

COUNSELING PSYCHOLOGY NEWSLETTER

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Greetings from the DCT!

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

Greetings! I hope you enjoy the beautiful and pleasant fall season.

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.

I am also extremely excited to welcome our new assistant professor, Dr. Marti Jones to join our program this semester. Dr. Jones was selected from a large number of candidate pool from a national search conducted in fall 2018 and spring 2019.

Greetings from the DCT Continued on Page 15

Department Chair's Address

Dear Alumni,

Greetings from the UNT Psychology Department! This year we are searching for two faculty for the Clinical Psychology program and an additional lecturer position to assist with the teaching for our ~1,400 undergraduate students. Last year our department hired three new faculty, one position for each of our graduate programs. [Dr. Martinique Jones, the new Assistant Professor in Counseling Psychology is introduced elsewhere in the newsletter.] We also have a new Executive Dean in the College of Liberal Arts and Social Sciences, Dr. Tamara Brown, who received her PhD in Clinical Psychology from the University of Illinois.



Our next event is our 9th annual Psychology Research Fair on Friday November 1, 2019 from 11 AM to 1 PM in the Environmental Science building atrium. Many of our graduate and undergraduate students will be there presenting posters and discussing their research along with department faculty. We would love to have alumni stop by and talk to students. Saturday November 2 is Homecoming, so a great time to come back to campus and visit Apogee Stadium!

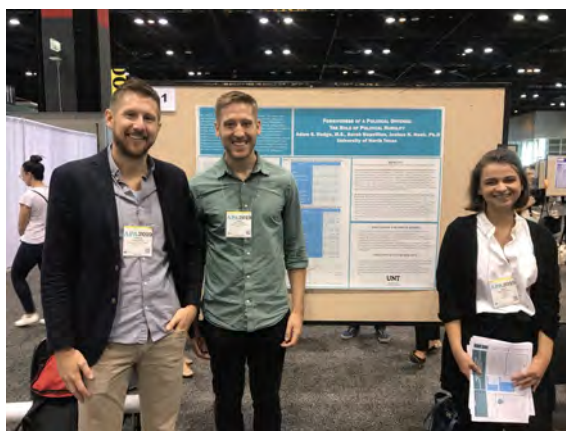
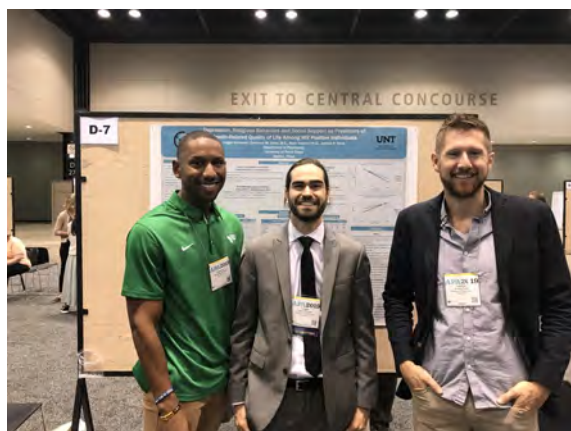
Cordially,

Vicki Campbell, Ph.D.
Department Chair

Faculty Updates

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

Dr. Joshua Hook and The Positive Psychology Research Team has been busy over the last few months! Hansong Zhang and Steve Coomes successfully defended their thesis projects and are on to their dissertations. David Mosher started his internship at the counseling center at Texas Women's University. We had a good showing at the American Psychological Association conference in Chicago this year--three graduate students and two undergraduate students presented posters on their research. I was humbled and honored to receive the Fritz & Linn Kuder Early Career Award for Distinguished Scientific Contributions in Counseling Psychology. On a personal note, Jenn and I bought our first home and took a vacation to Banff, which is in the Canadian Rockies.



Dr. Kaminski: Hello Alums, Students, Colleagues, & Friends of the Counseling Psychology Program!

Happy Autumn! I have some exciting projects going on and want to bring you up-to-date. My largest research endeavor is a funded collaboration with Drs. Anthony Ryals (BSci), Shelley Riggs, Chad Trulson (Criminal Justice), and Justin Litvin (Dallas VAMC).

We, along with many graduate students, are testing hypotheses related to eye tracking, shame, self-compassion, body image, substance abuse, attachment, resilience, coping, trauma history, and functioning in a sample of adult trauma survivors. We are particularly interested in identifying variables that predict or protect people from symptoms of Complex Posttraumatic Stress Disorder (CPTSD). We screen our participants with our Complex Trauma Inventory (CTI; Litvin, Kaminski, & Riggs, 2017) and use our Clinician-Administered Interview for Trauma Disorders (CAIT) (Kaminski & Litvin, in preparation) when survivors come to the lab. The CTI and its 7-item version, the Complex Trauma Screener (CTS; Litvin, Kaminski, & Ryals, under review) are available on our website: <https://psychology.unt.edu/cti>



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Faculty Updates Continued

I have four students working on their dissertations. Nina Calmenson Istrin is enjoying internship in Colorado and using archival data from UNT's Psychology Clinic to develop a method to assess symptoms of ADHD with the PAI. Nick Ross will be using the CPTSD dataset to test the roles of relationships, shame, and self-compassion in affecting childhood trauma survivors' outcomes. Carlie McGregor aims to identify protective factors among overweight and obese college men whose experiences of weight oppression put them at-risk for depression. Andrew Pereira's dissertation is an extension of his thesis in which he will test a path model to improve understanding of the effects of minority stress and intersectionality on the body dissatisfaction and symptoms of depression among gay men of color.

Two graduate students on my team are in the dissertation-development phase of their research: Tosha Griggs and Olivia Knizek. Three students are conducting thesis projects this year. James Rushton is testing the hypothesis that childhood participation in sport serves a protective function for those who endure adverse experiences. Dominique Doty is working to finalize her research questions which she hopes to answer with a sample of veterans. Will Archuleta is the newest member of the lab and will assume a leadership role on the CPTSD study.

I hope you, your families, and careers are all doing well! I'm not on social media, but I am still an avid texter. I love hearing from all of you and seeing your growing families! If you are so inclined, my cell is 940-390-5159 & address is 1611 Manchester Way, Corinth, TX 76210.

Drs. Kaminski and Riggs attended the International Attachment Conference in Vancouver this past summer, where they had the opportunity to hear from top attachment experts, including Howard Steel, Ross Thompson, and Susan Johnson. In addition to these great presentations, the weather was a wonderful relief from the Texas heat and the two had a blast together! The dates of the conference happened to fall on Dr. Kaminski's birthday, so they were able to celebrate that fabulous day at a great restaurant overlooking the Vancouver Harbour.



Faculty Updates Continued

Dr. Trent Petrie: Since last spring we have had a number of accomplishments to share. With Tess Palmateer (a current doc student), we received a grant from the Association for Applied Sport Psychology to study the mental health screening processes being used in college athletic departments. We also received our second national award recognizing our doctoral training program in sport psychology. The first award was in 2017 from Division 47 of the American Psychological Association and our second award, which we received in Spring 2019, was from the Association for Applied Sport Psychology regarding our Outstanding Mentorship. We have also continued our sport psychology work with UNT Athletics, the Dallas Wings, community clients and, new to our work, are Esports performers...we are excited to be branching out in this way.



Personally, the last few months were filled with a lot of fun activities and travel. My son Braeden graduated from UCLA in June so we spent about a week there in celebration and enjoying the beach. Then a week later, I flew to Barcelona where he and I spent a week...it was the beginning of his two month travels through Europe so I helped him kick it off. In July, we went to CO to spend about two weeks at our cabin in the mountains (where my soul finds peace)...some great hikes/climbs and lots of snow this year. In August, I went on my honeymoon to the Mexican Riviera...never been to an all-inclusive and this one was really good (their focus was being eco-focused and on gourmet dining). Then, just this last week, I returned to our CO cabin to have a few more days in the mountains before starting school on Monday! A busy summer of travels but one filled with great new things.



Faculty Updates Continued

Dr. DC Wang: The Cross-Cultural Attachment Research Lab has a productive time in the past 6 months. Wenzhen Zhu and Arubah Khan returned to the UNT campus to walk on the graduation commence. Both of them completed their pre-doctoral internship training this past summer and received their doctoral degree. Congratulations to Dr. Zhu and Dr. Khan. Ling Jin matched with her top choice of pre-doctoral internship program at UC Santa Barbra. She Moved to California in June 2019 to join her husband, Gabriel Zamudio, a formal member in the lab and now a staff psychologist at UC Merced Counseling & Assessment Services. Kendra is applying for her internship this fall and we wish her the best for a successful match with her top choice of program next spring.



I took a trip to London with my family to visit my older daughter, Tiffany who was completing her 6-month exchange student studies at Cambridge University. We extended the London/Cambridge trip to Paris and Berlin as well and had a great time there. Four doctoral students (Kendra, Danna, Faraha, & Peter) from the lab had presentations at the 2019 APA Convention in Chicago. We managed to have lunch together with several other students from the program to exchange our APA experiences. During this APA convention, I was also honored to receive the 2019 Henry David International Psychology Mentoring Award from the APA Division 52 International Section and became an APA fellow through Division 17 Society of Counseling Psychology. In Fall 2019, we welcomed two new doctoral members joining our lab; they are Melissa Briones from Texas and Evan Lawson from Indiana. Looking forward to working closely with them in the next 4-5 years.



2019 APA Div 52 Henry David Award

Faculty Spotlight: Dr. Martinique Jones

Welcome to the UNT Family!



Greetings all,

I am Martinique “Marti” Jones, and I am the newest addition to the Department of Psychology’s Counseling Psychology Program Minority Wellness Cluster. Prior to this appointment, I earned my doctorate in counseling psychology at the University of Houston and completed research postdoctoral fellowships at the University of Michigan and Teacher’s College, Columbia University. Though I enjoyed each of these experiences and learned so much, I am excited about coming back to Texas and making the University of North Texas my home.

My current research applies an intersectional paradigm to the study of Black women’s identities (i.e., race and gender), mental health, and counseling processes. As such, I have an ongoing program of research that explores Black women’s gendered racial identity (Jones & Day, 2018), the implications of identity for Black

women’s mental health, and the utility of a culturally responsive group psychotherapy intervention (Jones & Pritchett-Johnson, 2018) with Black college women. I am eager and excited to work with student collaborators on the execution of these projects in the context of the *BWell Lab* (Black Women’s Wellness Lab).

Though I find research and practice to be integral components of my professional identity, I also find it necessary to extend the reach of my scholarship and practice beyond the classroom and therapy space. Accordingly, with the support of the [APA Office for Early Career Psychologists](#), I recently spearheaded, alongside Dr. Akilah Reynolds, *Masks Off: Reclaiming the Strong Black Woman* in Inglewood, California. Masks Off was a community program that served as a brunch and wellness retreat created for Black women by Black women. This event hosted 30 attendees from the greater Los Angeles area and offered women (a) psychoeducation on the association between the internalization of the “Strong” Black woman ideal and mental distress, (b) didactic seminars focused on the wellness of the mind, body, and spirit, and (c) the opportunity to connect with wellness providers (e.g., yoga instructors, counselors, and spiritual leaders) in their community. Women attendees were grateful for the information shared and requested more! For more photos and video clips from the event, check out @sbw.selfcare on Instagram.

It is this event that illuminated to me the *true significance* of extending our knowledge and skillset as *counseling psychologists* to the community. That being said, it is one of my long-term goals at the University of North Texas to serve as a model of how psychology can be *dynamic*—we offer what we know as counseling psychologists to the community, and in turn, we learn and are enriched by those we serve.



Picture (from left to right): Dr. Jessica Jackson (Psychologist; Baylor College of Medicine); Dr. Akilah Reynolds (Psychologist, LA County Hospital); Dr. Tanisha Hill-Jarett (Neuropsychologist; University of Southern Florida); Katrina Long (Social Worker; Manifesting M.E. Wellness); Me; Dr. Marquita Stokes

Student Spotlight: Ashley Geerts-Perry, M.S.



Ever year in this program seems to present its own unique challenges...I mean opportunities for growth (#strengths-based). 1st year you enter the arena feeling totally unprepared for the battle ahead. Imposter syndrome plagues your thoughts as you do your best to fight off the beasts that are sleep deprivation, assessment reports, self-doubt, and inadequacy. Luckily, you soon realize that you aren't in the battle alone, and there are 6-8 cohort mates fighting alongside you. Total strangers that through the shared experiences of Dr. Wang and identity exploration become your family and your support. You enter 2nd year feeling more prepared for what lies ahead knowing that you have some tools to help you along the way, but now clients are trusting you to be their therapist and students are trusting you to be their professor. What?!? That wave of responsibility to others hits hard when you wake up after 5 hours of sleep, already running late for 8am Ethics, and realizing you probably should've showered the night before. Again, you push through on a steady flow of caffeine and "whine" nights with your comrades. You enter 3rd year feeling much better about where you

stand, but let's be real, that feeling doesn't last for long once you realize the thesis battle has begun. There will be times in that battle where you want to give up because thesis is winning by A LOT, but don't fear, you'll defeat that monster too and move valiantly into the next stage. Although my battle with thesis was not for the faint of heart, I had many other "growth opportunities" present themselves this past year. I got published, acted as Vice President of GASP (a true honor), passed comps, and started externship working with families. My biggest lesson from 3rd year wasn't professional or academic though, it was personal. In addition to the many other feats of 3rd year, I was also planning an out-of-state wedding. Trying to do it all up to my impossible standards for myself without being willing to ask for help quickly became a fight I was losing. See, I'm brave enough now to admit that self-compassion and asking for help created shame and burden monsters that I wasn't ready to face. "Boss Level Monsters" as one of my clients once said. Luckily, I have been blessed to be surrounded by people who know this about me and aren't afraid to call me out on my BS. Wonderful people who force their help because they know I can't ask, who have shown me that I don't have to do it alone. It helps that I also discovered the amazing Brene Brown who kept telling me "Be willing to be vulnerable and ask for help." My victories 3rd year are not just my own, they are my husband's, my friend's, my family's, and everyone else who helped get me through. Although I'm still discovering self-compassion, it feels less like a battle and more like a journey. For all of you compulsive caregivers out there feeling the same way, but too ashamed to admit it, just know you aren't alone. I move into 4th year with a heavy toolbox, a strong support system, Brene Brown podcasts, and some self-compassion brewing. Update on the battles of 4th year coming soon...



Student Spotlight: Kelzie Beebe, M.S.Ed., M.S.

My nuclear family is small; the nucleus is tightly bound, but really, it's all there is. Plus the places where I grew up just reinforced the "alone together": rural West Virginia, a sailboat in the Bahamas. So, it's both understandable and a pretty lucky thing that my parents and I get along so well, but not necessarily the best preparation for navigating large families.

Trent promises and well, requires-by-design a closer knit, family-style approach to the sport cluster. It would be easy to imagine, and operate as if, that just means we work closely as a group. The cluster and cohort design groups students by focus and developmental level. It would be easy to imagine, and operate as if, that just means we all take the same classes and hit the same progress markers at the same time (Dr. Wang's and Rachel's dream!).

Yet to only imagine that that's how those things work would mean missing the beauty of what actually does – and did – happen. For me, first year was really about gaining the fuller family that I have never had. I now have pesky younger brothers who are thoughtful and the life of the party, stylish younger sisters who can alternatively squat me and comfort me, and half-siblings (I see you, Clinical Kids) who (re)teach me the Rorschach and teach me about dating in the 21st century. I have an ebullient older brother, a quietly sensitive Irish-twin sister, and tons of siblings who are going to have to show me how they so gracefully balance school, committed relationships, and even home-and/or-pet-ownership when it's my turn to do those things. I have a brother with whom I have bonded over coffee grinders, bulk shopping, and men's haircuts, and full-of-grace sisters who always know when I need a tissue or alternatively, an alcoholic beverage. We even have family hand-me-downs: cubes, Center polos, textbooks,...WAIS kits.

And then there's me, the sister for whom 75% of her personality on any given day is the color of her pants. Someone's gotta wear the neon pink pants in the family.

There's an "inspirational" quote posted several places in the Cube Room that offers this pithy advice: "You don't earn a Ph.D., you survive it. – Dr. Neumann" Put that way, there is no one else that I would rather survive my Ph.D. with than the family I have found here.



Alumni Update: Thomas Nguyen, Ph.D.

Hey UNT fam!

My name is Thomas Nguyen, and I used to roam the halls of Terrill back in my heyday. I was GASP president and resident prankster during my time. I wouldn't encourage all the choices I made when I was a grad student, but I will share with you one in particular that shaped my whole career.

During my third year, I was entrenched in the Counseling program: practicum at CTS and sport psychology consulting. However, I happened to stumble upon the field of neuropsychology during a sport concussion conference, and I quickly realized this is my passion. After talking with a number of professors and shifting my area of research, I decided to pursue neuropsychology full-time. To my knowledge, I was the first counseling student to do this, thus I had to pave my own path. The road was long and winding with some twists and turns, but I was fortunate to land several neuropsych externships around Dallas, internship at the Dallas VA, and just recently completed the neuropsych residency at the Houston VA. Now, I am an outpatient neuropsychologist at Baylor Scott & White Institute for Rehabilitation in downtown Dallas.

You know, it's quite different being on the other side of training. There are perks, don't get me wrong, but the thing I miss most is the feeling of camaraderie. That feeling when you play for that flag football championship. That feeling when you're attending happy hour with your colleagues after a long ethics class. That feeling when you throw a party to practice administering the WAIS. I have lifelong friendships because of the relationships I formed during my time at UNT. Not only that, I am where I am professionally because of the positions I landed due to our large alumni network. Don't take your time in Denton for granted. Eat, drink, and be merry!



Congrats to these UNT alumni who are now university counseling center training directors

Megan Guinn Interim Training Director at VCU

Jason Hindman Training Director at Texas A&M

Laura DiPasquale Training Director at Florida Atlantic

Jonathan Schmalz-Benson Training Director at UofH Clear Lake

Alumni Spotlight: Samuel Reyna, Ph.D.



Greetings! I graduated from the UNT Counseling Psychology Ph.D. program in 2017 as part of the Child and Family elective sequence. I completed my internship at Central Washington University's Student Medical and Counseling Clinic. I returned to Texas for postdoctoral training at Great Life Counseling Center in Addison where I stayed on as an Associate Psychologist after obtaining licensure in 2018. While on postdoc I spent much of my time working with couples and utilized training I received toward the latter part of my time at UNT. Much respect to Dr. Riggs, Dr. Campbell, and all of my fabulous classmates that trekked through the MFT sequence in 2015-2016!

This year has been exciting as I opened up my own private practice, Reyna Psychological Services (www.drsmreyna.com). My client base followed me to Carrollton where I lease an office from other mental health professionals. Thankfully, the transition went smoothly and I now operate full-time seeing couples and individuals for therapy. While working with individuals I use an integrated approach incorporating ACT, TLDP, SFT, and DBT skills training. With couples I use EFT and include aspects of the Gottman Method. Additionally, I conduct premarital counseling using Prepare-Enrich and conduct career counseling fairly often – Thank you, Dr. Watkins! I'm currently paneled with BCBS and working toward getting in-network with Aetna.

I deeply appreciate my graduate training from UNT. It wasn't always sunshine and rainbows; there was lots of hard work, deadlines, drama, and times when I honestly thought I was done. There was also a lot of fun, excellent training, meaningful work, and even better people. Dr. Hook once told me to survive the hardest moments in order to do "whatever I want" when I finished. I did just that and I love my job. My hope for anyone reading this is that you find, or have found, an aspect of this field that you love and do that to the fullest extent.

In personal news, my lovely wife Rachael and I will celebrate our 7th anniversary this year. We are expecting a baby girl in November. My wife is on track to obtain her LCSW next year. She currently works as a Behavioral Specialist with children and adolescents for a foster-adoption agency in the area. In my free-time I play basketball, fish, game, couch-surf, and cuddle my Shih Tzu named Bear.



THE ART ROOM: Dr. Marlys Lamar. Ph.D.

Experience at UNT

Dr. Lamar is an alumnus from the marriage and family cluster of our program and graduated in 1986.

Current practice

Dr. Lamar currently works in a local private practice in Denton and has been practicing for 31 years. She has particular experience with PTSD and mood disorders though also described her practice as a general practice, reaching a variety of presenting concerns and populations.

Experience with Art and Art therapy

Dr. Lamar has been interested in art since her teenage years and later received training from UNT and TWU to expand on her professional interest in art as a form of therapy. She shared “art is soothing, and I can often lose myself in it.” Without clear intention, art is a very internal process; as you come closer to the end, you can see what you are working out in whatever you are creating. When using art in her therapy, Dr. Lamar provides clients with the materials but does not necessarily give specific tasks. She believes in the idea that everyone puts themselves into the art, whether they intended to or not. Research has also found that engaging in art boosts dopamine and reduces cortisol levels.

The Art Room

“I watched a documentary about a psychiatrist that had opened an open art studio in New York for people with mental health problems and felt inspired to create a similar space in Denton.” The idea for The Art Room was

a place to go and be creative while experiencing the psychological benefits of creating art. Dr. Lamar collaborated with other mental health professionals and with each step, The Art Room has evolved into what it is today.



Since opening this past January, The Art Room has both mental health and art volunteers to facilitate an environment that is safe and encouraging while people learn about and create art. It additionally provides a space for the community to feel connected. The Art Room receives referrals from therapists in the Denton community, but it is not a requirement to have a therapist or to have a formal diagnosis. Open Studio is provided every Thursday-Saturday and, as of this past June, a class will be offered at least once a month.

Research goals

“Is what we are saying The Art Room is doing actually working?” Dr. Lamar has been able to collaborate with local researchers to create a survey that examines to what extent The Art Room has accomplished its mission statement. The primary goal is to receive feedback on the effectiveness of what The Art Room is attempting to provide to continue to foster an environment that promotes resilience and management of emotions and stress. Such research may also lead to grants that could help continue to provide resources and materials.

If you are interested in volunteering, participating, and would like to hear more about the research The Art Room is conducting, see below for more information

The Art Room is located at 416 S Elm St #101, Denton, TX 76201.

Phone number: 940-566-5802

Email: info@artroomdenton.org

Website: theartroomdenton.org

Thank you, Dr. Lamar, for your incredible contribution to the Denton community!

North Texas Giving Day Community Collage



We are excited to introduce our 2019-2020 first year cohort!



Will Archuleta

Hometown: Austin, TX

B.A. in Psychology from University of North Texas

Child & Family Cluster

Advisor: Dr. Kaminski



Melissa Briones

Hometown: Mission, TX

M.A. in Clinical Psychology from Sam Houston State University

Child & Family Cluster

Advisor: Dr. Wang



Jolene Norton

Hometown: Pueblo, CO

B.A. in Research Psychology from University of Nevada, Reno

Sport Psychology Cluster

Advisor: Dr. Hook



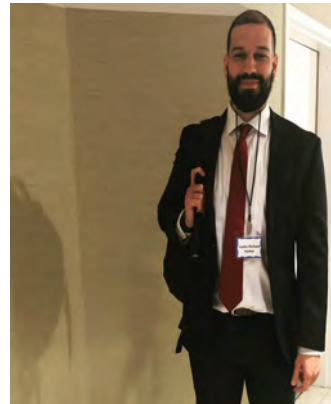
Evan Lawson

Hometown: Indianapolis, IN

M.A. in Clinical Psychology from Sam Houston State University

Minority Wellness

Advisor: Dr. Wang



Justin Harker

Hometown: Silver Spring, MD

M.S. in Clinical Psychology from Loyola University Maryland

Sport Psychology Cluster

Advisor: Dr. Petrie



Lindsey Slavin

Hometown: Jupiter, FL

B.A. from University of Miami

Child & Family Cluster

Advisor: Dr. Petrie



Derek Sokoloff

Hometown: Bloomingburg, NY

M.S. in Counseling from Syracuse University; M.B.A. from University of New Mexico

Sport Psychology Cluster

Advisor: Dr. Petrie



Julian Yoon

Hometown: Augusta, GA

M.Ed. In Counselor Ed from Augusta University

Sport Psychology Cluster

Advisor: Dr. Petrie

Congratulations to our students on their research accomplishments!



Erin Albert

In November 2018, I successfully defended my dissertation on grit and achievement motivation in college athletes. Specifically, I studied the extent to which achievement motivation constructs – like the motivational climates created by coaches, the mindsets athletes hold about whether ability can be changed through hard work and effort, and the achievement goal orientations they adopt – can predict grit. Although grit, or perseverance and passion for a long-term goal, has become a popular variable in the recent past, few researchers have studied antecedents of grit or grit in sport contexts. Therefore, my study examined the direct and indirect associations of the perceived coach-created motivational climate, athletes' implicit theory, and athletes' achievement goal orientation in relation to their levels of grit. I recruited 523 Division I and II collegiate student-athletes from five universities to complete self-report questionnaires. Using structural equation modeling, I assessed how well established models of achievement motivation theory could account for grit. The measurement and structural models demonstrated adequate to good fit and nearly all direct and indirect paths in the model were significant in the expected direction. Overall, the mastery-incremental constructs accounted for 65% of the variance in grit.

Researchers have argued that grit is an important indicator of successful sport performance, and results from my study suggest that specific achievement motivation constructs may be helpful in developing it. My findings indicate that communicating the importance of personal growth and mastery may help athletes view sustained effort in their pursuit of a long-term goal as beneficial and worthwhile, thereby fostering a perspective that is consistent with grit.

I am grateful to have my dissertation honored with two awards – one from our very own Psychology Department, and one from the Association for Applied Sport Psychology (AASP). I was (pleasantly) shocked to learn of the AASP award, as it comes with a waived conference registration fee and a monetary component. I was unsure whether I'd be able to attend the conference this year, but with this award, I'll be able to spend four days in Portland, Oregon seeing friends and colleagues and hopefully networking with new ones for my life after internship.

I was incredibly proud of the work I put into my dissertation and being able to defend it prior to leaving for internship. It feels great to have that work recognized and validated by an international organization like AASP. It's good to know that hard work and effort pay off!

Laura Captari, member of the Family Attachment Lab, presented findings from her master's thesis, "Pathways to prolonged grief and posttraumatic growth," at the first annual APA Psychological Science in 3 (PS-3) Competition.

PS-3 challenges researchers to present their findings in an accessible, engaging format, all within the constraints of three minutes. Laura discussed the role of attachment processes in psychological adjustment following traumatic loss. She was honored to receive the People's Choice award, and is excited about disseminating research in ways that deepen the conversation about mourning, meaning-making, and resilience following loss.



Research accomplishments continued

Ling Jin



I am sincerely honored and thankful to be chosen as a recipient for the Graduate Student Research Award offered by UNT Toulouse Graduate School. This award serves as seed money for continuing psychological research devoted to diversity issues. Cross-cultural research has traditionally been an area of psychology that has not been developed as fully as other areas due to the intense amount of effort and difficulties in recruitment. It is, however, a paradigm shift for researchers to move beyond an ethnocentric framework to recognize, understand, and show sensitivity to the role of cultural factors on individuals' cognition, emotion, and behavior. Although the overall quantity of cross-cultural research has increased, without a rigorous cross-cultural research foundation in the past, studies tended to adopt an instrument developed in one culture to use in the other, which inevitably caused a measurement bias. With such limited information, it is difficult to infer how less acculturated immigrants, international students, and individuals from other countries share same results. Additionally, cross-cultural research has mainly focused on individuals from collectivistic versus individualistic backgrounds (e.g., American vs. Chinese) without considering the similarities and differences within the collectivistic societies (e.g., Chinese vs. Mexican).

My research project aims to help bridge the cross-cultural research gaps by investigating two principal objectives: Study 1) Examining the measurement equivalence of salient psychological measures in English, Spanish, and Chinese; Study 2) Evaluating the predictive value of culture-specific psychological factors (attachment, assertiveness, guilt, and shame) on mental health symptoms among college students from the US, Mexico, and China. I hope that my study can create specific cultural constructs to better understand the underlying mechanisms of mental health symptoms in three culture groups, allowing to enrich the literature by determining unique factors as well as shared factors between cultures. Such cross-cultural attachment-based guilt/shame associations can further provide a guideline for psychologists to further connect with Asian and Latinx clients when they present mental health symptoms such as depressive symptoms and aggressiveness. It is my hope that within the societal level this research could enable society and community to honor the cultural uniqueness of individuals and promote equity and cultural diversity.

Emily Raiche

The graduate research award was \$500 towards my dissertation research. The money will be used as an incentive for participation, but rather than paying participants directly we are donating \$1 per participant to the Fisher Foundation, an organization that supports military families. My dissertation will examine the relationship between combat trauma, mental health symptoms in veterans, and the effect of both on families, as well as the role that moral injury may play in those relationships. My dissertation is part of the Military/Veteran Family Wellness Project, a multi-study research project being conducted by the Family Attachment Lab.



A second congratulations to Emily for winning the Bo and Sally Family Psychology award from the Texas Psychological Foundation for her dissertation study. Awesome work!

Counseling Student Representatives: Cam Davis and Faraha Hasan



We are excited to start a new year! We want to extend a warm welcome to our incoming cohort of students and to our new faculty, Dr. Jones! It is wonderful to have new faces in Terrill Hall and more people to get to know! As the Counseling Psychology Program student representatives, we serve as the liaison between the students and the faculty. Our goal is to ensure all the students' voices are heard. We also want to maintain a culture that respects, and values all forms of diversity. For the past few years, we have been committed to incorporating more conversations about multiculturalism, inclusion, and social justice in our program. We believe it is important to do this in order to further improve the UNT Counseling Psychology Program's culture and to develop our professional identities. As the next town halls approaches, we want this mission to be on everyone's minds and to be understanding of others because the process of engaging in these conversations looks different for everyone. We would also like to say it has been encouraging to observe the work the faculty and students put into this mission in the

past year! As the student representatives of the program, we are dedicated to advocating for the student body. We are open to discussing our goals and commitments with any of you. If the current students have any concerns, questions, or ideas regarding our mission or about the program, please reach out to us!

Cam Davis & Faraha Hasan

Greetings from DCT Continued from Page #1

She completed her post-doctoral fellowship from University of Michigan this summer and moved to Denton in August. Please see the new program faculty spotlight inside of this newsletter and help me welcome Dr. Jones to our new family.

I would like to encourage all alumni to consider making a small donation to our program. The department has very limited administrative budgets so we 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 for together they help us provide more support to our students. The donation is tax-deductible; please contact me at dcwang@unt.edu or at 940-565-2678 for more information.

The university added a couple of new buildings on campus in this past year and we now have more than 39,000 students. If any program alumni have a plan to visit Denton, please let me know for I would love to walk you around the campus and have a cup of coffee or beer to catch up.

Chiachih DC Wang, Ph.D.

Director, Counseling Psychology Ph.D. Program

Summer/Fall 2019 Graduates

**Congratulations to the UNT students on their
Doctoral Graduation!**

Arubah Khan

Post doc: American University Counseling Center

Justin Litvin

Post doc: Couples and Family Dallas VA

James McGuffin

Employed at: Group Private Practice in Southlake, TX

Krystal Stephen

Employed at: Clemson University CAPS, Staff Psychologist

Brittany Woolford

Employed at: Center for Shared Insight in Denver, CO

Wenzhen Zhu

Post doc: University of Pennsylvania Counseling & Psych Services

Editor's Note

Hello Everyone!

Another year has begun and we have all hit the ground running. We are so excited to welcome our newest faculty member, Dr. Jones (*see page 6*), and new cohort (*see page 12*). I cannot wait to see all the amazing things each of these individuals will accomplish in their time here at UNT. We also have several current students that have received awards for their hard work and dedication to research. Our reputation as a program would not be what it is without the continued commitment from our faculty, students, and alumni. 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.

Sincerely,
Gabby Weierbach, MA
Counseling Psychology Program
GSA

