

COUNSELING PSYCHOLOGY NEWSLETTER



GREETINGS FROM THE DCT

BY CHIACHIH DC WANG, PHD

Dear Alumni, Colleagues, and Friends,

Greetings from UNT! I hope you enjoy the warmer spring weather we have lately.

I would like to share with everyone the exciting news regarding a new program core faculty who will be joining us in Fall 2023. Our search for another new program core faculty (after hiring Dr. Hogge in fall 2022) was concluded successfully and Dr. Kiet Huynh has accepted our offer in January of 2023 to join UNT and become a core program faculty starting Fall 2023. Dr. Huynh completed his doctoral training from University of Miami in 2020.

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WELCOME GREETINGS FROM THE DCT, CONT'D

He first completed a clinical post-doc at UC Berkley and is currently completing a research post-doc at Palo Alto University. His research areas include LGBT mental health and substance use issues. We are excited about having Dr. Huynh join us this Fall and will provide more information about him in our Fall issue of program newsletter.

To increase the opportunity for our students and faculty to engage in social justice activities, a decision was made in the 2022 summer retreat that program faculty begin a semester-based rotation in which each collaborates with their research team to plan and execute an event that involves social justice and community engagement themes and invite other students and faculty to participate. The program's inaugural Social Justice & Community Engagement Series was launched in late Fall 2022, led by the program director and his CCARL lab focusing on domestic and intimate partner violence. This event was partnered with several community agencies, e.g., Set Supper Club, WRATH, and Blind Fox and included a movie & pizza night and a fund raising event for a non-profit shelter in Denton County. Both events were well attended by program students and faculty. Dr. Jones and her research lab will be hosting another Social Justice event in Spring 2023.

Last month, our program conducted our admission Interview Day activities virtually for 32 applicants. Many "Thanks" to our student leaders (Sabrina Zuniga, Dafina Chisolm-Salau, Macey Arnold, & Shiho Toyama) for their excellent work in coordinating of great efforts of many current students. The virtual interview day went smoothly as planned. After faculty selected 8 top applicants for the first round of admission offers, we invited them to a campus visit which was also a great success. Both events demonstrate the collaborative nature of the learning community that our students and faculty are developing within our program.

We look forward to receiving acceptances and will offer more information about our 2023 cohort in the newsletter this Fall.

APPIC revealed the match results of Phase I on Feb 18 and all of our 7 students who were applying for their pre-doctoral internship training in the 2023-2024 AY were matched with their top preferences. Our 100% match rate is substantially above the national average of 86% in phase I which speaks unequivocally for the strong quality of our clinical training. We are very proud of these 7 advanced students (Dominique Doty, Megan Drew, Heidi Ellis, Gabby Gaskin-Cole, Peter Gu, Faraha Hasan, and Derek Sokoloff). Please help me congratulate them and see page xxx of the program newsletter for more information about where they are going to complete their pre-doctoral internship training in 2023-2024 AY.

I would like to encourage alumni with adequate financial resources to consider making a small donation to our program. The department has very limited administrative budgets so we have established a program activity account to recruit donation to help cover expenses that were 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. The donation is tax-deductible; please contact me at dcwang@unt.edu or at 940-565-2678 for more information.

If any program alumni would like to visit Denton, please let me know. It will be delightful to meet up with our alumni to catch up with you over lunch or afternoon coffee/beer.

Chiachih DC Wang, Ph.D.

Director, Counseling Psychology Ph.D. Program

FACULTY UPDATES

DR. MARTINQUE JONES

Members of the BWell Lab have been very productive over the past few months and are eager about the Spring semester. Several members of the lab successfully proposed their thesis and dissertation projects, and some members have manuscripts in press for publication. Lab members have also taken on meaningful leadership roles within the department, especially within the UNT Association of Black Psychologists (ABPsi) and Psychology Advocates for Social Change (PASC). Two lab members successfully matched for internship and are eager to begin a new chapter of their professional journey. In April 2023, the lab will host social justice project focused on women of color's mental health. This project is a 90-minute wellness workshop that will include a panel discussion of women of color psychologists on the topic of cultural gender roles (e.g., marianismo and strong Black woman) and mental health, small group discussion, as well as a mindfulness meditation. For more information about our lab, please see <https://www.bwelllab.org>.

DR. JOSHUA HOOK

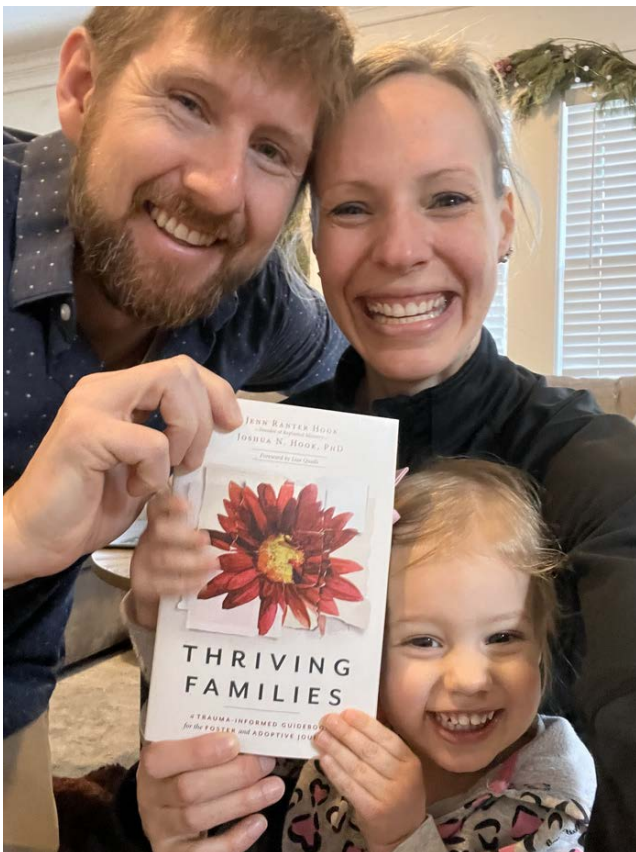


PHOTO COURTESY OF DR. HOOK

Hello,

I hope this newsletter finds you doing well and staying healthy. The Positive Psychology Research Group is doing great, and my students (Heidi, Sabrina, Caleb, and Jacob) continue to make good progress on their research projects. Some of us went to APA to present our research this past fall in Minneapolis, and we have a group going to CAPS this spring in Louisville as well. We now have a two-year-old at home, which has definitely made things more exciting and busier. Jenn and I also published our second book together which focuses on parenting through adoption and foster care (<https://heraldpress.com/9781513810485/thriving-families/>).

FACULTY UPDATES, CONT'D**DR. TRENT PETRIE**

Hey Everyone and Happy Spring (we are almost there). I am just going to jump in on all that has happened since the last newsletter and update in Fall...lots to share. First, I am on sabbatical this semester, though so far it's been a lot of business as usual (I am currently still in Denton working on research projects and writing). However, pretty soon I'll be heading to England to visit with my colleague Dr. Anthony Papatomas (from Loughborough University) to work on some athlete-body image projects. Have not seen Anthony since my last sabbatical in 2016...so will be great to see how his then young family has grown. Laura will join me as well and then we'll take some time to travel (more on that in the next newsletter). Also as part of my sabbatical, I am working with Dr. Daniel Taylor (formerly of UNT and now at AZ) on a grant from the PAC-12 to examine the effectiveness of the Bodies in Motion program with their athletes. We are in semester two and have had a lot of success and just struggled a bit with implementing a program for incredibly busy people! More on that as it unfolds.

I want to share some kudos and thanks you too! Being on sabbatical meant finding someone to teach the sport practicum...not an easy thing to do. So, first big thank you goes to Drs. Kayla Balcom and Chris Bader for being Adjunct Professors this semester and supervising the students in the class...incredibly helpful! Also, thank you to the almost 30 of you who also volunteered to zoom in with the practicum class each Friday morning to talk about your work and experiences. Having so many of you help in this manner was just one of the many ways in which the mafia look out for and help each other.



Kudos go to Kelzie Beebe, Heather Kiefer, James Rushton, Olivia Knizek, and Kaleb Cusack who are graduating in May and moving on to post-docs and full-time positions (more on that as they are hired!). More kudos to Dr. Andy Walsh and Dr. Jenna Tomalski who have just recently accepted sport psychology positions at University of Michigan and University of Georgia, respectively. Finally, welcome to our incoming class of new sport psychology students - Javon Williams, Caleb Wilborn, and Mikaili Robertson - we are very excited to have you joining our family.

Now some personal updates. Laura is doing well and beginning her slow transition from Children's to private practice. She'll be working 4 days a week at Children's for the remainder of the year so she can mentor in a new psychologist and start to build her practice. She is excited and saddened by the move, though knows it is in her best interest (and psychological well-being) to make the move. Kyla continues in her first-year of orthopedic residency...it's grueling at times with steep learning curves and she is loving all that she is getting to do (especially when it's in the ortho area...some rotations cover the other surgical areas, which are needed, but not as inherently interesting).

FACULTY UPDATES, CONT'D

Despite her busy schedule, she uses her vacation well and gets of out Lubbock to visit and travel with her partner Mel. Braeden is in NYC continuing his fashion design training at Parsons (and living the life of a young adult in the city). I'm actually visiting him this weekend and sitting on his couch as I type this newsletter...waiting for him to wake up so we can go to brunch and then walk to the 9/11 Memorial.

Laura and I also have had some fun, and challenging travels, since our last update. Although an erupting volcano and tropical storms almost delayed our trip, we were able to go to the Big Island of Hawaii over Christmas. It's a beautiful, rugged island and we had some great hikes, kayak trips, and time just looking at the ocean...we also dealt with a tropical storm that blew out the electricity, pink eye (Trent), putting ear drops in your eye (Trent), and turbulence that traps you in the plane's bathroom (Laura...just ask, she'll reenact the scene and have you on the floor laughing!). We've included some pics! In January, we went to Big Bend National Park over my birthday weekend (yes, I turned 60). It's so beautiful there and such diverse eco-systems in the park. A couple of nights on incredible starry vistas, hikes into canyons and into the desert, and I climbed Mt. Emory, which is the highest mountain in the park (all was good on the hike until summitting and running into a severe drop in temps and winds blowing at 30+....it was cold!). Thankfully, outside of the cold on the peak, this trip had far fewer challenges.



We hope everyone has had a great last few months and we send our best to all...we look forward to seeing many of you at the upcoming APA and AASP conferences and know if you ever come to Texas let us know!

FACULTY UPDATES, CONT'D**DR. CHIACHIH DC WANG**

We have had a productive time in the past few months since last issue of the program's newsletter. Wan-Ju successfully defended her dissertation in December 2022. We are very proud of Wan-Ju and hope she enjoys her "dissertation-free" internship training in the next few months. Faraha and Peter both were matched with their top choices of pre-doctoral internship programs. Congratulations to both of them for the upcoming transition to the next stage of their professional development. Shiho completed the data collection process for her thesis project and is now actively writing up the last chapter for her thesis defense which we hope will take place by the end of March. Lab members collaborated with each other in several small teams and together, we submitted five presentation proposals for the 2023 APA convention before its deadline in January 2023. We hope many of them will be accepted and look forward to have a lab gathering in Washington DC this August. Four undergraduate lab members' proposals were accepted by the 2023 SWPA conference, including two oral presentations. They will be presenting their studies in the SWPA conference in Frisco this early April.



The CCARL lab took on the responsibility of developing the program's inaugural Social Justice & Community Engagement Series in Fall 2022. We decided to focus on domestic and intimate partner violence and launched two events in November 2022. The series included a movie & pizza night that featured a documentary "Private Violence" and a fund-raising event in the community to support a non-profit shelter operated by WRATH. During the fund-raising event, we also invited Dr. Irais Anderton to share with us some dos and don'ts when working with clients facing intimate partner violence issues and the director of WRATH, Ms Kendra Lilly to share the common challenges their staff are dealing with when trying to help this population.

FACULTY UPDATES, CONT'D**DR. CHIACHIH
DC WANG**

This social justice & community engagement event was partnered with Set Supper Club, WRATH, Blind Fox, and Denton County Brewery Company. All lab members were participating in planning and executing the events. I am particularly grateful for three lab members—Hannah, Macey, & Shiho for taking the leading roles in this process.

Our lab resumed the multicultural potluck gathering at Dr. Wang's house in the end of the final exams week of the Fall semester as our last lab social event. Each lab member brought a home-made dish or dessert that represents their cultural backgrounds and/or family upbringing. Several lab members invited their significant others and we had a wonderful evening together to celebrate a healthy and successful year of 2022. Please see the group photo taken in the gathering.

**DR. INGRID
HOGGE**

The Spring semester has been off to such a busy start that I am not sure what to include. I enjoyed getting to know some of you better during the Fall semester. Jacob and Anna have been great research assistants this year and we have been pretty busy writing up manuscripts and collecting data. We also have several new projects on the agenda for spring including exploration of religiosity in rape myth agreement, psychological flexibility and suicidality in older adults, and how to navigate advising ruptures. I wish everyone the best this semester, especially those preparing for big milestones like proposing their thesis and getting ready for internship!

ALUMNI UPDATES



Photo courtesy of Dr. Walsh

DR. ANDY
WALSH

Hello everyone! My name is Andy Walsh and I graduated from UNT's Counseling Psych program officially this past August '22! I was in the Sport Psych emphasis and worked very closely with Dr. Petrie from 2017 to 2021 on campus and still to this day with research (seems like that never really stops). Following my time on campus in Denton, it's been pretty busy!

I completed my pre-doctoral internship in Northwestern University's Counseling and Psychological Services this past academic year (2021-2022), then moved my office about a 15-minute walk across campus and am now serving as the inaugural Postdoctoral Fellow in Sport Psychology in Northwestern's Athletic Department! In this position, I work with a couple teams to provide team-based interventions and provide mental health and performance enhancement services to individual athletes from across many different sports. I have learned so much in this role and work with some absolutely incredible professionals, from a team of 4 other sport psychologists, a certified mental performance consultant, and psychiatrist on our sport psychology team, to the rest of sports medicine that includes team physicians, athletic trainers, clinical dietitians, and strength & conditioning coaches.

DR. ANDY WALSH, CONT'D

One of the biggest highlights of working within athletics at Northwestern was being a part of the 2021 Women's Field Hockey National Championship team. Being able to serve elite athletes full-time has always been a dream of mine, and Northwestern has allowed me to finally get a glimpse of that dream.

Most importantly, since I left Denton, TX, I got married to my wife, Ali, and we moved in next door to the Chicago Cubs with our black Lab, Muggsy! As lifelong die-hard Cubs fans, we couldn't pass up the opportunity to live (literally) 300 feet from Wrigley Field. On warm summer nights, we can open the windows and hear the walk-up songs of our favorite players coming up to bat, and sing along to our favorite song, Go Cubs Go, after a Cubbie victory. We went to as many games as we could, and the vacation day has already been approved for this year's Opening Day. We've also been able to explore the greatest city in the U.S. and go to museums, national landmarks, other sporting venues, concerts, the best restaurant, and so much more.

Muggsy also has also enjoyed the Chicago life, like playing in the fountains outside of Wrigley Field, saying hi to all the other dogs on the street, and learning how to swim in Lake Michigan.

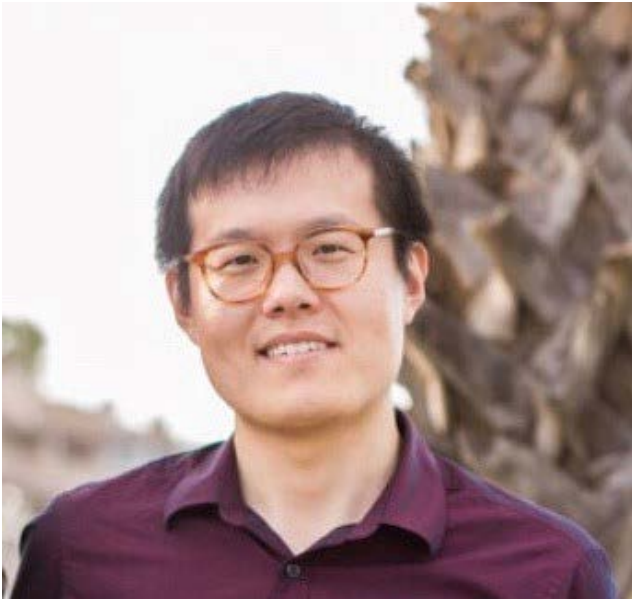


However, as much as Ali and I love the Cubs, love Chicago, and have soaked up the city life, we're hometown kids at heart and are excited to move to somewhere more our speed... like Ann Arbor, MI! I officially accepted a full-time position as a Sport Psychologist in the Athletic Department at the University of Michigan to start in August 2023, and we could not be more excited!

IT'S BEEN SUCH A LONG JOURNEY TO FINALLY REACH MY DREAM THAT I'VE HAD SINCE 2011, BUT IT'S FINALLY HERE.

And I owe such a huge part of reaching this dream to my time at UNT. I am honored to be featured in this newsletter and appreciate you reading a little about my updates!

DR. HANSONG ZHANG



Greetings from Hansong! It's been half a year since I graduated from our very own Counseling Psychology program but at times it is still hard to believe a six-year study just passed by like that. While the pre-doctoral internship took me and my family away to Lubbock, Texas for a year, the job-hunting process (with its up and downs) and serendipity eventually brought me back to Denton. I am extremely grateful for the opportunity to maintain a close tie with my roots in DFW, including my spiritual community and our "home" program.

Completing an APA-accredited doctoral program is a daunting task, as we all can relate. Being an international student, with its lingual and cultural barriers, surely did not make this process easier. But through this grinding journey, so many beautiful things arose: loyal and trusting friendship,

supportive and inspiring mentorship, skills that make my service useful to others, and a sense of calm reassurance that life would never give me more than I can handle. These are all treasures worth cherishing for the rest of my life.

Today as an assistant professor at Texas Woman's University, I often find the knowledge learned from UNT handy and relevant in my teaching, research and service. In some of the courses I teach, like Introduction to Counseling and Abnormal Psychology, I find the clinical examples from my training experiences at UNT naturally popping up when I need to demonstrate a theoretical approach. My research from the past few years, with the best guidance from Dr. Hook, has also carried on its own momentum to TWU and I am happy to witness one of my students completing a capstone paper on the subject of spiritual fortitude. Some of the previous lab partners like Adam Hodge and David Mosher are also collaborating with me on an exciting project on Intellectual Humility. Many great professors (now wonderful colleagues, I guess) like Drs. Watkins, Kaminski, and Petrie had some shared research interests with me before I graduated and the near future would be the time to materialize these collaboration potentials! As a Chinese scholar, I am also hoping to model Dr. Wang's Multicultural Psych course and establish an exchange program at TWU that would allow students from the U.S. and China to have cross-cultural learning experiences. So part of me is confident that my UNT experience will keep living!

Lastly, as an alum to our program, I want to welcome y'all to reach out when you need help, especially if you have any plan to land an academic job. My email is hzhang4@twu.edu. Just like my advisor Dr. Hook and friend Ling generously help me in my job searching, I want to be of help to those interested in giving academia a shot! Stay well!

STUDENT SPOTLIGHTS

CASSANDRE JEAN-CEIDE

It's so bizarre to think that just yesterday (okay, like two years ago...) I was in some corner of my bedroom interviewing for this program, and in the blink of an eye, I am halfway through my second year. Though I have a few (read: MANY) more years to go, man, has my time here been impactful. I have been given the ability to make a new community, conduct research that means the world to me, lead PASC, teach a lab, co-run the program's social media page, be a guest speaker, and the list goes on and on. The girl who was sitting in her bedroom in 2021, would never believe how far we've come. Thank you for believing in me and my dreams, Dr. Jones!

My first year here, I vividly recall being in Foundations lab and Faraha saying "remember your why," and I remember thinking...it can't be that hard, can it? Whew, yes, it is. But that "why" will keep you going when you get that harsh but necessary feedback from a supervisor. It'll keep you going when you start feeling like you can't juggle those multiple hats, when you're sleep-deprived, when your thesis proposal deadline starts looking impossible, and most importantly, it'll keep you going to make that change you're striving for.



Photo courtesy of Cassandra Jean-Ceide

"MY ADVICE? FIND THE PEOPLE WHO'LL MAKE YOU LAUGH A LITTLE TOO LOUD IN THE CLINICIAN'S WAITING ROOM (SORRY CARLA!), THE ONES WHO WILL PRESSURE YOU INTO TAKING SELF-CARE DAYS, AS WELL AS KEEP YOU ACCOUNTABLE. "

STUDENT SPOTLIGHTS, CONT'D

**CASSANDRE JEAN-
CEIDE**

Photo courtesy of Cassandre Jean-Ceide

(I apologize for the corny, cliché advice in advance)

My advice? Find the people who'll make you laugh a little too loud in the clinician's waiting room (sorry Carla!), the ones who will pressure you into taking self-care days, as well as keep you accountable. Those are the people who'll make it all worth it! Those people and your why will help you push through the tough times to reach the days where you experience those wins: that successful thesis proposal; that manuscript getting approved (or a journal urging you to resubmit after corrections, that's a win too!); you and your client finally getting the hang of therapy; that feeling of belonging in a lab filled with brilliant women of color (Hey BWELL!); when you're struck with the thought that "maybe research isn't that bad!" as you're sitting in a research team meeting and the ideas just make sense; getting the most encouraging, tear-jerking feedback from Dr. Watkins; watching birthday celebrations that turn into "recreating the same TikTok every year in the same room at Oak Street Draft House" traditions; the outfit and nail compliments. It's all worth it.

Though I miss my family, friends, and who I had the freedom to be before this stipend, I simply can't wait to see who I become.

Warmly,
The funniest person to ever grace this program, Cassandre.

STUDENT SPOTLIGHTS (CONTINUED)

EVAN LAWSON

Hi I'm Evan Lawson and I'm a fourth year in the minority wellness cluster. If I'm not on campus or doing work, I am either at home playing video games or cooking, or somewhere in the DFW area playing soccer before July, attending conventions, or playing video games (outside!). These past 4 years have been an interesting time experiencing life as a grad student. It has been fun still being close enough to watch my niece and nephew grow up as I matured as well.

In looking back at my past at UNT, the first thing that comes to my mind are all the people, memories, and fantastical experiences that took place on and off campus. I still remember introducing myself to the cats and opossums that call Terrill home. All the game nights, Friendsgivings, and bar explorations have given me many memories that I will forever cherish. Being a bit boring, the one thing that I had saw in terms of school was my maturation as a clinician-in-training. I have been able to see the changes on a year-to-year basis and I think that is pretty cool and surreal to be able to track those changes. If I could go back and speak to my first year self (or any first year), I would tell them to make sure to enjoy life, have fun, and take care of yourself.



Photo courtesy of Evan Lawson

As a lot of people have told me, life does not stop just because you're in grad school and it took a year for me to understand/remember that. Once I had a good balance, I was able to have fun doing all things I love doing without feeling guilty. Lastly, as my late uncle would tell me, "health is wealth", so making sure that both my physical and mental health are in healthy states and doing what I can to maintain that. If that means you may need to say no to things or take a day or two off to clear your mental, then do that. Always remember that grad school is a marathon, not a sprint.

CONGRATULATIONS TO OUR 2023-2024 INTERNSHIP COHORT!

DOMINIQUE DOTY
SOUTH TEXAS VETERANS
HEALTH CARE SYSTEM

PETER GU
UNIVERSITY OF
HOUSTON

MEGAN DREW
WILFORD HALL
AMBULATORY

FARAHA HASAN
UNIVERSITY OF
WASHINGTON
COUNSELING
CENTER

HEIDI ELLIS
JPS HEALTH NETWORK

DEREK SOKOLOFF
DUKE UNIVERSITY -
COUNSELING

**GABBY GASKIN-
COLE**
WESTCOAST
CHILDREN'S
CLINIC

CONGRATULATIONS TO OUR 2023 AWARD WINNERS!

DR. ANDY WALSH
APA DIVISION 47 DISSERTATION
AWARD

MACEY ARNOLD
APA DIVISION 47 STUDENT POSTER
AWARD

FROM YOUR '22 – '23 STUDENT REPS

BY SABRINA ZUNIGA & DAFINA CHISOLM-SALAU

Hello & greetings from your 2022-2023 student reps!

Breathe in...breathe out. We're almost there.

Thank you to every single person that helped before, during, and after interview day this year! It was another long, yet successful day that even some of the applicants were impressed by. We truly have such a great group of people in this program that make students want to come to school here. We want to thank the current GSAs for their efforts in organizing Interview Day, as well as previous GSAs and Student Representatives who helped lay the foundation to make planning go smoother. We are so excited to welcome in the new cohort!

As the semester rolls on, we are getting closer to the end of the road for some of our Counseling Psychology Program students. We are sad to see you all go, but we are also so happy and excited for you as you take these next steps for your career. Although we are all super busy, be sure to make time for those who will be going on internship in the fall. We will miss them once they are gone! Thank you all so much for being a resource to newer students in the program each year and sharing what you've learned so we can have a less stressful experience.

Our first in-person Town Hall meeting since the pandemic was a great success! Thank you to all students and faculty who arrived early in the morning to participate in this event. We really appreciate all the input from everyone, and we are grateful for the changes that have already been put in place (e.g., free Time2Track). It is important that we continue to create a safe environment where students can share their concerns, discuss solutions, and see changes made. Us Student Representatives plan to continue working with reps from other programs and the Dean to continue making improvements for our program.

To our fellow students, please continue to share with us your concerns and ideas. We love hearing from you and want to support everyone in having a positive experience at UNT and in the Counseling Psychology program. Make sure you are practicing self-care, setting boundaries, and asking for help when you need it. We are all in this together and want everybody to win!

YOU MAY REACH THEM AT:
PSYC-COUNSELINGREP@UNT.EDU

EDITORS' COLUMN: A NOTE FROM YOUR GSAS

BY MACEY ARNOLD & SHIHO TOYAMA

As we reflect on this past year as program GSAs, we are so appreciative of all our peers, faculty members, and alumni who contribute to the success of program events, such as Interview Day, Mock Interview Day, and our Welcome Party. We also want to thank all who have contributed to this newsletter to provide us with updates as well as inspiration and encouragement as we all seek to discover ourselves and our path as psychologists and humans.

If you would like to contribute to our next newsletter or be involved in next year's events, please email us at maceyarnold@my.unt.edu and shihotoyama@my.unt.edu.