

**COUNSELING PSYCHOLOGY NEWSLETTER****In this Issue:**

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**Greetings from the DCT!**

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

Greetings from UNT! I hope you are staying healthy and enjoying the cooler fall season.

The year of 2020 has proven to be wild and challenging. In the midst of the COVID-19 pandemic, anti-racism movement, and chaos of the current political climate, a few changes have also occurred in the program and department in the past few months. After 40+ years of being in the UNT community, Dr. Campbell's retirement was finalized in the end of summer 2020. Dr. Campbell was our program faculty and then program director before serving as the department chair in 2009. On behalf of our program committee, I express our greatest appreciation to her remarkable contributions to our program's training and educational missions in the past few decades. The program GSA conducted an interview with Dr. Campbell and please go to the special column on page 7 of this newsletter to see what Dr. Campbell shared with us from this interview.

The program and department have also experienced several personnel changes. Dr. Shelley Riggs and Dr. Mark Vosvick both transitioned to different institutions and ended their positions at UNT in the end of this summer. We thank them for their dedication and great service. Dr. Yolanda Flores Niemann has been appointed by Dean Brown to be our Interim Chair in this academic year while we are searching for a new department chair. Dr. Heidi Blumenthal has joined our program faculty (while remaining her position in the B.Sci Program). Dr. Blumenthal's research areas include risk behavior and selective interventions for adolescents and emerging adults. We are very excited about having Dr. Blumenthal and please help me welcome her to our program when you get a chance.

After a long period of waiting, we have finally received the reaccreditation result from the APA CoA in August 2019. I am very proud to share with everyone that our program has received the full-accreditation status for 10 years, which is the longest time any programs can get. This reaccreditation accomplishment speaks loudly for the high quality of training we are providing to our students and represents a collective effort made by all program faculty, students, and alumni as well as support from department and campus administrators and staff.

**Greetings from the DCT Continued on Page 7**

## Department Chair Address

Dear Alumni, Students, Faculty, and Staff,

Welcome to academic year 2020/2021, one of the most extraordinary years in UNT's and in our country's history. I am proud to be Interim Chair of the Department of Psychology at this critical and challenging time. Our faculty, staff, and students have gone beyond the call of duty to serve the academic needs of our undergraduate and graduate students. We are delivering most of our courses virtually, which required faculty to learn additional tools for teaching via technology. Planning for spring 2021 is well under way, and so far it looks like teaching in spring will look a lot like fall, but we're awaiting the provost confirmation on this point.



In the meantime, we are heavily engaged in moving the department forward in key ways. For instance, our top priority this semester is revising our Bachelor of Science with a Major in Psychology degree such that it no longer requires a thesis or foreign language. Our dynamic and energetic Undergraduate Curriculum Committee, chaired by Dr. Kristal Clayton, is finalizing the degree plan, as well as multiple concentrations from which students can choose. As part of our goal to have more faculty in undergraduate classrooms, Dr. Adriel Boals and Dr. David Cicero will lead the instruction for Experimental Methods (Boals) and Statistics courses (Cicero).

This semester we also welcomed Dr. Calvin Sims to our department. Dr. Sims teaches a variety of courses, including cognitive, social, death and dying, and multicultural psychology, so we are excited that students will have access to his expertise in the classroom. Dr. Sims is also planning a Study Abroad course in Ireland for summer of 2021; the topic will be multicultural psychology

Among other news:

GASP and PASC graduate student groups are planning virtual conferences for this year, and PASC, in particular, has led us in engaging discussions related to the police violence against Black persons and the ongoing Black Lives Matter protests.

Our department faculty, staff, and graduate students just completed training on Reflective Structured Dialogue, which provided us more tools to engage our students in sensitive and provocative conversations with respect for all.

Our department research fair, led by Dr. Anthony Ryals, is planned for November, and will be held virtually. Dr. Marty Jones, who is in her second year on our faculty, was recently awarded an NSF grant.

Dr. Josh Hook is a candidate for full professor and Dr. Ateka Contractor is a candidate for tenure and promotion to associate professor.

Dr. Josh Hook won the CLASS Faculty Advisory Board Research Award.

All three of the department programs – Clinical, Counseling, and Behavioral Science, have decided to hold virtual interviews for their graduate programs. That process will be a money-saver for our recruits.

Sadly, this past year we lost several faculty to retirement or to other workplaces. We are waiting to hear if we will have funds to hire new faculty, as well as to move forward with the department chair search.

In the meantime, my thanks to all my colleagues across ranks for their expertise, feedback, and guidance while I serve as Interim Chair and Professor of our terrific department.

With every best wish,  
Yolanda Flores Niemann

## Faculty Updates

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

### Dr. Blumenthal:



Hello everyone! I am thrilled to formalize my affiliation with the Counseling Psychology Program this semester. I have had the great pleasure of getting to know so many of the graduate students through our Human Development course, collaborating with the Program in the design and administration of the past form of the comprehensive exam (such cherished memories just springing to mind for all I'm sure 😊), and of course learning about all the excellent work being done via thesis and dissertation committees over the years. My [research team](#) even had the good fortune of being assigned a research assistant from the Counseling Psychology Program; an exceptional match which I've quite selfishly fought to retain for multiple years. As we all seek to navigate both novel and simmering/overdue challenges together, I am thankful to join a supportive community and look forward to deepening professional and personal collaborations with the prior, current, and future students and faculty of the Counseling Psychology Program here at UNT.



Teen St.A.R. Lab

### Dr. Kaminski:

Hello Alums!

I hope you are all doing well despite these trying times we are facing as a nation (and a world)! My family and I are fortunate to be home together since early March—all 5 of us on Zoom for school and work. Patrick continues to enjoy his work as the TAMS psychologist and his clients have made an easy transition to telehealth. My boys, now in 6<sup>th</sup> (Aaron) and 7<sup>th</sup> grades (Matthew) were hoping to go back to school in person this fall, but changed their minds after hearing their friends' reports of how different things were (can you imagine middle school with all social aspects removed—yikes, no fun!) Caleigh loves being home, especially since adopting a kitten last spring. She named him "Tiger" and they are constant companions. Things are really different at UNT, even if we weren't in a pandemic. Having three of my closest colleague-friends leave the Department at the same time has been rough (i.e., Amy Murrell, Shelley Riggs, and Vicki Campbell). Happily, though, they are all happy with their decisions to shift into another phase of their career and life. My course assignments are shifting as I return to teaching Child & Adolescent Psychopathology and redevelop some of Dr. Riggs' courses in the Child & Family cluster. My research lab is chugging along, despite the pandemic, thanks to a great team of grad and undergrad students and our ability to transition to online and archival data collection. We're exploring protective factors and resilience in Complex PTSD, the PAI profiles of college students with ADHD, and body image across ethnicity in gay men; we have many other projects under development that I'll tell you about in the next newsletter! Meanwhile, please take care & stay safe! - Trish



## Faculty Updates Continued

### Dr. Trent Petrie:



“Like many of you, the last four months have been different than any I have experienced in my life...from COVID, to our society actively grappling with (and hopefully moving to change) racial inequality and history of racism, to zoom fatigue, to my father dying after a 15-year odyssey of living with a progressive, muscle wasting disorder. Although perhaps needless to say, I will share that, by the time end of July I was psychologically drained in a way that I did not know was possible...and because I have a very high tolerance for managing distress, the fact that this was registering with me was a sign I decided to heed.

Thankfully, Laura and I were able to take two weeks to ourselves after my father died...which allowed us to be in this moment, experience what we were feeling (without escaping through diving into work), and find some peace/calm again. I have taken a more COVID-cautious approach to life since March, so it was good to also be away from Denton (and the four walls of our house) and be at my family’s cabin in the mountains (see our pictures from one of our hikes to Blue Lakes). Being able to be outside in my favorite place helped me to feel human again and to be able to return to Denton more centered and ready to start the semester (though I will state that I was “grumpy” upon my return, which is a good sign...I always am grumpy when I return to TX after extended time in the mountains 😊).



Although the last five months have been challenging in all these ways, I also was able to engage in a very unique (and we believe important) research project on the effects of COVID and the cancellation of collegiate sports on athletes’ psychological well-being. With the incredible assistance of two of our current doctoral students (Tess Palmateer and Lindsey Slavin) and colleague Dr. Whitney Moore (Wayne State University) we were able to sample just over 6000 student athletes from all over the U.S. in May to better understand how they were doing and coping. This data collection represented the first of what will be a total of five that will occur over the 2020-2021 academic year as we follow these athletes to track how they are doing over time. We are very excited to see how everything unfolds as our society (and college sports) reacts to COVID.

I also am pleased to share that four of our current students – Carlie McGregor, Karolina Wartalowicz, Matt Mikesell, and Stephanie Barrett – all were roasted and sent off with love to their internships! All have safely arrived and started in this continuing virtual world. And, our recent graduates – Drs. Erin Albert, Kristina Clevinger, and Jenna Tomalski – all have new jobs about which they are very excited. We wish them the best and know they are about to change the field in great ways!

To all, I hope that you are well and your families are healthy and safe. So far, the Petrie-Austin clan has weathered everything and remained healthy and worked to find normal and peace again. To update, Braeden is in LA continuing to work (remotely) for a talent agent, Kyla is in Amarillo TX starting her clinical rotations in her third year of medical school, and Will is with us and navigating the online and possibly in person realities of middle school, including sports. Laura continues her work at Children’s in the feeding program...which allows her to leave the house everyday as I wave to her from the garage...and then return inside until I take my midday walk! Thankfully, one of us continues a life not too terribly affected by COVID 😊.

Take care, be well, and stay #PhysicallyDistantSociallyClose”

## Faculty Spotlight: Dr. Joshua Hook



Hello! I hope you are all staying safe and healthy amidst these challenging times. My name is Joshua Hook, and I have been working at UNT in the Psychology Department since 2010. I had only visited Texas once before I interviewed at UNT (I'm from Chicago, so everything seemed so new and different at first.), but now I love it!

I'm interested in a lot of different things, but most of my research falls into one of three areas: (1) positive psychology (e.g., humility, forgiveness, gratitude), (2) the intersection of religion/spirituality and psychology, and (3) multicultural counseling. A lot of my projects involve the intersections of two of those areas—for example, I do quite a bit of research on [cultural humility](#). One of the things I love most about being a professor is that if I get interested in a topic, I have the freedom to do some research on it. For example, I got interested in the Enneagram last year, and ended up doing a project where I reviewed all the empirical research that had been done on the topic. I'm naturally curious, so it's a good fit.

I also love that the job allows me to do a lot of different things. For example, I love mentoring students in their research. The Positive Psychology Research Group has been very busy this past year. We said goodbye to David Mosher, who graduated and started a faculty position at Abilene Christian University (congrats David!) and Laura Captari, who graduated and started a post-doc at Boston University (congrats Laura!). We also gained two new additions to the lab--Heidi Ellis and Sabrina Zuniga--welcome! I also enjoy teaching—I teach positive psychology for undergraduate students and multicultural counseling for graduate students.

On a personal note, my wife Jenn and I have been married for three years. Jenn runs a non-profit organization called [Replanted](#) that helps support adoptive and foster families. It has been fun to join her in some of her work—we recently published a [book](#) together on the importance of support for adoptive and foster families. Probably our biggest news lately is that we're expecting our first child in October! It's been a bit stressful being pregnant during COVID-19, but we're excited to welcome the new addition to our family. For fun, we like doing Crossfit, watching sports, trying out new restaurants, and hanging out with our family and friends.

Thanks for reading, and have a great rest of the Fall!



## Welcome to Our Newest Practicum Supervisor: QuaVaundra Perry, Ph.D.



Greetings!

As a Counseling Psychology Program (2014) alum, I am excited to serve as adjunct professor for practicum this fall! Being back on campus (virtually) brings back so many personal and professional memories. To begin, it was such an honor to be contacted for this opportunity by my former advisor and dissertation chair, Dr. Vicki Campbell. It was sad to see her go but well-deserved and I wish her a happy retirement. I was in the couple and family track with Dr. Shelley Riggs, research assistant to Dr. Yolanda Flores-Niemann when she was Senior Vice Provost to the University, and I was also Graduate Coordinator for 2 years. I can't say enough about the reputation of our program and how well-prepared I was when I left. Here are a few up-

dates:

I completed practicum, internship, and postdoctoral residency at the Dallas VA Medical Center and then served as staff psychologist and primary supervisor for the Couple and Family Fellowship. In addition to serving on the internship and postdoctoral training committees at the VA, I was assistant professor of psychiatry at UT Southwestern Medical Center. Not only was I proud to invest in the medical residents and psychology trainees, I could personally say the care and service was exceptional as my mother also underwent cancer treatment there for 8 years. Unfortunately, she passed away in 2018 and I took some time to reflect on the direction of my life. After much prayer and wise counsel, I decided to take a leap of faith and take my part-time private practice full-time in 2019. It was both an exciting and scary transition but well worth it. Currently, I have a solo practice in Rockwall (East of Dallas). After becoming board certified in couple and family psychology in 2019, I now serve on the American Board of Couple and Family Psychology. My clinical interests include depression and interpersonal conflict, supervision, and spirituality in psychotherapy.



Despite 2020 being an odd year due to the pandemic, I would say that it has been rather eventful for me. I launched a podcast (*Amazing With Grace*), self-published a book (*The Emotion Devotional*), and became an empty-nester (sort-of)! My son, Quincyn was 5 years old when I started the doctoral program and I would laugh every year when he would ask, "Now what grade are you in?". In June, we celebrated his high school graduation (in person) and he is now a freshman biology major at Prairie View A&M University on a full scholarship. His lifelong dream is to become a veterinarian. Speaking of animals, he finally talked me into getting a dog shortly after my mom passed. Now, Marble (Shih Tzu) is my favorite furry friend and keeps the nest warm while Quincyn is away.



I anticipate paying forward to my students all the knowledge and care that was poured into me during my time in the program! I know my mom is proud.

Dr. QuaVaundra Perry

## DCT Greetings Continued

This summer, we congratulated seven brand-new alumni who completed all requirements by early August and earned their doctoral degree. They are Drs. Laura Captari, Kristina Clevinger, Albert Erin, Ling Jin, David Mosher, Emily Raiche, and Jenna Tomalski. Due to the pandemic, the in-person graduation commencement was canceled by the university. However, it did not take away any bit of our excitement and sense of pride about our outstanding new graduates. With the help of the program faculty and some students, I put together a brief video slideshow as a token of our congratulations to our 2020 class. Please click on the link below to review the slideshow.

<https://drive.google.com/file/d/14W338aaLb0BVHym2U1jeeD2li535Xx0z/view>

In late August, we welcomed eight very talented individuals to join our program in the 1<sup>st</sup> year cohort. As you can imagine, the social distancing, mask-wearing, and partial campus re-opening associated with the pandemic have added an extra layer of challenges to the “new kids on the block”. Nevertheless, they have demonstrate a great deal of residency and creativity and have been adjusting well to their very demanding 1<sup>st</sup> year doctoral studies. Please see page 14 of the newsletter for their names, photos, and brief information.

Joining the strong efforts of APA and SCP in battling the racism pandemic, our program faculty and students are also taking active steps to further integrate diversity, inclusion, and advocacy (DIA) issues into all aspects of our training and professional activities. For instance, the program committee has recently approved a required section in all new thesis/dissertation proposals and final writings to explicitly address the relevancy and contribution of the research projects to advancing DIA issues. In our monthly program committee meeting, program faculty begin to include more DIA assignments and activities in all courses and share with each other their experiences of doing that. Enhancing multicultural competency and social justice advocacy work is one of our program’s main aims; we will continue to strive for improvement in achieving this aim. I welcome any suggestions and ideas from our alumni who also share this passion and commitment. Please feel free to contact me at [dcwang@unt.edu](mailto:dcwang@unt.edu) with your valuable input.

I would like to encourage all alumni to consider making a small donation to our program. The department has very limited administrative budgets, especially during the budget reduction time cause by the pandemic. Our program has a program activity account to recruit donation to help cover expenses that are not fully supported by departmental administrative money (e.g., mock internship interviews, campus interviews for admissions, town hall meetings, invited talks, etc.). Any amount (\$10-\$100) of donation from alumni is welcome for together they help us provide more support to our students. The donation is tax-deductible; please contact me at [dcwang@unt.edu](mailto:dcwang@unt.edu) or at 940-565-2678 for more information.

UNT is now celebrating the 130 year anniversary and welcoming a record number of students (nearly 41,000 in Fall 2020). The year of 2020 has indeed been quite unpredictable. I sincerely we will soon get the COVID pandemic under control. After things get back to normal, if any program alumni have a plan to visit Denton I would love to meet up and treat you a cup of coffee or beer to catch up.

In solidarity,

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



## A Farewell Interview: Dr. Vicki Campbell

### How did you get started at UNT?

I came to UNT in the early 80s and first began at the counseling center, which at the time was located in the student union. At the time, there were four people with quarter time positions in the department, and it was my idea of an ideal job at that point in time. I worked in the testing area and worked with students from both the psychology and education department who were completing either practicum or internship placements. I enjoyed being able to engage in clinical work as well as training.



### Can you describe your transition to the psychology department?

In the late 80s, some faculty members left the university, and there was a vacancy for the counseling methods position, which was interesting to me. At the time, I was getting more involved in research with Fred Lopez from the counseling center and Ed Watkins, whom we had just interviewed. I was also the assistant director at the counseling center and I was feeling pulled many directions, so when the position opened for the department I was encouraged by other faculty members to apply and make the transition into the department. This was the first year following Terrill Hall's renovation. Prior to that, Terrill Hall was actually set up dorm room style. I then taught counseling methods for several years and started the interviewing course, as well supervised practicum and taught the undergraduate measurement class.

### What was your favorite part of the multiple roles you filled?

Supervision has always been one of my favorite activities. I really enjoy the training and supervision process. I think that learning to be a therapist is such an intriguing process. I believe it makes people grow and learn about themselves. For context, during my training at Missouri, I received training in supervision, which was not yet common at the time. We actually had a supervision practicum where you supervised master's students and then play tapes of supervision.

### How did you become the department chair?

Well, I honestly tried to avoid it for as long as I could. When Ernie Harold was the chair, I was asked to be the associate chair. I also had an opportunity to become the counseling program director, but I did not want to do administration. I had been assistant director at the counseling center and was not quite interested in administration, which was part of the motivation to move to the department. I was much more interested in working with students. In 2009, we were at a place in the department where we needed a new chair and several faculty asked me to run. I was at the point in my life where I was ready to try something new so I agreed. The faculty elected me, the dean appointed me, and then I became the chair!

### How did you balance your responsibilities as chair and being a practicum supervisor?

That part was enjoyable for me. Supervising kept me connected with the aspects I really like about the profession. The first year I was chair, I became aware of many aspects of the department I did not know about, so there really was a learning curve. Eventually, I came to enjoy the broader perspective of the department and the university and working with other chairs and meeting people across the university.

### Can you describe your journey as department chair and any particular successes or accomplishments?

One of the things I worked on and I think we did make progress on though still have a ways to go, was having a more departmental perspective within the department. For many years, we really did not have much of an identity as a department but rather a collection of graduate programs. Membership in the program defined people's identity rather than membership in the department, so I think we have moved in that direction, which is progress.

## **A Farewell Interview: Dr. Vicki Campbell Continued**

### **What did you enjoy the most about your time as department chair?**

I think I enjoyed getting to know people across the department better, which just gave me a bigger perspective of the department. I was able to participate in a psychology chair's organization and obtain that broader, national understanding of psychology departments. The same was true within the university in that I attended university wide meetings and heard the things that were similar across departments that you may not realize when you are a faculty member. I got to be part of discussions and see changes in the university and higher education.

### **What did you enjoy the most about supervision?**

I enjoyed the opportunity to work with all of the students and get to know them. Prior to being chair, I knew every student from counseling methods and interviewing, whereas after becoming chair, I would potentially not get to know students until their 3<sup>rd</sup> year. I think one of the things I really enjoyed was watching students start to use theory and see how it can really help their work with clients.

### **Any stories not specific to being the department chair or supervisor that stand out to you in your time at UNT?**

One of our alumni who I keep in touch with, Lisa Elliott, started the interviewing process during her time as student rep. She made it a more formal admissions process, which has evolved into what the program has today. The other programs then picked it up from us! Upon coming to UNT, there were not very many female faculty and I was actually the first woman in the department to have children. Very few of our students had children either, as it was viewed as negatively and might take away from their education. I think I was a support for students for a considerable amount of time, which has been an important component for me.

### **What are you most excited about for retirement? How do you intend to spend your time?**

One of the things I have wanted to do for a long time was master gardener training, so I have since applied for that and hoping to get started soon. In the midst of the pandemic, it will be nice to have activities in my backyard! Once we are able to, we will be traveling a lot. I think New Zealand is one of the first places we are considering. It is gorgeous, there is such a variety of land, the mountains are beautiful, and the Māori culture has always interested me. I may also do some training and volunteering with the Red Cross, but not until the pandemic is under control.

### **What will you miss the most about UNT?**

I really think practicum and supervision.

### **Any final words?**

Well, I have really seen the department grow in a lot of ways such as the diversity of our faculty, student body, and our attention to diversity, while of course still ways to go. Since I have been at UNT, the university has more than doubled in size and gone from being 90+% white to being a very diverse university, so I think that is an important context to keep in mind. In terms of research, productivity, the kinds of faculty we have been able to hire, I have seen a lot of change in those aspects as well and look forward to seeing that continue. I hope the chair search goes well and they are able to hire someone who see the potential of the department and help it keep growing.

**Thank you Dr. Campbell for all that you have done for this department. You will be missed!**

## Student Spotlight: Gabby Gaskin-Cole, M.S.

Hi, I'm Gabby! I'm currently a 3rd year in the program. What a year 2020 has been! Like all of us, I've been adjusting to the online format and trying to transition to a new normal of being a graduate student during the pandemic with a social climate defined by racial injustices. This year more than ever, I've found it imperative to be intentional about maintaining social connections (virtual happy hours, virtual movie nights, book clubs), engaging in self-care, and identifying people in this program who are true allies and advocates for social change. When I arrived on campus as a first-year student, I was met with imposter syndrome. Me? In a PhD program? At first it seemed impossible, especially considering I had been out of school and working in the field for several years prior to returning to pursue my PhD. Yet now with two years under my belt, I feel like I have become adept at juggling the hats of being a student, clinician, researcher, and instructor. As Dr. Jones' advisee, I've had the opportunity to explore research interests that are particularly meaningful to me with the potential to make a larger impact on diverse communities. My research interests focus on the socialization of the Strong Black Woman Schema and the impact it has on Black women. Clinically, I've had the opportunity to work with a diverse array of clients; however, my true passion lies with adolescents, specifically those in foster care and with a history of trauma. Has this program been challenging? Sure. Has it been rewarding? Absolutely! Overall, this program can sometimes have the feel of climbing Mount Everest, with new difficulties at every turn. However, the relationships that I've built and the connections that I've made have helped me grow professionally and personally and is an experience I wouldn't trade for the world.



## Student Spotlight: Lindsey Slavin



As I reflect on my experiences as a second-year student, I am grateful for our program's emphasis on holistic development as students, clinicians, researchers, and people. Navigating my first year in the program took me back to when I embarked on a 3-month Arctic expedition with a diverse research team. At the beginning of the trek, I remember looking up at the daunting peaks and troughs of the mountains with uncertainty of how I would scale and overcome the steep milestones that laid ahead. This same feeling arose within me as I sat in Foundations class with my cohort, looking up at Dr. Wang as he fervently explained how demanding our training throughout the program would be. He described how the program's challenges would build in magni-

tude and frequency, smiling as he demonstrated the metaphorical weight of the increasing workload that would be added to our shoulders. My first year in the program, like my expedition across the Juneau Icefield, fostered my resilience, pushing me past my preconceived limits under high stress. I feel that although the rigors of our program may feel intimidating, and at times insurmountable, they offer abundant opportunities for growth when taken one step at a time and with the support of a team.

I am in the Child and Family Cluster while also being a full member of the Sport Cluster with Dr. Petrie as my research advisor. This unconventional dual cluster curriculum allows me to complete applied work and study these two specialties simultaneously. Working through the challenging course load and time requirements is important to me because I am passionate about intertwining the components of both fields into my future practice and research.

The recent unexpected shift to a socially distanced world as a result of the COVID-19 pandemic has greatly impacted the way in which our program operates, rapidly transitioning to remote learning and telehealth therapy/assessment services. The once defined procedures that had been taught year to year have been transformed, launching both faculty and students into unfamiliar territory. These virtual times have highlighted the importance of teamwork within the program. I absolutely love when I get the victorious emails from Carla and Dr. Cox that say everyone successfully marked "attended" in Titanium for their telehealth sessions from home. Go team! Although we are all physically distant from one another this year, we are working together to adapt to these unprecedented times. As Dr. Petrie would enthusiastically advise, be #PhysicallyDistantSociallyClose. Beginning this summer, I joined Dr. Petrie, Dr. Moore (Associate Professor, Wayne State University), and Tess Palmateer (fifth-year student), to longitudinally study the immediate and longer-term impact of COVID-19 on college student-athletes' psychological well-being, health, and performance. This research is helping athletic departments across the country understand how student-athletes are coping during COVID-19 and how they can best be supported.

Winston Churchill's adage that "A pessimist sees the difficulty in every opportunity. An optimist sees the opportunity in every difficulty," has always resonated strongly with me. Our counseling program's strength-based emphasis mirrors this concept as students are trained to perceive what might have once been seen as personal strengths and weaknesses, to be personal strengths and *areas of growth*. At this point in my training, I am understanding more than ever that recognizing the opportunity for growth in every challenge will help me develop into the quality of person and professional I strive to be.

## Alumni Update: Jennifer Farrell, Ph.D.

Hello UNT Counseling Psychology folks—

I graduated from the Counseling Psychology program in 2018, as part of the Child and Family track. I was matched for internship at University of Central Florida (UCF) college counseling center, where I stayed for postdoctoral fellowship and now work as a full-time staff member. Being at a large university and counseling center, I have been able to work with diverse students and staff, and serve in various roles. I am especially enjoying being involved in training, providing individual and group supervision, leading training on process groups for interns, and co-leading our therapy dog events. The variety of opportunities available at a large counseling center has kept every day unique and exciting!

Reflecting back over my time at UNT, I am proud of all that I was able to accomplish and learn. The classes, clinical work, research, teaching and, of course, loads of hours spent on each of these areas of training, were exhausting and overwhelming at times. However, these training experiences have helped me feel confident in my knowledge base as a psychologist. Of course, I moved to Denton for the training program and degree... however, my experiences in Denton have played a huge role in my life both personally and professionally. When I moved to Denton to begin my first year, my dad had unexpectedly died several months beforehand. I was questioning my decision to move across the country from my family. During my time in graduate school, I was diagnosed with a chronic health issue that continues to require regular intravenous treatment to manage (I know, I sound like I would have been loads of fun as a cohort-mate, right?) I was grateful for the bonds and support I formed with my classmates, advisor (Dr. Hook), and other students in the doctoral program. It was thanks to those relationships that I pushed through difficult times and completed the training program. Not surprisingly, I take a relational approach in working with clients. In an unexpected and wonderful twist, I also met my husband while I was in graduate school and (close, close second)—adopted my sweet pup. My husband and I have been lucky to have a son since settling in Florida. A major reason I have found a home at UCF is that I have felt the type of support and care I received at UNT. My supervisor (now friend) was one of the first people I told I was pregnant, one of my best friends I met as a fellow UCF intern, and I have been embraced by so many other wonderful supervisors, mentors, and colleagues.

I wish all current graduate students in the program the best of luck and resiliency moving forward! It can certainly be a painful journey at times, but, speaking for myself, it is well-worth all of the effort and growth.



## Alumni Spotlight: Wenzhen Zhu, Ph.D.

Hi everyone! My name is Wenzhen Zhu and I graduated in 2019 as part of the Child and Family track. I am so grateful of this opportunity to speak with y'all as an alumnus. As they say, "the days go slow and the years go fast." While in the program, I often felt time was so still that I would never gonna make it to the other side, but now looking back, it feels that those years just passed in a blink of an eye. My time at UNT was both challenging and rewarding, exhausting and rejuvenating, frozen and fruitful, and so many other things. One of the lessons I learned in a hard way is that it is ok to not do everything perfectly. I remembered I was told in the very beginning that if I wanted to complete everything (e.g., classes, assignments, practicum, teaching, research, etc.), I would need 30+ hours a day. So a word of advice to you, which might sound cliché but useful, is when you feel overwhelmed, cut yourself some slack, give yourself some grace, prioritize something over another. Sometimes I also felt that my life got caught up completely by all the hurdles I had to jump through in grad school that I missed the bigger picture of life. What I found helpful was to get out of Denton for some time during long breaks to reconnect to the bigger world and re-orient myself to the bigger goals in life, which often helped me put things in perspective. As an international student, I also had my own unique challenges during those years. I so appreciate all the support from my peers, advisor, and supervisors, which made all the hardships a lot more tolerable. As an alumnus, I would like to make myself a source of support to you, so feel free to reach out!



I am currently working as a bilingual staff psychologist at the Counseling Center at the Amherst College in Massachusetts, after completing my post-doctoral training at the University of Pennsylvania in July 2020, where I did my internship as well. As much as we miss Philadelphia, my family and I have been really enjoying the tranquility of rural life up here in MA, something we appreciate especially during the pandemic. On a personal note, I became a mom to a baby girl this year. She was born 7 lbs., 19 inches, in late February, just before everything got shut down, which we felt very lucky about. She is our little bundle of joy, and we are so blessed to have her in our lives.

**We are excited to introduce our 2020-2021 first year cohort!**



**Macey Arnold**

Hometown: Palm City, FL

B.S. in Psychology and in Exercise and Sports Science from University of North Carolina at Chapel Hill

Sports Psychology Cluster

Advisor: Dr. Petrie



**Carmyn Hayes**

Hometown: Bowie, MD

BS in Psychology from the University of Wisconsin-Madison

Sport Psychology Cluster

Advisor: Dr. Petrie



**Hannah Hwang**

Hometown: Austin, TX

B.S. & M.Ed in Counselor Education from University of Texas at Austin

Minority Wellness Cluster

Advisor: Dr. Wang



**Lauren Kemble**

Hometown: Dallas, TX

BS in Psychology and BA in Women's & Gender Studies from Santa Clara University

Child & Family Cluster

Advisor: Dr. Kaminski



**Leah Lomonte**

Hometown: Houston, TX

B.A. Psychology, University of Denver; M.A. Sport and Performance Psychology, University of Denver

Child and Family Cluster

Advisor: Dr. Kaminski



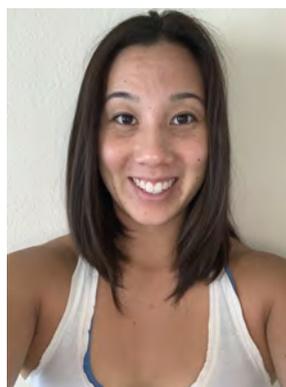
**Nick Magera**

Hometown: Sioux Falls, SD

Master of Science - Kinesiology (UNT) and Bachelor of Science - Interdisciplinary (Texas Tech University)

Sport Psychology Cluster

Advisor: Dr. Petrie



**Shiho Toyama**

Hometown: Torrance, CA

BA in Psychology from California State University, Long Beach

Minority Wellness Cluster

Advisor: Dr. Wang



**Sabrina Zuniga**

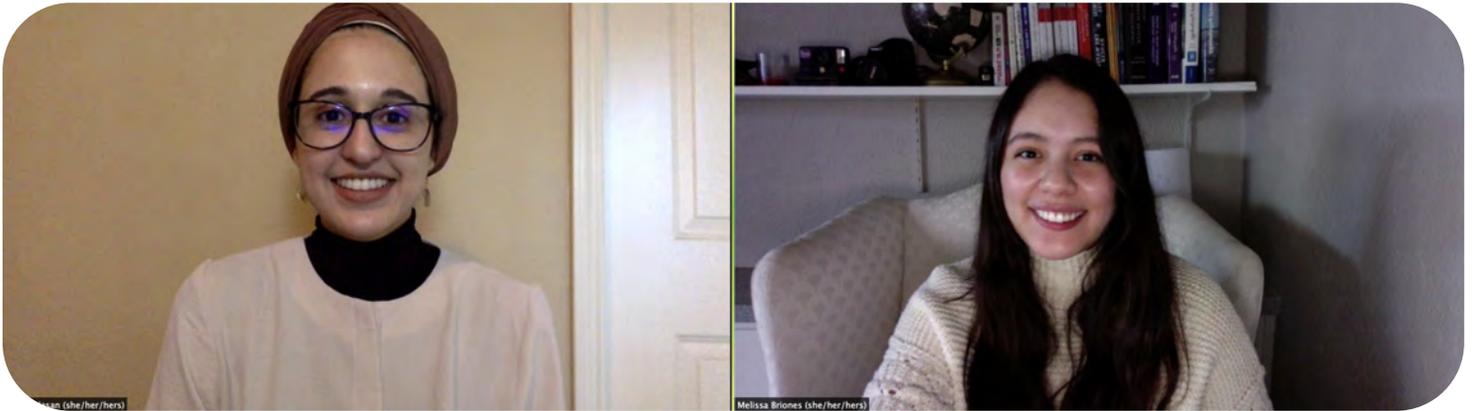
Hometown: Plano, TX

B.S. in Psychology from Texas A&M University

Child & Family Cluster

Advisor: Dr. Hook

## Counseling Student Representatives: Faraha Hasan and Melissa Briones



This semester started off different with many of us seeing clients, teaching classes, and being students all day from home, while others are still on campus wearing masks and practicing social distancing from their peers. In the spirit of everything being on Zoom nowadays, we also had our first virtual welcome party for our new cohort! We are so excited for our new students, and we hope they are building strong connections with each other and with the program! As the Counseling Psychology Program student representatives, we are committed to advocating for students. Most importantly, this includes the aspect of social justice and advocacy. We plan to bring students' ideas on how to increase diversity, social justice, and inclusion in the program to the faculty to expand our program's commitment to these values. We are also exploring ideas on how to provide students an avenue to anonymously express their issues, concerns, or questions to us. As we explore such an avenue, we still encourage you all to bring any concerns, questions, or ideas you may have especially in regard to how to improve the diversity and inclusion initiatives in the program. Along with social justice initiatives and checking in with students, we continue to brainstorm ways to create community among students especially with the new "normal" we are navigating. If current students have any concerns, questions, or ideas, we are only a text, email, or Zoom link away!

**Faraha Hasan & Melissa Briones**



## Summer/Fall 2020 Graduates

**Congratulations to the UNT students on their doctoral graduation!**

**Erin Albert** 

**Laura Captari**

**Kristina Clevinger**

**Jin Ling**

**David Mosher**

**Emily Raiche**

**Jenna Tomalski**

## Editor's Note

Fall is officially here and the year of 2020 has definitely kept all of us on our toes.

As many things are changing in our world, the

UNT family remains dedicated to making a difference within the Denton community and throughout the world. Faculty and students are engaging in conversations regarding diversity, inclusion, and advocacy both within the classroom and in their research/clinical work. We welcome an incredible new cohort (page 14), each of whom devote their efforts to the growth of this program. We also congratulate our recent graduates and are looking forward to the ways in which they contribute to the reputation all of you have built. During this time, it is so important to remain connected and supportive of our fellow UNT family members. We would love to hear from you about your own professional successes and personal updates. If you would like to contribute to our next newsletter, please email me: [gabrielleweierbach@my.unt.edu](mailto:gabrielleweierbach@my.unt.edu).



Sincerely,  
Gabby Weierbach, MA  
Counseling Psychology Program GSA