2021, ISSUE 21
May 2021

UNIVERSITY OF NORTHERN COLORADO

COUNSELING PSYCHOLOGY DOCTORAL PROGRAM

SPRING 2021 NEWSLETTER

It is time for one more spring newsletter. As you can see the students and faculty continued to be productive and creative despite the challenges and changes in response to COVID and keeping safe. For about 14 months now, classes, practica, defenses, meetings, office hours, have taken place on Zoom and Teams. Who would have thought this would be possible back in March 2019? We have probably spent more time being at home than ever, with all the disadvantages and advantages of doing so. Students are talking how their pets will miss them when face-to-face classes start again and some students say their pets will be relieved 😊

Congratulations to the upcoming summer graduates, and for capturing a postdoc. Be proud of your accomplishments, we are proud of you, you have worked hard. Congratulations to all 12 doctoral students who got an APA accredited internship – we had another year that a 100% matched at an APA site!!! This was the largest cohort we have ever had applying for internship and they all succeeded. All students are to be congratulated for all their hard work and resilience during this one more semester of COVID fatigue and challenges.

The plan is to return to campus in Fall 2021 and readjust to face-to-face classes and practica. During my time at UNC we have gone from observations in the clinic via one-way-mirrors and carts for VHS recordings, to permanently installed VHS recording equipment, to digital recordings, to telehealth. The clinic director and assistants worked extra hard to continue practica via telehealth, we appreciate all their efforts.

In the introduction to the first newsletter 10 years ago I wrote that in conversations on the essence of happiness with the Dalia Lama it was said that "There is no getting around these essential ingredients: determination, effort and time. These are the real secrets to happiness." Every time I see this quote I am reminded that this is what it takes to be successful in a doctoral program: determination, effort and time. As I end my last introduction to a newsletter and go into full retirement, I wish you all the best and be good to each other. It has been a joy working with different GAs through the years to complete the newsletter and share with pride the accomplishments of the students and faculty. Many thanks to Jasmine Razo who helped with this newsletter.

I hope you are as excited in reading about the accomplishments and we all look forward to knowing about more of them in future times. Let us know of your news, we appreciate hearing from current students and alumni. Be well and take care.
Lia Softas-Nall, PhD

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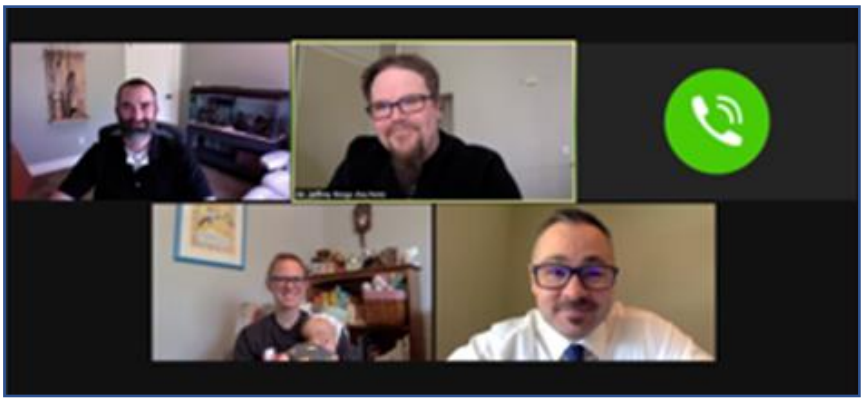
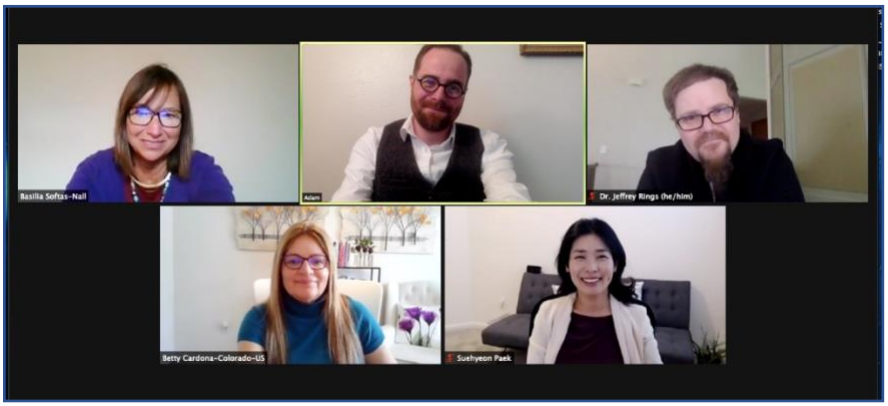
Congratulations!

Congratulations to Austin Hamilton who defended his dissertation Spring 2021 before going on internship!

Dissertation: Lived Experiences of Reintegration Among Involuntarily Separated Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Era Veterans
Committee: Dr, Wright, Dr. Rings, Dr. Smith, and Dr. Woody



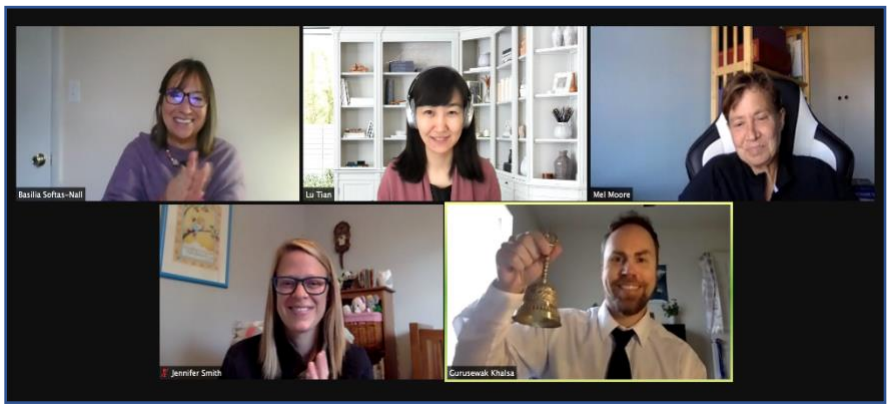


Congratulations Adam Mackenzie on defending your dissertation Spring 2021 before heading on internship!

Dissertation: Examining the Effect of Gratitude on Intolerance of Uncertainty and Loneliness
Committee: Dr. Softas-Nall, Dr. Rings, Dr. Cardona, and Dr. Paek

Congratulations Gurusewak Khalsa on defending your dissertation Spring 2021and getting a postdoc for fall 2021!

Dissertation: The experiences of Mental Health Service Providers Adapting Counseling Treatments for Refugee Clients
Committee: Dr. Softas-Nall, Dr. Tian, Dr. Moore, and Dr. Smith



Upcoming Summer 2021 Graduates

Gurusewak Khalsa is scheduled to graduate this coming Summer! He is planning to complete his postdoc at the same location as his internship site, the National Psychology Training Consortium, located in Central Springfield, MO. Congratulations Gurusewak!

Words of advice from Gurusewak "My word of advice for future interns is to take any opportunities to prioritize completion of your dissertations before leaving for internship; it will pay significant dividends towards your self-care and wellbeing during what will likely be an intense internship year."

Callie King is scheduled to graduate this coming summer! She accepted an offer for a Pediatric Psychology Post-Doctoral fellowship- Consultant Liaison and Pain Psychology position at Johns Hopkins All Children's Hospital in St. Petersburg, FL. Congratulations Callie!

Callie defended her dissertation summer 2020 before heading to internship!

Dissertation: The Impact of Perceived Parenting Styles during Childhood Experiences of Bullying on Emerging Adult Attachment
Committee: Dr. Johnson, Dr. Parnell, Dr. Weingartner, and Dr. Henderson

AJ Kimm is scheduled to graduate this coming summer. They are planning to complete a postdoc at Colorado State University with their iTeam and Primary Care Behavioral Health (PCBH) team. Their work will include working on a post-hospitalization support team and providing wellness consultation to students seeking primary care. AJ will also continue their work on the eating disorder treatment, trans care treatment, and training team! Congratulations AJ!

Susanna Turner is scheduled to graduate this coming summer. Congratulations Susanna!

Internship Matches p. 1

All Sites are APA accredited

Tyler Anderson
University of Denver
Denver, CO

Nathanial Burrow
Terry Children's Center
New Castle, DE

Morgan Condie
Utah Psychology Internship Consortium
American Fork, UT

Sydney Cople
Denver Health Medical Center
Denver, CO

Austin Hamilton
Naval Medical Center-Portsmouth
Portsmouth, VA

Jennifer Geiman
Colorado State University
Fort Collins, CO

David Gretz
OUHSC-OKCVA Consortium
Oklahoma City, OK

Internship Matches p. 2

All Sites are APA accredited

Allegra Lyon
Colorado State University
Fort Collins, CO

Mackenzie May
VA Western Colorado Health Care System
Grand Junction, CO

Erin McEvoy
Cheyenne VA Health Care System
Loveland, CO

Adam Mackenzie
G.V. (Sonny) Montgomery VA Medical Center
Jackson, MS

Emili Pickenpaugh
Denver Health Medical Center
Denver, CO

Program Approved External Practicum Sites

Community Mental Health Centers

- Asian Pacific Development Center
- Aurora Mental Health Clinic
- Aurora Mental Health Child and Family Team
- Community Reach Center
- Mental Health Partners at Longmont and Lafayette Adult Outpatient Services

Counseling Centers

- CSU Counseling Center & Health Network
- The University of Colorado, Counseling and Psychiatric Services (CU)
- Metropolitan State University (MSU) Counseling Center
- Regis University Counseling Center
- The University of Northern Colorado (UNC) Counseling Center
- The University of Northern Colorado (UNC) Psychological Services Clinic

Private Practice

- Colorado Center for Assessment and Counseling
- Emerge
- Birch Psychology Private Practice

VA

- VA Medical Center Denver
- VAMC Cheyenne
- VA Fort Collins

Integrated Care

- Kaiser Permanente, Greeley and Loveland
- Salud Family Health Centers, Brighton and Longmont

Hospital/Medical Center

- Children's Hospital Colorado Department of Psychiatry and Behavioral Sciences
- Denver Health
- The Colorado Mental Health Institute at Fort Logan (CMHIFL)

Forensic

- Colorado Department of Corrections, Denver
- Sterling Correction Facility
- Platte Valley Youth Services Center

Other

- La Luna Center
- Alternative Homes for Youth

Publications

Christoe-Frazier, L. (PhD 2017) & **Johnson, B.D.** (in press). Exploring the effects of interrelated goals, anxiety, and mindfulness on somatic symptoms. *Mindfulness.*

Hall, D. M. (PhD 2020), **Rings, J. A.,** & **Anderson, T.** Military life narratives and identity development among Black post-9/11 veterans. *Journal of Veterans Studies*, *6*(3), 36-46.

Mahoney, M. (PhD 2014), **Rings, J. A.**, **Softas-Nall, B.**, **Alverio, T**., & **Hall, D. M.** (PhD 2020) (in press). Homecoming and college transition experiences of military veterans. *Journal of College Student Psychotherapy.*

Motter, B. (PhD 2017) & **Softas-Nall, L**. (in press). Experiences of transgender couples navigating one partner's transition: Love is gender blind. *The Family Journal: Counseling and Psychotherapy for Couples and Families.*

Thomas, J. J., Moring, J., Bowen, A., **Rings, J. A.**, Emerson, T., & Lindt, A. (in press). The influence of stress and coping on diabetes self-care activities among college students. *Journal of American College Health*.

Tsai, C.-L., Brown, A., Lehrman, A., & **Tian, L**. (2020). Motivation and postsecondary enrollment among high school students whose parents did not go to college. *Journal of Career Development.* https://doi.org/10.1177/0894845320946397

Wang, D., Hou, Z.-J., Ni, J., **Tian, L**., Zhang, X., Chi, H.-Y., & **Zhao, A.** (2020). The effect of perfectionism on career adaptability and career decision-making difficulties. *Journal of Career Development*, *47*(4), 469–483. https://doi.org/10.1177/0894845318803192

Woody, W. D., **Gretz, D.**, LaFary, K., & Rosenblum, C. (in press). (Un)Ethical consequences: How psychology's cold war defense of military personnel led to enhanced interrogation techniques in the war on terror. *American Psychologist.*

Wright, S. L., **Kacmarski, J. A.** (PhD 2016), **Firsick, D. M.** (PhD 2016)**, Jenkins-Guarnieri, M. A.** (PhD 2012)**, & Kimm, A. J.** (2020). Family influences on college students' anticipated work-family conflict, social efficacy, and self-esteem. *The Career Development Quarterly*, *68*(2), 112-128. doi: https://doi.org/10.1002/cdq.12217

Presentations

Accepted for Presentation: 2021 APA Virtual Convention

Bach, E., & **Wright, S.L.** (accepted for presentation 2021, August). *Empathic concern, contagion, and distress: An attachment perspective* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Cople, S., **Agarwal, A.**, & **Johnson, B.D.** (accepted for presentation 2021, August). *Adapting community engaged mental health programming to meet community needs in response to COVID-19* [Symposium presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Guo, Y. (PhD 2020), **Johnson, B.D.**, **Lewis, J.**, & **Alverio, T.** (accepted for presentation 2021, August). *Psychological Effects of Left Behind Experiences (LBE) for Chinese Youth* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Hall, D.M. (PhD 2020), **Agarwal, A.**, **Landers, N.**, **Rings, J.A.** (accepted for presentation 2021, August). *Military life narratives and identity development among Black post-9/11 veterans* [Poster presentation]. The129th American Psychological Association Annual Convention, virtual conference.

Hinton, C. A. M. (PhD 2018), **Munoz, S**., **Agarwal, A**., & **Rings, J. A.** (accepted for presentation 2021, August). *Non-suicidal self-injury among adolescents and young adults of color* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Martinez, M. (PhD 2020) & **Softas-Nall, B.** (accepted for presentation 2021, August). *Diverse first-generation students: Resiliency and the challenges of finding belonging and support* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Ohde, K. (PhD 2020), **Softas-Nall, B.**, **Tian, L.**, & **Argento, M**. (accepted for presentation, 2021, August). *Stronger together: Resiliencies of post 9/11 combat veteran's spouses* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual Conference.

Pickenpaugh, E. N., & **Lyon, A.** (accepted for presentation 2021, August). *Coping with COVID: Mindfulness and psychological distress in Colorado adults during a global pandemic* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Wright, S. L., Lyon, A. R., & Wright, D. A. (accepted for presentation 2021, August). *A standardized assessment and data management system for Counseling Psychology training programs* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Zwetzig, S. E. (PhD 2020), **Softas-Nall, B.**, & **Sullivan, J.** (accepted for presentation 2021, August). *Drunkorexia: Findings on alcohol use and gender role conformity* [Poster presentation]. The 129th American Psychological Association Annual Convention, virtual conference.

Other Presentations

De Oliveira, B., **Dent, K**., Smith, J. A., Merchant, W., & **Wright, S. L.** (accepted for presentation 2021, June). *A comparative case study of the implementation of a digital app-based platform aimed at reducing sexual risk in adolescents and young adults* [Poster presentation]. The Adolescent Pregnancy Prevention Conference; ACFYB, virtual conference.

Gorman, M., Kriescher D., **Martell J, L**., & Vaughan A. L. (2021, February). *Student-centered pedagogy in a F2F classroom during a pandemic.* [Poster presentation]. The First-Year Experience Conference, Seattle, WA. (virtual conference).

Graham, M., Hauck, A., **Martell, J. L.**, **Pickenpaugh, E. N.**, & Vaughan, A. L. (September, 2020). *Comprehensive assessment of UNIV 101 class leader program.* [Poster Presentation]. University of Northern Colorado's Annual Teaching and Assessment Symposium, Greeley, CO.

Miller, C., **Gorman, M.,** Hauck, A., & Vaughan., (2021, February). *Moving from culturally responsive pedagogy to culturally sustaining pedagogy.* [Poster presentation]. The First-Year Experience Conference, Seattle, WA, virtual conference.

Razo, J.T. (2020, April). *The role of counseling psychologists in ethical social justice and advocacy.* [Poster presentation]. UNC Research Day, virtual conference.

Awards

Congratulations to Jordan Martell (pictured right) who received the Honors Convocation Award through the College of Education and Behavioral Science!

Congratulations to McKayla Gorman and Allegra Lyon who have each received a grant from the Graham Committee to assist with the funding of their dissertations!

Student News

Jasmine Razo and her fiancé Daniel became engaged this last fall! They are looking forward to their wedding planned for May 2022!

Counseling Psychology Student Organization

Experiences of CPSO Board Members

"It's been great getting to be a part of CPSO and get a little more insight into the ins and outs of the program. I've been the secretary so my job has been primarily recording meeting notes and helping out wherever else I can to help things to run. It's nice to take a step back and look at what the needs of the program as a whole might be and work with some good people. I think we're all out here just trying to make the process of the program clearer and ideally easier within the means we have." Luke Steinman

"As the Social Chair of CPSO, my role mostly revolves around organizing social events and get-togethers for students in the program, including the Fall Potluck. While it's been a uniquely challenging year to do this job given all of the COVID restrictions and our inability to physically be together, it's also been a lot of fun whenever we've pulled off a virtual happy hour and gotten a few people in a Zoom call to just vibe together. Overall, it's been a rewarding experience that's helped me feel more connected with the program at large!" Jack Sullivan

Spring 2021 Events Hosted by CPSO

February

2/26: Dissertation Information Meeting
2/26: Virtual Social and Happy Hour

March

3/12: Virtual Social & Oral Comps Info
3/20: Hike & Social
3/26: Virtual Oral Comps Cohort Info

April

4/9: Virtual Internship Info meeting & Social
4/10: In-person socially-distanced social
4/12-4/18: CPSO Elections

May

5/7: Virtual End of Term Social and Intern Farewell Memorial

Thank you to the 2020-2021 CPSO board!
President: *Jordan Martell*,
Vice President: *Tabitha Alverio*
Secretary: *Luke Steinman*
Treasurer: *Matt Argento*
Social Chair: *Jack Sullivan*

Congratulations to the newly elected 2021-2022 board!
President: *Luke Steinman*
Vice President: *Arishna Agarwal*
Secretary: *Devon Bortfeld*
Treasurer: *Jasmine Razo*
Social Chair: *Pranali Haribhakti*

DiversiWe

Go to https://uncoedu.sharepoint.com/sites/DiversiWe to check out resources related to diversity and social justice! Come across a helpful resource? Email that resource to diversiwe@unco.edu

Many thanks to Dr. Lu Tian who is the faculty supervisor and Devon Bortfeld who is the Graduate Assistant for DiversiWe

DiversiWe publishes a BiWeekly event newsletter. Below are a few events that were included in these newsletters!
02/03: CETL: An introduction to Culturally Relevant Pedagogy
02/04: UNCO UNITE DREAMER Zone
02/04: In Search of Our Black Queer Ancestors
02/05: LGBTQ Network Virtual Center: Queer Heroes-Black History Month- Audre Lorde
02/10: African Americans on the World Stage
2/11: Leadership and Art Coalition Inc: A celebration of Black Female Artists
2/11: UNCO UNITE Interfaith Engagement
2/18: Hair Love: Building a Legacy Through Representation
2/23: UNCO Gender and Sexuality Resource Center
2/25: UNCO Straight Facts about Queer Life

DiversiWe aims to aid in the understanding of diversity on the impact of mental health interventions, cultivate cultural humility, sensitivity, and empathy for diverse individuals, and promotes the role of mental health professionals as social justice advocates. DiversiWe helps UNCO counseling students develop multicultural skills by facilitating units of discussion, demonstrations, and role-plays related to social justice and cultural issues. DiversiWe sends out bi-weekly calendars of social justice and diversity events throughout the academic semester. Events related to diversity are above

Psychological Services Clinic

We would like to give a huge thanks to Dr. Rings (Clinic Director), Patty Sparks (Assistant Director), and Chris Misra (2nd Assistant Clinic Director) who have been vital to the success of the clinic as it transitioned online for the Fall and Spring semesters. We are especially thankful for Patty and Chris, along with the staff at the PSC, have made it possible and we are so thankful. Here is some of what Patty and Chris had to say about their experiences in the clinic!

What were the challenges converting the clinic to an entirely online format?

"Being an assistant director and converting our experience to be 100% online was a mountain that I did not see being able to climb. Yet we made it happen and we have had two successful semesters! I'm glad we have the position of a second assistant clinic director because Chris has been way more than a tech GA. I would not have been as successful if I didn't have Chris. When we were doing orientation and we would get an endless amount of questions, having Dr. Rings step in and say they are still students which means they aren't on call 24 hours was incredibly helpful. Dr. Rings was very supportive of setting those boundaries" Patty

"It was a big challenge to figure out how to replicate our training model to an online format. There was a ton of hours spent figuring out how to recreate the cave in an online format while meeting HIPPA standards and ensure that everyone was meeting the proper requirements!" Chris

What are you most excited for returning in person?

"I'm really excited to run groups in person. Running groups on telehealth would have been hard because you need to feel each other in the room" Patty

"Seeing everyone again, and I'm really excited for everyone to have the experience of being in the cave and having that opportunity to build bonding experiences." Chris

How were the challenges navigated?

"I attribute my success to having the 9 or 10 people that worked both semesters in the clinic with me. We needed a team for the clinic to succeed, and at the end of the day we served our clients well" Patty

"All of the people who have been working in the clinic over the past year have all had the attitude that they are here to help. Everyone has had the attitude that we are in this together to make the clinic run and do the best by our clients" Chris

What may be some lasting changes?

"OQ online needs to stay because it's so much better than the paper vision. OQ analyst has made such a big difference in the speed of being able to understand what we are seeing and check in on the critical items." Chris

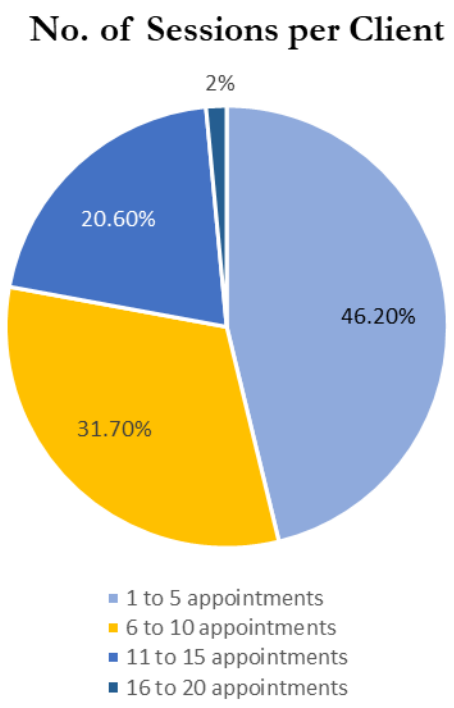
"We used to have a physical corkboard for messages, and we would email students to let them know they had a note. Now we can just put a note directly into Titanium." Patty

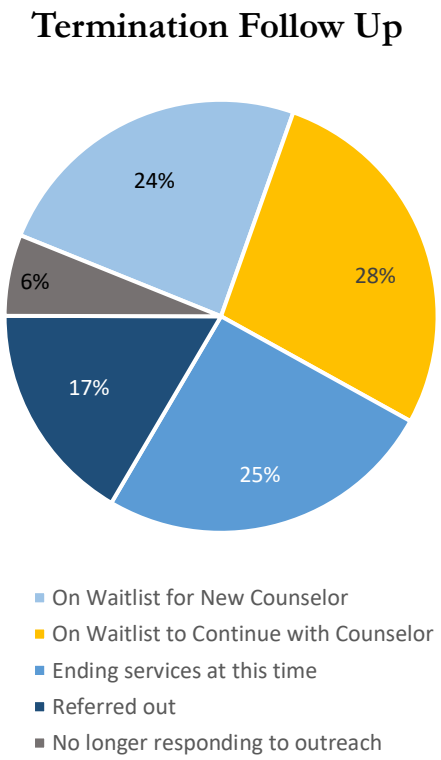
Psychological Services Clinic Update: Fall 2020 Clinic Census and Preliminary Data

During this semester, the PSC at UNC saw a total of approximately 209 clients. We saw 92 individual and CFT clients pro bono. For those clients who were individual adults attending more than a single session and given the OQ.45, the mean reported OQ score at the first session was 66.34 and the mean reported score at end of treatment was 61.19 (with 63 being the cut off for clinical distress). This is an average difference of 5.15 points (with 10 being clinically meaningful).

A total of approximately 1,318 sessions were attended. The PSC had an overall attendance rate of approximately 83.6% and a no-show rate of approximately 6.3%. The average number of counseling sessions per client was approximately 6.62 sessions. The clinic will continue to run remotely over the summer, and will plan to return to in-person services in the fall!

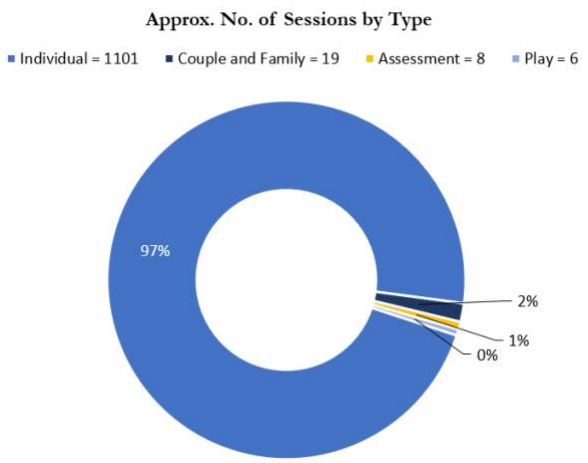
At times, the data reported was not complete either from clients (e.g., demographics) or from practica (e.g., estimates for numbers of sessions), so percentages may not always equal 100.





PSC: Data and Demographics

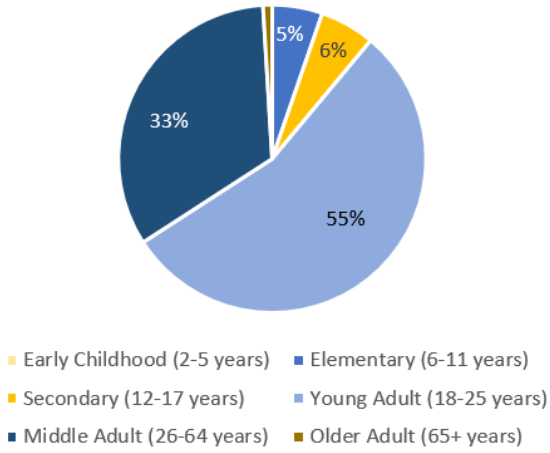
Types of Services Provided



Approximate Demographics

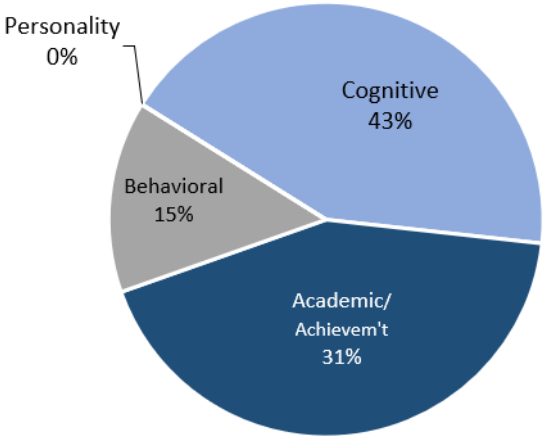
Below is a breakdown of demographic information for the approximately 209 clients and client systems who were seen for therapy services. Information is based on client or parent report.

Age

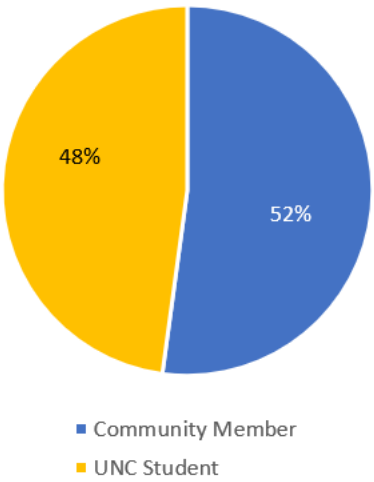


The average age of client at appointment for the semester was 23.45 years.

Assessment Type

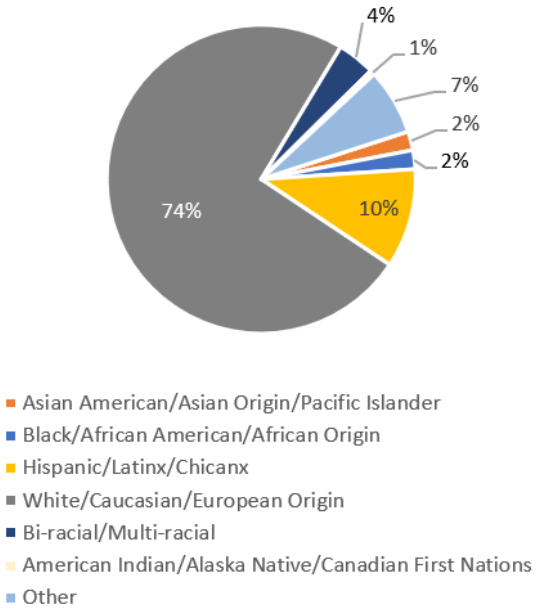


Client Status



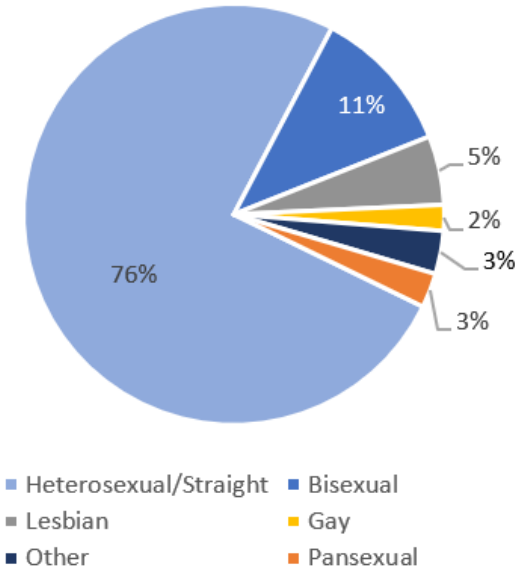
PSC Demographics

Race/Ethnicity

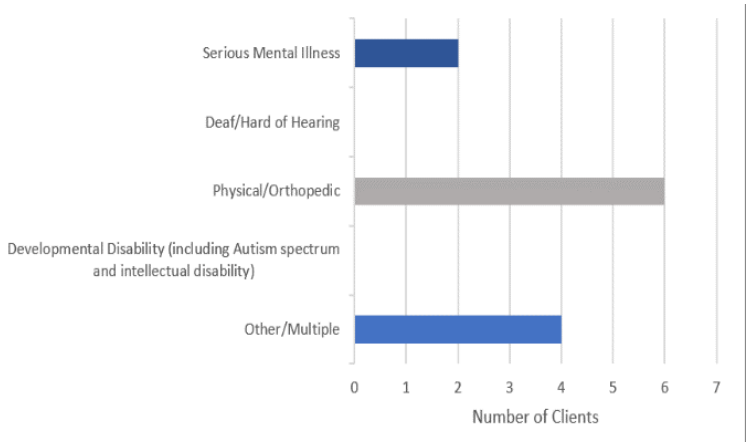


Sexuality*

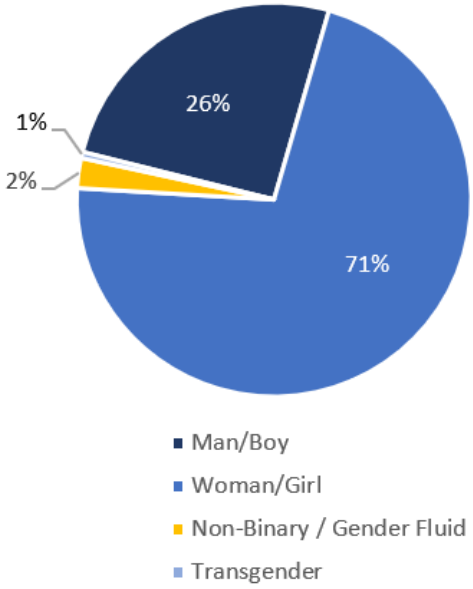
**excluding clients who did not report*



Ability Status



Gender Identity



Campus Connections

Throughout our history at UNC, Campus Connections has continued to grow and evolve in order to meet the needs of students and the greater community. As a collaboration between the Counseling Psychology and Counselor Education and Supervision doctoral programs, we have been fortunate to provide students in both of these programs, as well as those in the School Psychology doctoral program and across the three tracks of the Professional Counseling M.A. program, with opportunities to connect with youth in meaningful and therapeutic ways. In response to the COVID-19 pandemic, imperative changes were made to continue providing services to youth along with community engagement experiences for students. Continuing to adapt Campus Connections to function in alignment with the current safety standards while still meeting the support needs of those involved has further served as an incredible undertaking and learning experience. Although we have continued making numerous adjustments as needed, we wanted to highlight some of the major changes, challenges, and successes we have experienced.

For student mentors, all four weeks of training were conducted online to protect their health and safety prior to the youth's arrival. Although this meant we did not get to "meet" each other for a few weeks, we were able to cover a wide range of training topics including cultural empathy, diversity, self-harm and risk assessment, in addition to several other important topics. Following the arrival of youth, youth played active games, received a full and balanced meal, and worked directly with mentors and clinicians to gain support each Thursday.

In our continued partnership with the school counseling practicum, we have been able to provide additional therapeutic support to all of our youth through the exceptional services offered by the counselors-in-training and their faculty and doctoral supervisors. This structured support and consistency has been especially necessary for our youth who have been highly impacted by COVID-19. In return for these great services, we are able to provide the clinicians with early training experiences of working with adolescents in a setting that is dynamic and oriented toward brief, safety-enhancing services (comparable to school counseling settings).

As a continuation from the fall semester, the goal of Campus Connections throughout this semester was to ensure youth in the community received access to psychological health services, therapeutic mentoring, and peer support while navigating these particularly challenging and unparalleled times. In fostering and maintaining an atmosphere of connection and safety, this semester we have been able to help multiple youth and their families in ways for growth and development to ensue.

We are excited for the fall semester (and future semesters) to continually enhance our ability to support youth in the greater community, no matter the barriers and uncertainties! – By Sean Kershaw

Go to https://www.unco.edu/campus-connections/ to learn more about Campus Connections!

Alumni News

Dr. Michael Jenkins-Guarnieri (PhD 2012) started a research study evaluating the PCL-5 and its construct validity, as well as understanding how PTSD symptom clusters respond to evidence-based therapy treatments over time in an outpatient treatment setting. Below is a photo of Michael's family. Michael, Emery (age 6), Devon (age 4), and Kenya who has started a new job as a school psychologist in their local school district.

Congratulations to Dr. Megan Martinez (PhD 2020)! She has passed the EPPP, and will be continuing to work at the Colorado Therapy and Assessment Center in Denver.

Dr. Rachel (Haug) DuPaul (PhD 2018) forwarded this picture of Dr. Softas and Dr. Caroline Hicks (PhD 2017) catching up on Zoom. Dr. Rachel (Haug) DuPaul launched her own practice this last fall! Congratulations!

Dr. Deon Hall (PhD 2020) is currently completing a residency/post-doc at Madigan Army Medical Center.

Dr. Kiersten Eberle Medina (PhD 2019) became a licensed psychologist in Colorado this past fall. She is working at Colorado Therapy and Assessment in Westminster. Kiersten and her husband adopted a dog (Mr. Oliver Ollivander) pictured to the right! Congratulations Kiersten on becoming a licensed psychologist!

Dr. Julie Barritt (PhD 2017) was selected for the Deputy Associate Director of Training for the internship and fellowship programs at the North Florida/South Georgia Veterans Health System

Dr. Sarah Zwetzig (PhD 2020) will continue to work at the Department of Psychiatry at the University of Texas Health Services in San Antonio following her postdoc.

Congratulations to Dr. Kaitlin Ohde (PhD 2020)! She has passed the EPPP!