

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. In the midst of the COVID-19 pandemic, the university and department have continued to make necessary adjustments in how to deliver courses and training activities, as well as many aspects of school operations. All graduate courses in the Spring 2021 semester have been moved to zoom and most clinical work and supervision sessions are delivered in the telehealth format. A few changes have also occurred in the program and department in the past few months. Our Interim Chair, Dr. Yolanda Flore Niemann has announced that she will be starting her retirement by entering the modified services in Fall 2021 so she can spend more time with her families. We wish Dr. Flore Niemann a happy and fun retirement! The department is currently searching for a new chair and we hope to have some good news to share with alums this summer.

In early February, our program successfully conducted our interview day activities to select new students for the 2021 cohort. This was the first time the entire interview process was handled completely via zoom. Many “thanks” to our student representatives, Faraha Hasan and Melissa Briones for their excellent work in planning and coordinating a large number of current students’ efforts. After the interview day, many candidates shared with me that they were extremely impressed with the high level of collaboration and sense of community they experienced from the interview day, which strengthened their desire of wanting to join the program. The virtual interview day success is truly a result of the collective effort from all faculty and students; and I am very proud of the wonderful teamwork we demonstrated through this process.

On Feb 19, the APPIC revealed the phase I match results for the 2021-2022 Pre-doctoral Internship Arrangements. All of our 10 students matched with accredited pre-doctoral internship programs of their top choices. According to the 2021 APPIC pre-doctoral internship match stats, the national average of all counseling psychology programs (both PhD & PsyD) is 85% and of all applied programs (clinical, counseling, school, & combined) is 81.3%. Our 100% match rate in phase I speaks unequivocally for the top quality of clinical training the program is providing to our students. Please see page 11 of this issue of the program newsletter for more detailed information about the match and join me in congratulating these 10 advanced students (i.e., Danna Bismar, Steve Coomes, Cameron Davis, Ashely Geerts-Perry, Adam Hodge, Randi Jackson, Tess Palmateer, Amanda Shaunessy, Andy Walsh, & Hansong Zhang). You guys are amazing and we are so proud of you!

Greetings from the DCT Continued on Page 3

Faculty Updates

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

Dr. Hook



It has been a challenging year, and I hope this newsletter finds you healthy and safe. The Positive Psychology Research Group has continued to be busy this past year. Four of my students (Steve Coomes, Hansong Zhang, Cameron Davis, and Adam Hodge) successfully proposed their dissertations and matched for internship. Steve will be at the VA Medical Center in Battle Creek, Michigan. Hansong will be at Texas Tech University. Cameron will be at the University of Texas at Austin. And Adam will be at the Wright-Patterson United States Air Force Medical Center in Dayton, Ohio. We are very proud of each of them! On a personal note, my wife and I had a baby girl in October 2020--Autumn Lynn Hook. It was stressful having a baby in the middle of a pandemic, but overall, we are doing great, and she is a blessing to us.

Dr. Petrie

Although COVID and all the stress weighed heavily on all of us, we had some wonderful thing actually come out of it as well (and that includes a NEW PRESIDENT!!!). Both my son (Braeden) and daughter (Kyla) were able to come stay with us for extended periods. Braeden, who has been working for the last year and a half at a boutique talent agency, was given permission to work remotely through 2021 so decided to give up his lease in LA and travel (and work remotely!). He spent a month in Seattle, then some time with us in November, then South America (because why not travel internationally in the middle of a pandemic!), and then back to us in early January. He's with us through early April when he will move to NYC to pursue a career in fashion design. He'll stay with his current job until something else arises for him in the fashion industry, but for now he's going there to make contacts, work on his designing/art, and explore a new city again. It's wonderful to see him reconnect with his art and define this new path for himself.

Kyla was able to join us for about a month in November/December as she had a break in her medical school clinical rotations. During that time we also welcomed the new addition to our household...Charli the golden retriever puppy (her official AKC name is "Charli of the San Juan Mountains"). We had been trying to adopt a golden through some of the local rescue groups, but it was a lot like speed dating (40 families for every available dog) and we were never selected (finalist a couple of times!). Anyway, we put our name in for a puppy and...wow, even though we have had three goldens before, we had never had a puppy... and it's definitely different. Now both Braeden and Kyla understand, after helping take care of Charli when she was a pup, why I always said I did not want a puppy 😊.



Faculty Updates Continued

Dr. Petrie

Actually, she's been really great and, with the exception of some puppy diarrhea, she's growing well and becoming a young dog. We are excited about taking her to CO this summer and letting her experience the mountains that are her namesake.

Laura and I have loved having our kids around, particularly them getting time to spend together... although COVID has been hard, we are grateful for this opportunity to have our family fully together at times and our kids getting to know each other better. We both have been well...I'm still a bit stuck in the hamster wheel that is COVID working from home, but making sure I am doing things to keep myself grounded and happy...and she continues to make the drive to Children's where her life goes on pretty much unchanged by the virus!

We wish all of you health, happiness and safety as we continue to move through COVID, into vaccination, and into a new administration that we hope will help us start healing.

Greetings from the DCT Continued

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

The COVID outbreak in the US started in March 2020 so we are reaching the one-year mark for it. I know it has been a challenging year for many of us. I know some of our alums, colleagues, and students have lost significant others or have personally battled with the illness. My thoughts are with all of you, especially those who have been impacted by the pandemic. I hope everyone will stay healthy and safe until we gain better control on this virus this summer or fall. As always, if any program alumnus has a plan to visit Denton I would love to meet up and treat you to a cup of coffee or beer to catch up.

In solidarity,

Chiachih DC Wang, Ph.D.

Director, Counseling Psychology Ph.D. Program



Faculty Spotlight: Dr. Chiachih DC Wang

Dear Alums, Colleagues, Students, & Friends of CPY at UNT,

My name is Chiachih DC Wang and it is my turn for the “Faculty Spotlight” column in the program’s newsletter. I am excited for the opportunity to share with y’all more about myself.

I grew up in Taiwan and came to the states in 1997 to pursue my graduate training. At that time, my goal was just to get a master’s degree in mental health counseling and return to Taiwan to continue my work as a community-based mental health counselor and coordinator. Then, one thing happened after another, which eventually led to the decision my wife and I made to stay and raise kids here in the US. After completing my pre-doctoral internship at UC Davis in 2004, I became a faculty at the University of Missouri, Kansas City and stayed there for 7 years. In 2011, I joined the Psychology faculty at UNT and became the program Director in 2017.

My wife and I have two daughters—Tiffany and Samantha. Our older daughter, Tiffany graduated from U Penn in May 2020 and got a job in New York City to start in August. Although she was excited about the possibility to live and work in the Big Apple, she has been working from home in Denton since day one due to the pandemic. Samantha is currently an 8th grader at Crownover Middle School in Denton. She is talented in various forms of arts (painting, drawing, design, drama, etc.) and is looking forward to returning to “normal schooling” after this summer so she can hang out with her friends, instead of the current e-learning format. My family and I have lived in four different states (KS, MO, CA, TX) in the past 23+ years. Texas is becoming the place where my family and I have stayed for the longest time (almost 10 full years!) and we have now grown roots in Texas and considered it our home state.

My research work generally focuses on three areas: (1) cross-cultural variations of adult attachment behavior, (2) acculturation process and outcomes of immigrant individuals and families as well as international students, and (3) ethnic-racial identity development and its impacts on individuals’ wellbeing. Many of my research projects involve recruiting multi-national samples to identify the cross-cultural similarities and differences in adult attachment’s influences on a wide range of psychosocial functioning variables. I have developed several international research and training collaborations and about one third of my published journal articles were co-authored with researchers outside the US (e.g., China, S. Korea, Thailand, Taiwan, and Japan). I established a study abroad course called “cultural Psychology” which includes a 3-week field trip to Taiwan, Inner Mongolia, and China. The course has been offered at UNT four times and close to 90 students (including both graduate and undergraduate students) have taken it.



Faculty Spotlight: Dr. Chiachih DC Wang Continued

In addition to my responsibilities in the program and department at UNT, I have been ac-

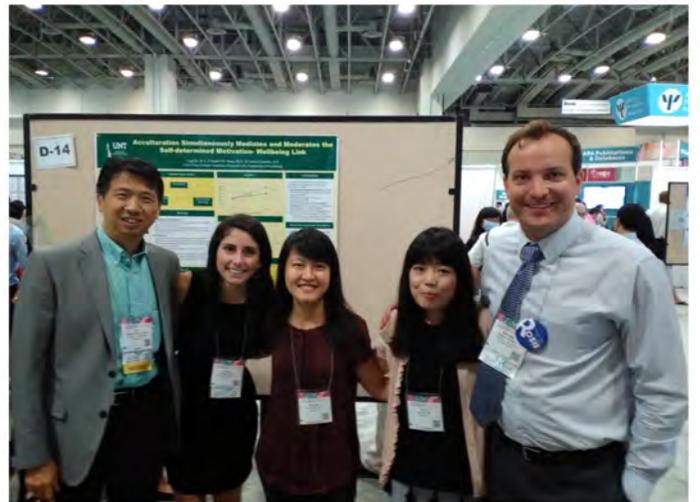


tively involved in professional organizations and have taken on several leadership positions. For instance, I served as the US-based co-chair of the APA Society of Counseling Psychology (SCP) International Section from 2013-2015 and the SCP newsletter editor from 2016-2019. I am currently the President Elect of the Council of Counseling Psychology Training Programs. I enjoy these opportunities for they have not only enabled me to give back to the professional community but also allowed me to engage and learn from colleagues across the country and internationally who share similar research and professional interests.

We currently have 9 counseling psychology doctoral students and 5 undergraduate students in my Cross-Cultural Adult Attachment Research Lab and I truly appreciate the opportunity to contribute to the professional and personal development of all of my lab members. In these past few months, a number of kudos from several lab members brought us great joy while we were coping with the pandemic and prolonged social distancing. We celebrated Wenzhen Zhu and Kendra Oosterhouse having their newborns in 2020. Ling Jin accepted an offer to become an assistant professor at the University of Calgary and Kendra Oosterhouse also secured a staff psychologist position in the VA Medical Center in Ann Arbor, MI. We congratulated Danna Bismar for her internship match with Rutgers Biomedical & Health Sciences in Newark, NJ, which has an excellent reputation. An undergraduate lab member, Gabby Martinez was admitted into the counseling psychology doctoral program at University of Buffalo in fall 2020. We also welcomed two new doctoral lab members, Shiho Toyama and Hannah Hwang who joined our program last fall in the midst of the pandemic.

The top three features to describe me as a person will probably include people person, natural curiosity, and lifelong learning. Therefore, I love being a professor in a graduate program of a psychology department for I feel fulfilled from what I am doing every day. In my leisure time, I like to watch movies, walk or jog for a few miles, host or attend dinner gatherings with family, friends, and students, and travel to new places.

Thank you for taking the time to go through my sharing. I hope you all are doing well and staying healthy while we are continuously battle with the pandemic in the rest of the spring semester.



Student Spotlight: Tess Palmateer, M.Sc.



I sit here writing this after what has been a wild week (amidst an overall wild year) beginning with snowstorms and power outages and ending with match day! I am beyond excited to share that I matched at the Oklahoma Sport Psychology Consortium (previously the Oklahoma Health Consortium - Primary Rotation: Athletics) following in the footsteps of some great alumni and colleagues!

It feels surreal to know my time at UNT is quickly coming to a close, though I am eager and ready for the next chapter to begin. The last five years have

been quite a journey, full of challenges, accomplishments, and just about every emotion you can think of. This program has pushed me to grow professionally and personally in ways I could have never imagined. As many of you know, or will soon know, the internship application process is exhausting, but it was also quite affirming. I am more confident than ever that this program was the perfect fit for me. I am so appreciative of the opportunities I have been afforded and the relationships I have built along the way, both at UNT and in the broader DFW community. Like for many of you, this pandemic has been incredibly difficult to navigate, and I couldn't have done it without the support of those closest to me... and golf!

One of the biggest lessons I have learned throughout this program is the importance of balance. As you all know, it is really easy to let school responsibilities completely consume you (particularly in first and third year) and that is what happened to me. I began implementing firmer boundaries and built strong connections within the DFW community. I found myself playing in multiple beach volleyball leagues and golfing nearly every weekend and it was amazing! This also facilitated the development of so many amazing relationships beyond the walls of Terrill which was quite refreshing! As I have shared with many people in the program, I encourage you to reflect on how you are (or maybe are not) living a balanced life.

Our program has so many amazing training opportunities, but something else I was very intentional about was finding/making opportunities outside of the program. For example, I served as a student delegate for the Association for Applied Sport Psychology (AASP) for three years, more recently serving as the co-chair of the Social Justice Initiative. Further, I joined The Clinical / Counseling Sport Psychology Association (CCSPA) and more recently became the Professional in Training Representative. Another opportunity that I have loved is working for the Kansas City Royals. Unfortunately, pro sports shut down due to COVID just days before my flight to Arizona for spring training, so this trip was canceled. However, the mentorship from my boss there did not end and we recently decided to pick back up our research soon! Each of these opportunities allowed me to build great connections with peers and professionals in the field! As such, I would encourage y'all to get involved in outside of UNT too!

I wish you all the best in y'all's personal and professional lives! Never hesitate to reach out (TessPalmateer@my.unt.edu)! Go Sooners!

Student Spotlight: Heidi Ellis

Hi everyone!! :D My name is Heidi Ellis, and I am a 3rd year in the program! Sometimes I can't believe I'm already a 3rd year. Like what happened to the first year Heidi who couldn't find where she parked her car on her first day? A lot.

Reflecting back on first year, I think the major challenge I faced was finding balance in life and learning how to take off my "grad student" hat every now and then. When I started in the program, I had only been married a few months and the week before class, I had adopted a teeny-tiny puppy who was found in a cardboard box. It might sound a little crazy, but my partner and my dog were exactly what I needed that year. They helped remind me there's other areas of life that are important too, and if you can find balance in life, you will flourish so much more than if you stay in student mode 100% of the time.

Second year is an exciting but big adjustment in learning how to be comfortable and authentic with clients. Due to the pandemic, my cohort went through the process of learning the clinic procedures and then re-learning the telehealth procedures. It was definitely a transition for everyone, but I think we were really able to lean on one another in supporting our personal and professional growth. It was really hard to go from seeing everyone most every day to only seeing people occasionally on zoom. I am still so amazed by our clinic and the staff that made the transition incredibly smooth despite it being so unexpected!

So far, third year working at CTS is awesome but busy. It is a very full schedule, but the experience has helped me grow so much as a professional! I have had the opportunity to work with such a diverse and engaging caseload and an amazing supervisor! This year I've also had the opportunity to transition into Dr. Hook's research lab, where I have been so supported and warmly welcomed! I have had the opportunity to make some amazing friendships in the lab that mean so much to me!

Each year definitely has had its challenges, but I am genuinely enjoying my journey. Sometimes things can be overwhelming, especially with the current state of our world, but I know I have a freaking awesome cohort that support one another in an incredible way, amazing friends in my research lab, and most importantly, a partner and pup waiting for me at home.



Alumni Update: Carlyn Daubs, Ph.D.

Hello all!!! I joined UNT's Counseling Psychology program in 2004 as a part of the Child and Family track with Dr. Shelley Riggs as my advisor. I moved to Texas from Asheville, North Carolina and experienced major culture shock! Adjusting to life as a Texan was tough but adjusting to life as a graduate student was one of the toughest things I have ever done. I feel eternally grateful to my cohort of awesome classmates and the faculty that guided me along the process. I still have fond memories of late night study sessions and sleep-deprived antics. I finished up my course work and practicum in three years and then returned to North Carolina to complete my dissertation in absentia and develop a wilderness therapy program. I got a little too caught up in getting married and focusing on the applied work and let my dissertation take a back seat much to Dr. Rigg's admonishment. Luckily, she was patient and persistent! I graduated in December 2013 and was lucky to have gotten a lot of applied experience in program development, family therapy, adolescent treatment, wilderness therapy, supervision, and clinical administration.



I successfully defended my dissertation while on internship at the Counseling and Human Development Center at the University of South Carolina. While on internship, my husband (JD), daughter (Turner), and I lived with my parents during the week and trekked back to our home in Asheville on the weekends. After completing my internship, my only goal for a postdoc was to be able to get licensed in North Carolina while actually living at home! I was lucky to have earned my Master's degree while at UNT and I created my own postdoc experience at an evaluation center in Asheville. I promised myself I would stay at this agency just long enough to get licensed and then get back to the provision of therapy, where my true passion was. Well, turns out I LOVE ASSESSMENT!!! I still remember my Assessment I and II courses and thinking how boring testing was and how there was no way in heck that I would ever EVER do evaluations professionally. Now I realize how much clinical nuance is required to do an effective evaluation and how it's like putting together a puzzle where the pieces are constantly shifting! It's such a challenge and so rewarding! I love it! I have my own practice, Biltmore Psychological Services, and am licensed in North Carolina and Tennessee, and soon to be licensed in Georgia and South Carolina. I have three psychologists who work in my practice and have contracts with treatment centers all over the southeast. Dr. Riggs is the voice in my head when I write and I think about her pretty much every day! JD, Turner, now 9, and my son, Lawson, 6, keep me plenty busy, but when I do have free time I love to run, read, and connect with long lost classmates!!!!

Alumni Spotlight: Gabriel Zamudio, Ph.D.

Hello everyone,



I graduated from the Counseling Psychology program in 2018 in the Child and Family track. I matched at the University of California, Davis, where I completed my pre-doctoral internship as well as post-doctoral residency and then decided to stay in California for my licensure and now job. I am currently working for the University of California, Merced, as part of the staff involved with advocacy for Latinx and Undocumented populations, as well as providing mentorship and support for student organizations. I also helped bring back the training program to the UC Merced CAPS center and am currently developing training for practicum and internship trainees that we will welcome in late 2021. I'm currently living in the Bay Area working remotely, as Ling is completing her postdoctoral

research/clinical fellowship at Stanford University School of Medicine and planning our next steps as tenure-track faculty at this time!

Reflecting on my time at UNT, I found that the biggest piece of training and lifelong skill I could develop was time management and the ability to make the best out of every moment of the day. I recall having to juggle between assessments, studying for exams, completing research, and finishing clinical hours, and thinking to myself, "There is just simply not enough time for me to finish everything". I had to adapt to making use of those 15-20 minutes in between tasks or those interim hours between my different hats, and I now use that as a good way to connect and support students who are feeling overwhelmed with academics, either graduate or undergraduate. I call it the "15 minute try", wherein I discovered that even opening that dreaded email with corrections and working on it from 10-15 minutes significantly defuses some of the anxiety and stress and helps me feel on top, or at least aware, of the work I need to do. My time at UNT was definitely challenging and it can test your personal boundaries at times, but you come out ready to engage with work and not be surprised at anything any internship site or job will ask of you. Were I to do it again, I would in a heartbeat. My recommendation to anyone struggling is to find things to look forward to weekly while you're in Denton, and before you know it, you will be missing having the Denton small town lifestyle and the predictable graduate school environment.

I wish all current students reading this the best, am hopeful everyone is keeping safe throughout this pandemic, and I hope to be able to visit UNT once more at some point in the future.

Counseling Student Representatives: Faraha Hasan and Melissa Briones



This semester, like it has been in the past year, has been defined with finding ways to do everything virtually. This semester we managed to hold one of the biggest events in the year virtually: interview day! We are so grateful to our interview day planning crew, everyone who contributed on the day, and everyone who checked in on how we were doing while planning this important day. We are also grateful towards Dr. Wilson and Dr. Rivero-Carr who hopped on despite their busy day! We are excited to see what new colleagues and friends will join us next fall! As we have for the last several years, we are committed to seeing our program become a more inclusive place that trains the next generation of social justice advocates and culturally competent clinicians. We encourage all students and faculty to help us explore new avenues in seeing this mission come to fruition, as well as ask students to bring any concerns or questions to us so we can best advocate for all students. As we brainstorm new ways of extending social justice advocacy within the program, we also hope to find ways to create community within the program without contributing to the Zoom fatigue. If current students have any concerns, questions, or ideas, we are only a text, email, or Zoom link away!



Faraha Hasan & Melissa Briones



MATCH DAY RESULTS

We are extremely proud of our students that applied for internship this year and matched! Congratulations class of 2022!

Danna Bismar

Rutgers Biomedical & Health Sciences

Steven Coomes

VA Medical Center—Battle Creek

Cameron Davis

University of Texas at Austin

Ashley Geerts-Perry

University of Texas Health San Antonio

Adam Hodge

Wright-Patterson USAF Medical Center

Randi Jackson

Jackson Health System/University of Miami
Miller School of Medicine

Tess Palmateer

Oklahoma Sport Psychology Consortium

Amanda Shaunessy

Naval Medical Center—San Diego

Andy Walsh

Northwestern University

Hansong Zhang

Texas Tech University

Hello Everyone!

Editor's Note

It has officially been one year since we began the transition and adjustment to social distancing, working from home, and life via zoom. Many of our regularly scheduled training opportunities and program events (i.e. internship interviews, interview day, town halls, etc.) have been held virtually but that has not stopped the UNT family from achieving great things. All ten of our internship applicants matched this year! Our reps, assisted by faculty and students, organized a very successful interview day and we are looking forward to welcoming the future 2021 1st year cohort. We have also had several alumni that have stepped in and have been a tremendous help with mock interviews, practicum training, and our interview day. Our program truly would not be what it is without the continued dedication and support from our faculty, students, and alumni.

As I begin to shift out of my role as program GSA, I have reflected on my experience as the editor of this newsletter and it has been such an honor to get to play a small role in maintaining connections among the UNT family. I want to thank all of you who have contributed and to all of you who are able to read the many updates, both personal and professional, of our alumni, students, and faculty! I have full confidence that the next editor will do incredible in continuing this tradition. We would love to hear about what all of you are doing as well! If you would like to contribute to our next newsletter, please email me at gabrielleweierbach@my.unt.edu and I will pass it along to the next editor!

Sincerely,
Gabby Weierbach, MA
Counseling Psychology Program GSA

