to not only the program as a whole, but also to the students is truly remarkable. I appreciate the opportunity to learn from and work with him in this GSA role and feel confident in the future success of our program with him as DCT. Thank you to Gabby Weierbach, who is taking over from here as GSA and editor! I wish you all the best – I know you will love it as much as I did. With that, UNT family, I am signing off! Thank you for a great time in this role, it has been a true pleasure.

Warmly,
Kendra Oosterhouse MA MS
Counseling Psychology Program GSA



Hello Everyone!

As you can clearly see, our faculty, students, and alumni are accomplishing so many great things! Our reaccreditation site visit was this past fall and was a great opportunity for the program to reflect on the progress we have made as well as ways that we can continue to grow. After a very thorough search for a new faculty member, the program has made an offer and we are very excited to welcome our newest member to the UNT family. With this being my first column as editor, I would like to first convey my appreciation and admiration to Kendra for the work she has done for this program and the support she has provided to me as I transition into this role as the program GSA. As a 2nd year in this program, I have learned and grown so much both as an individual and as an aspiring counseling psychologist, and I sincerely look forward to continuing to learn from each of you and being able to serve you all in this role for the next couple years! With that, I hope that you enjoy this edition of the newsletter! If you would like to contribute to our newsletter in the future, please email me at: gabrielleweierbach@my.unt.edu

Sincerely,
Gabby Weierbach, MA
Counseling Psychology Program GSA

