



# CPSY Times Spring 2014

March 2014

## SPECIAL POINTS OF INTEREST:

- ◆ Faculty and Student Awards
- ◆ New Faculty and Student Interviews
- ◆ Dr. Gerstein—Fulbright Scholar
- ◆ 2014 Counseling Psychology Conference Presentations



## INSIDE THIS ISSUE:

Program News	2-9
Changes to Doctoral Program	3
Faculty News	7
Student News	7
Alumni News	6
Faculty & Student Interviews	10
Publications & Presentations	13

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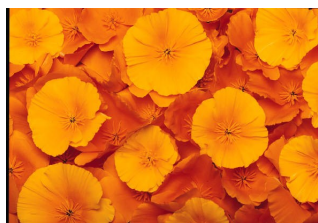
## Letter from the Chair

Greetings from the comfort of one of my family room chairs, here in Muncie! Trust me, it is significantly better to be sitting here, dog in lap, than it would be to step outside into whatever configuration of the “polar vortex” is happening outside. For context, I do not think there was one day in the whole month of January and February without some snow on the ground.

So, in the news for spring—as noted by several of us in this issue, the department and the Clinic are back together (sort of). The Counseling Practicum Clinic moved back to Teachers College last month. Our Clinic Coordinator, Amber Spaw, worked some serious magic during the last weeks to get everything sorted and transferred over. Jessica, Mary, Barb, and I helped out as much as we could, but Amber made it happen. And, the spring Clinic staff came back to plenty of boxes to unpack! There are still bugs to work out, but moving always takes longer than expected. We already anticipate one more change, when the School Psychology and Neuropsychology Clinics make their move later this semester; then we should be able to really settle into the new space. After 23 years of our old space, followed by two years of construction, I don’t quite know how to think of this “new” space. Let’s just say it is still taking some getting used to.

In yet other news, this is a banner

year for professional conferences. If you couldn’t find SOMETHING to attend in 2014, you simply did not try very hard. In short order, the American College Personnel Association national convention is



in Indianapolis, in March; it is always a great choice for those of you focused on Student Affairs (i.e. counseling centers, career centers, multicultural affairs offices, student disability services, international student affairs). The Association for Women in Psychology conference is in Columbus, Ohio, in March. The Division 51 Psychotherapy with Men conference will be in Fullerton, California, in June. The National Association of Black Psychologists convention is also in Indianapolis, in July. The American Counseling Association convention is in Hawaii, in August. And, if you aren’t interested in the national conventions, please don’t forget the local/regional ones. For example, the Indiana Counseling Association does a great conference, this year at Grace College up at Winona Lake, on March 21. The other regional conference to consider is the Great

Lakes regional counseling psychology conference, at Cleveland State University in mid-April. It is traditional for CPSY to have a huge turnout at GL; I hope that will be true this year. I know I didn’t catch every conference coming up, like the social psychology and rehabilitation conferences, but I’m only one person!

There is one other little conference I could mention, and in fact I will mention it since it has been the focus of my life for the past 18 months. I am truly excited for the upcoming national Counseling Psychology Conference, Atlanta 2014! The [schedule](http://www.atlanta2014.com) is now posted ([www.atlanta2014.com](http://www.atlanta2014.com)), the keynote speaker is booked (APA President Dr. Nadine Kaslow), and the DJ is coming with a photo booth on Saturday night. There are BSU Cardinals coming from all quarters to hang out, so make sure you don’t miss the alumni reception on Friday night. Yes, you all are a little spoiled because our students always have a chance to sit with the SCP President each year at Great Lakes (not to mention that this year you get to see the President in her natural habitat).

And while we are on the topic, I look forward to seeing as many of you as possible in D.C. for APA 2014. It’s been quite the Presidential year!

Dr. Sharon Bowman

## In Remembrance—Dr. Lonnie Duncan



"They are not gone who live in the hearts they leave behind." - Native American saying

I would like to take one more opportunity to acknowledge the passing of one of our long-time champions, Dr. Lonnie Duncan. Lonnie, a graduate of both the master's and doctoral programs, suffered a massive heart attack on New Year's Eve 2013. There is so much that could be said: co-director of the doctoral program at Western Michigan University, former staff psychologist at Northern Illinois University, and new member of the board for Kalamazoo Public Schools. He held various volunteer

positions for several professional organizations, and others for community organizations, throughout his life. He was the husband of Yolanda (also a graduate of the master's counseling program) and father to Lonnie and Alonzo. I could tell you all manner of stories about him, but we don't have that much time or space. I'll just say this: Lonnie told me he hoped I didn't win the Presidency of SCP, because he knew I would make him volunteer for something. Of course, when I won, he was on my short list to take the co-chair

of one of my committees. And, as expected, he stepped in without (much) complaint to become co-chair of the Awards and Recognitions Committee. I am sorry he didn't have the chance to see the fruits of that labor. Dr. Lonnie Duncan lived his dream, and he is missed here and in Michigan. Our hearts go out to his family and colleagues in Kalamazoo.

—Dr. Sharon Bowman

## News from the Counseling Practicum Clinic

The clinic has moved! After spending over a year in the cozy, white house on College Avenue, the clinic has now moved back to a nice, newly renovated Teachers College. We are now located on the lower level of TC and share a space with the School Psychology Clinic and Neuropsychology Clinic. Clinic staff and counselors are excited about our brand new facility and invite you to come on down and check it out!

- Ball State Practicum Clinic Staff



Pictured above: **Amber Spaw**, Practicum Clinic Coordinator and **Lauren Pucci**, current doctoral student.



## SCP 2014 Atlanta Conference

The Department of Counseling Psychology and Guidance Services would like to wish Dr. Bowman and all other faculty and students good luck and best wishes as they travel to Atlanta, Georgia, over spring break, to attend and present at the 2014 Counseling Psychology Conference (Division 17 of the American Psychological Association—Society for Counseling Psychology)! You all have worked very hard over the past several months and now it is your time to shine! We know you will all be awesome! Don't forget to have some fun, too! We look forward to hearing all about the conference when you return to Ball State! For a list of presentations, please see pages 12-14.

## Upcoming Changes to the Doctoral Program

After more than 14 years, our beloved Dr. Larry Gerstein has decided that he has done his share of directing our doctoral program and has turned over the role and responsibilities to Drs. Donald Nicholas and Paul Spengler.

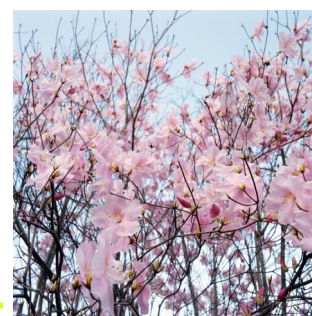
Dr. Spengler is currently serving as the director for this semester—Spring 2014, and Dr. Nicholas will take over as the permanent doctoral program director beginning this summer. Dr. Spengler is already busy organizing and planning those events that happen this semester. That includes the doctoral program interview day—a part of our extensive selection process—that is always a busy, but enjoyable and exciting day as we get to both meet prospective doctoral students while also showing off our program, particularly this year with our new digs. We are all now finally moved back to Teachers College on the 6th floor AND the Practicum Clinic into the integrated clinics on the lower level of TC. Dr. Spengler will also be busy with the exciting time when our doctoral students learn about their internship match. [As of February 21, all eight of our doctoral applicants have

matched for internship!] Of course, he continues his role as director of the master's internships, too; in other words, he will have had a hand in just about every internship placement occurring this spring! Busy times!

Dr. Nicholas will be taking over the more permanent role of director starting this summer and has agreed to direct the doctoral program over the next few years. Among other things, this gives him the opportunity to teach yet another doctoral core course, the doctoral seminar, in the fall. He is currently subbing for Dr. Bowman with the doctoral supervision course, so he will have taught more of the required courses than any other faculty member!

We all need to express our sincere appreciation to Dr. Gerstein for a job well done, over an extended period of time. He has guided us through two highly successful accreditation visits (our most recent was just this past October) that required massive amounts of record keeping and documentation in the form of our self-studies. He does our annual reports to APA, the department, our

college, and the university about all things associated with the doctoral program. He also coordinates and organizes preliminary exams each year, and reviews and keeps our program materials up to date. In addition to the ongoing communication he has with all applicants and students offered admission, he also communicates with numerous others interested in learning more about the doctoral program. He has also worked hard at keeping us on track with the many new and ever-growing requests for information about the program. He has done all of this for over 14 years while also serving as our model for the productive scholar: writing grants, books, refereed publications, serving on editorial boards, and taking on a wide variety of service roles within a number of organizations. We hope he is enjoying this semester as a Fulbright Scholar in Hong Kong. It is well deserved!



## News from the Clinical Mental Health Counseling Program

Welcome back from winter break and I hope you have a good educational experience this spring semester and upcoming summer. For those of you graduating in May or July 2014, Congratulations!

**Content Exam:** The content exam is administered twice over the academic year. The next administration will be Friday, March 28, from 12–4 p.m. This is a reminder that all students in the Clinical Mental Health Counseling Program must pass the exam before

graduation. You may take the exam once you have completed at least 30 semester hours of coursework. Please stop by the main office: Teachers College, Room 605, to let us know if you plan to take the exam this semester.

### **American Counseling Association:**

I encourage all CMHC students to become members of the ACA. It is important for future counselors to be involved in a professional organization. An added benefit to membership in ACA is that it includes malpractice insurance,

which we require all students to carry once they begin their practicum and internship activities. You can enroll through their [website](http://counseling.org/membership/aca-and-you/students) at: <http://counseling.org/membership/aca-and-you/students>.

**Graduates:** We always enjoy hearing from our graduates. Please e-mail the department at [cpsy@bsu.edu](mailto:cpsy@bsu.edu) or me, at [stefaegis@bsu.edu](mailto:stefaegis@bsu.edu), to let us know how you are doing in your careers and lives.

Thanks for keeping in touch and warm wishes.  
—Dr. Stef



## Congratulations to our recent graduates!



### Fall 2013

- ♦ **MA** in social psychology—Kyle Messick
- ♦ **PhD** in counseling psychology—Kelly Clougher, Jamalata Daoud, Holly Davis, Ashley Hutchison, John Meteere, Abby Nethaway

Pictured below are recent doctoral graduates, before being hooded, with their dissertation chairs. From left: Dr. Stefania Ægisdóttir, Dr. Abby Nethaway, Dr. Kristin McGovern, Dr. Sharon Bowman, Dr. Holly Davis, Dr. Larry Gerstein, Dr. Ashley Hutchison, Dr. Kelly Clougher, Dr. Donald Nicholas, and Dr. John Meteere.



## News from the Social Psychology Program

- ◆ We are in the process of recruiting well-qualified prospective students to the master's program in social psychology. We would greatly appreciate any help that current students and program alumni can provide by passing on the word and recommending the program to others that they think would be good candidates.
- ◆ We also now have a [Facebook](https://www.facebook.com/thesocialpsychologyprogramatballstateuniversity) page and we are encouraging faculty, staff, students, and alumni to "like" it! Please check out the program [page](https://www.facebook.com/thesocialpsychologyprogramatballstateuniversity) at [www.facebook.com/thesocialpsychologyprogramatballstateuniversity](https://www.facebook.com/thesocialpsychologyprogramatballstateuniversity).
- ◆ We are designing a survey to send out to our program's current students and alumni to see how we can improve the program, so be on the lookout for the survey! It should be sent out in the next month or so. We would really appreciate your input and feedback!
- ◆ We will also be conducting a unit review soon in which we will have social psychology professors from other departments around the country visit, learn about our program, and offer feedback on how we can improve the program and provide greater success for our students. Currently, we are writing up a plan in which we are proposing to make the program two years (instead of one), and to make a thesis or research project (of some sort) required. The required classes will most likely also be changing. We will update you on all the changes being made in the near future!

—Dr. Wilken

## Dr. Gerstein—Spring 2014 Fulbright Scholar

Dr. Gerstein has been offered the prestigious opportunity to spend spring semester 2014 as a Fulbright Scholar at The Chinese University of Hong Kong in affiliation with the Department of Educational Psychology. His appointment is from January to June. While CPSY is not the same without Dr. Gerstein here in Muncie, we hope that he is having a rewarding and fulfilling experience abroad. We look forward to seeing you back in Teachers College when you return. Best wishes, Dr. Gerstein!



Pictured above, from left to right: Dawa Lhama (Dr. Gerstein's wife), Dr. Gerstein, Dr. Glenn Shive (Vice President for Programs, United Board for Christian Higher Education in Asia), and Mr. Clifford A. Hart (U.S. Consul General to Hong Kong).



Pictured at left: Fulbright and Gilman Scholars with the U.S. Consul General to Hong Kong, Mr. Clifford A. Hart.





# Alumni News

- ◆ **Dr. Michael C. LaFerney** (MA '80) was promoted to Adjunct Professor of Psychology at Quincy College in Quincy, Massachusetts, following 10 years of service.
- ◆ **Jill Sullivan** (MA '08; PhD '12) recently accepted a Health Psychologist position at the Community Health Network in Indianapolis, Indiana.
- ◆ **Dr. Doris Nevin** (PhD '97) shares, "I am the President of the Virginia Psychological Association and was past President and Fellow of the Virginia Academy of Clinical Psychologists."

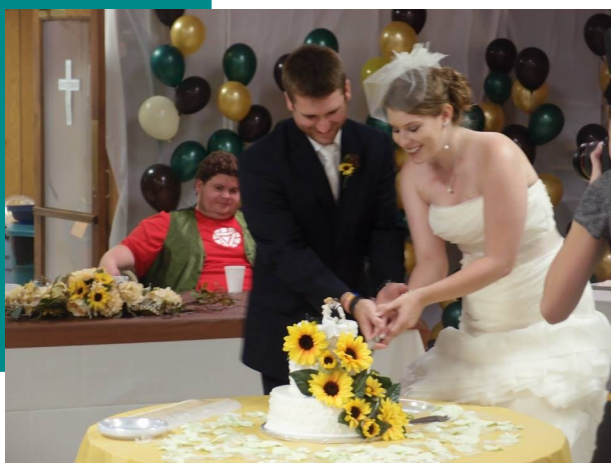


## Congratulations!

- ◆ **Deniz Canel-Çinarbaş** (PhD '08) shares, "Our son arrived on January 8, 2014. His name is Yunus Ege. Yunus means dolphin, is the name of a famous Turkish sufi poet, and the name of a prophet in the Old Testament (Jonah) and the Qur'an. Ege is the Turkish word for the Aegean Sea. So, he is a dolphin swimming in the Aegean."



- ◆ **Gregg Kuehl** (PhD '07) and Emily Hammersmith got married on September 8, 2013. Gregg is a graduate of the doctoral program and Emily was the CPSY undergraduate assistant for several years. They were married in Wisconsin.



- ◆ **Jeneice Shaw** (MA '13) got married to Nathan Wuertenberg on August 3, 2013.



## Faculty News & Awards

### Dr. (Stef) Ægisdóttir—

- ◆ Was recently named one of the top 99 Professors in Counseling, Psychology, & Therapy for 2013, according to MastersinCounseling.org

### Dr. Alexander—

- ◆ Was recently named one of the top 99 Professors in Counseling, Psychology, & Therapy for 2013, according to MastersinCounseling.org

### Dr. Gerstein—

- ◆ Was awarded, along with his colleague, a \$186,369 grant for their research: “Iraqi Young Leaders Exchange Program Undergraduate Institute 2014: Social Entrepreneurship & Community Development” by the Meridian International Center.

### Dr. Nicholas—

- ◆ Participated in a Ball State production, on BSU’s WIPB TV show, “Wellness Matters” on prostate cancer. This was a 30-minute call-in discussion show focused on current information about screening recommendations, treatment options, and the importance of the psychological and social components to the individual and family’s experience of prostate cancer. Clicking on this link will connect you to the YouTube [video](#) of the program.



## Student News & Awards

- ◆ **Emily Barnum** (current doctoral student) was elected as the Student Affiliates of [Division] Seventeen (SAS), of the American Psychological Association, regional coordinator for Region 4.
- ◆ **Andrew Brimhall** (current doctoral student) was elected to a three-year term as student representative on the Bisexual Issues Committee for Division 44, Society for the Psychological Study of Lesbian, Gay, Bisexual, and Transgender Issues, of APA.
- ◆ **Aaron Esche** (current doctoral student) was awarded the U.S. Air Force HPSP Scholarship and was commissioned as a Second Lieutenant.
- ◆ **Ryan Hess** (current doctoral student) was awarded the APA Division 19 (Military Psychology) Research Assistant Grant in support of the Web-Based Concussion Toolkit sponsored by the American Psychological Association. He is the primary Research Assistant for the Military Psychology team.
- ◆ **April Krowel** (current doctoral student), is the new Chair of the Indiana Psychological Association (IPA) Graduate Student Committee. She also recently had her application accepted to attend the Military Suicide Research Consortium Pre-Conference Research Training Day and received the \$1,000 Travel Fellowship Award to attend the 2014 AAS Conference.
- ◆ **Phillip Keck** (current doctoral student) was appointed the 2014 liaison to the Committee on Disability Issues in Psychology (CDIP) by the American Psychological Association for Graduate Students (APAGS).
- ◆ **Erin Sadler** (current doctoral student) was elected to be one of the student representatives for the Health Psychology Section of the Society of Counseling Psychology.

*Congratulations!*

# News from the School Counseling Program



Pictured above:  
Caroline Keel with  
the Wilson Middle  
School Principal and  
Counselors.

## Upcoming Conferences and Professional Development Opportunities

- ◆ Indiana Counseling Association Annual Conference  
March 21, 2014  
Grace College  
Winona Lake, Indiana
- ◆ National Office for School Counselor Advocacy Destination Equity  
April 11-12, 2014  
Los Angeles, California
- ◆ American School Counseling Association Annual Conference  
June 29-July 2, 2014  
Orlando, Florida

## College & Career Readiness Webinars

The CollegeBoard & National Office for School Counselor Advocacy (NOSCA) is offering **FREE** webinars for counselors on topics related to college and career readiness. Topics for the webinars include college admissions, financial aid, building leadership skills, transitioning to college, and the power of community partnerships. For more information, visit the CollegeBoard Website ([www.collegeboard.org](http://www.collegeboard.org)).

## #BSUSC on Twitter

Are you interested in continuing the conversation about school counseling and students in K-12 schools? Join the conversation on Twitter by using **#BSUSC**! This is a place where you can share your thoughts as well as articles and resources with your fellow Ball State School Counseling colleagues. Don't have a Twitter account? Take a look at the conversation by visiting the Twitter homepage and do a [search](#) for **#BSUSC**. Looking forward to seeing you in the Twitter-verse!

## New School Counseling Faculty Search

The CPSY department has begun a search for a new school counseling faculty member. We are extremely excited about this addition and are looking forward to welcoming a new faculty member in the fall!

## National School Counseling Week

National School Counseling Week, sponsored by the American School Counselor Association (ASCA), was celebrated from February 3-7, 2014. National School Counseling Week brings focus to the unique contribution of professional school counselors within U.S. school systems and how students are different as a result of what school counselors do. National School Counseling Week highlights the tremendous impact school counselors can have in helping students achieve school success and plan

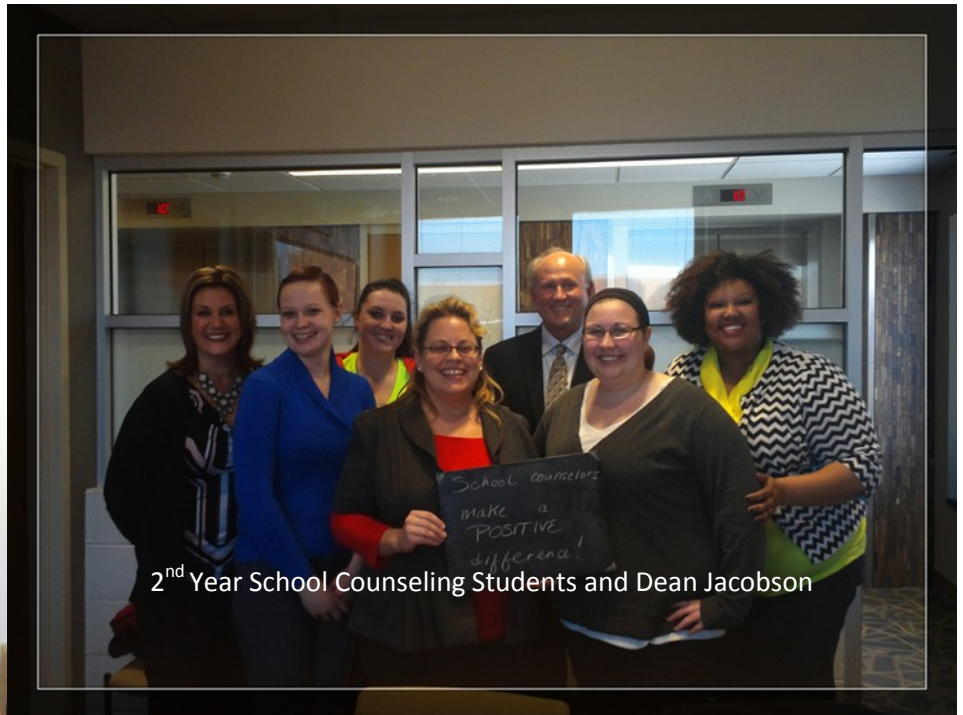
for a career. This year, our very own school counseling students took part in the celebration at their respective practicum and internship sites.

—Dr. Mayes

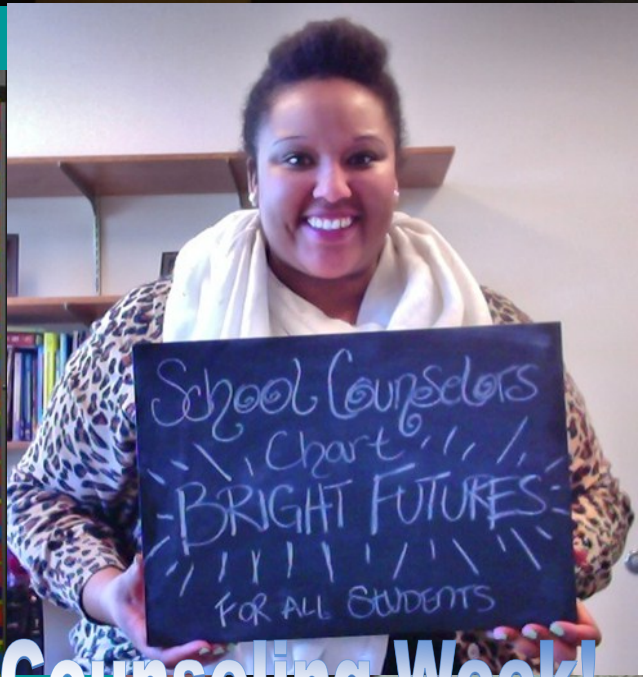
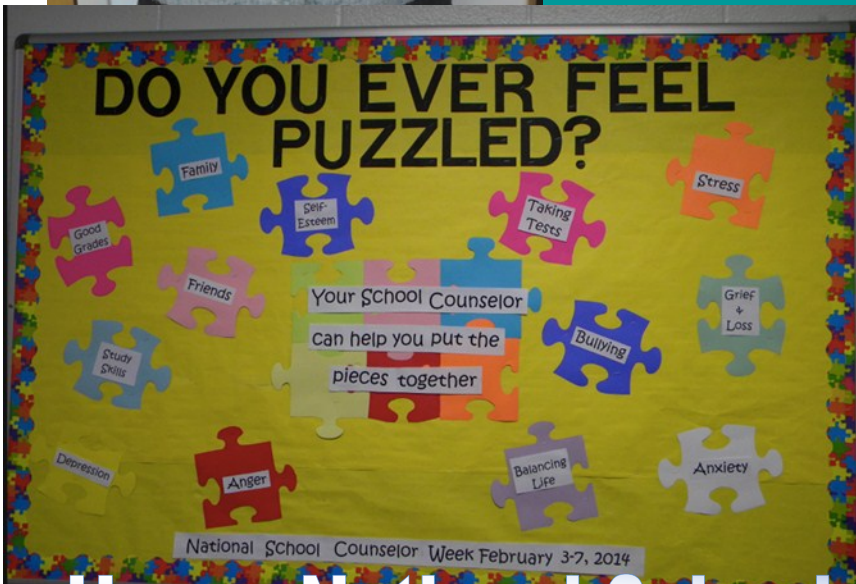


Pictured left: Sam Fitzjarrald and Rebecca Hammons, school counseling interns at Burriss Laboratory School.





2<sup>nd</sup> Year School Counseling Students and Dean Jacobson



# Happy National School Counseling Week!



1<sup>st</sup> Year School Counseling Students



M&M treat created by 1st year students  
Sam Lamb and Ashley Matthews

## **Faculty Interview: Dr. Renae Mayes, Director, School Counseling Program**

**Where is your hometown?** Sand Springs, Oklahoma (a suburb of Tulsa).

**Where did you obtain your bachelor's, master's, and doctoral degrees, and what were your majors?**

I earned my bachelor of science in middle school math and social studies from the University of Missouri at Columbia in 2008, where I was also a McNair Scholar. For graduate school, I earned my master's degree in education in school counseling from the University of Maryland at College Park in 2010, and then my doctor of philosophy in counselor education from The Ohio State University in 2013.



**What led you to school counseling?**

When I was in undergraduate school, I wasn't even aware of a thing called "graduate school". After I attended the Gates Millennium Scholars Program Leadership Conference, I learned that the [Bill and Melinda Gates] Foundation would fund my graduate school education so now graduate school was an option. Having been in the school system during my undergraduate education (i.e. field experience, student teaching), I realized there were other things going on with the students and their lives that I, as a teacher, just couldn't reach. Because I was responsible for their academics and the content, I could only go so deep into their lives. I wanted to be able to do that while still being in the school setting. I realized I wanted to be able to go deeper into the lives of students in order to help them be more successful and thought that school counseling would work for me. While in my master's program, I knew I wanted to do research and eventually get my PhD, but I wanted to gain more experience working in the schools first. After my master's degree, I decided to continue on to The Ohio State University where I worked with Dr. James L. Moore III. We have very similar views and philosophies on school counseling, the world of education, and where we need to go in the field. Getting my PhD just made sense to me. I thought I could be more impactful for kids if I taught people how to better work with kids in the school systems and through the systemic lens of school counseling.

**What brought you to Ball State?**

One thing I really liked about the school counseling program, in particular, is the focus on transforming school counseling. By that I mean, school counseling is more than just coming in and just being a guidance counselor; it's more than just doing what feels good. I am striving to make school counseling more systemic, more equity-focused, and more data driven. I really feel that the Ball State school counseling master's program embodies that goal as well.

**Please describe your role within the department.**

I am an assistant professor and the director of the school counseling program. I oversee all of the school counseling program, all of the progress and success of our students. My role encompasses addressing the needs for the program and the students. This includes: taking care of classes, taking care of what our students need, planning experiences for our students (i.e. practicum, finding practicum placements), program admissions, and advising/mentoring each of the school counseling students.

**What are your research and teaching interests?**

In general, my research tries to answer the question, "how can I impact schools?" I want to do research that can be practical and implemented in schools to make them better and help kids. More specifically, I am interested in students of color in the education pipeline (i.e. kindergarten through college) and within that, students of color who are twice exceptional (i.e. students who are gifted and have some form of disability). No one talks about what it is like for those students, what they need to succeed, and how we can help to make school better for them. As far as my teaching interests, I really like teaching the "bookend" classes, that is, the beginning and ending classes of the program. I enjoy seeing where people are coming in, watching their growth, and then where they end up. I really enjoy teaching the organization of the guidance curriculum class; it is school counseling at its core, using data, equitable focus, and systemic focus. I also like teaching all of the field experience courses. I get to see students have "light bulb moments" where they problem-solve and make connections between the information learned in class and their experiences out in the field.

**Outside of academia, what are your favorite activities and interests?**

Recently, I have been getting my house together, decorating, buying furniture, and other home improvements. I've been trying to do more exploring of Muncie, Indianapolis, and seeing what Indiana is all about. I'm also on the hunt for a fun dog park for my pup, Duri.

**If you could have one superpower, what would it be?** I would want the ability to make all schools equitable and to have the ability to help all kids.

**Favorite book**—*The Alchemist* by Paulo Coelho; **favorite movie**—*Ever After*; **favorite TV show**—anything on HGTV, the Real Housewives of Atlanta, and Doctor Who.



## **Student Interview: Nathan Walters (MA, Clinical Mental Health Counseling)**

**Where is your hometown:** Anderson, Indiana

**Where did you earn your bachelor's degree and what was your major?** I obtained my bachelor of arts in psychology and religion [double major] in 2013, from Wabash College in Crawfordsville, Indiana.

**What led you to counseling?** I did a lot of research in social psychology in undergraduate school and my research interests mainly lie in social psychology. I think the natural process of doing research and being in psychology is to want to help people; there's a natural instinct or desire to want to help people. I think for me the transition from social psychology to counseling was fairly natural. I saw the research and how specifically personality disorders can affect people and I guess that drove me to want to not only do the research, but also be able to apply it in a practical setting and make an impact that way.



**Why did you choose Ball State?** Beyond the fact that Ball State was a good fit for my personal life, I feel like this is a really good program for areas in my professional development that I would like to improve. I had a very strong research background from undergraduate school, but I feel that the strengths of this program are more than just research, including: supervision, clinical training, and the emphasis on diversity and social justice. I read a lot of reviews and talked to some people about Ball State's master's in counseling program and I really think it comes down to the fact that this place focuses on a practical application of counseling and has a very structured support system and system for accountability. Beyond that I think it's also an affordable place and it's made more affordable by graduate assistantships. There's also a small school feel, at least in this department, for such a big university.

**What do you think of your experience at Ball State as a master's student so far?** I feel like I've gotten a lot of good feedback and a lot of good supervision. This place is very strong in teaching you how to think about counseling, how to think about just the mindset of wanting to help people, and how to convey that during counseling sessions. Also, this program is very sensitive to multiculturalism; that's the driving force of the field right now and I feel like this department has been very committed to developing and supporting an emphasis on multiculturalism, diversity, and social justice. It's definitely to the benefit of the people we see in session and in the community.

**What are your research interests?** My research interests stick with my social psychology base, which has been in personality disorders, specifically narcissistic personality disorder. More than that, I'm extremely interested in the way in which people have interpersonal relations and how that's increasingly being done online, the lack of interaction in real time, and the increased interactions in this internet space. I feel like there's a lot of research that suggests that social media can have an impact on specific types of personalities.

**What are your future plans and career goals?** After getting my master's degree, I am planning on continuing my education and pursuing a doctorate degree. Ultimately, at the end of the day, I'd like to do some private practice as well as teach. I'd like to teach full-time because I think that I can never be satisfied with just doing one thing. Part of what this program has allowed me to do is explore a variety of things, be it counseling, diagnostic testing, or research. I think this program will prepare me to do all those things and those are all the things I want to do. So, at the end of the day, I'd like to do everything, but ideally from a faculty position.

**What are some of your favorite activities and interests?** Outside of graduate school, I enjoy being social with friends, trivia, I like to read, and I like to read for fun, and not for things that I "have" to do. Also, beyond reading for fun, I do really enjoy doing my own research. It's a lot of pressure, but I'm a super nerd, and I like reading research studies. Then generally, I like playing with my dog and I like doing stuff that doesn't have to do with graduate school. It helps me to practice good self-care.

**If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be?** Fun answer: Harry Potter or Dumbledore. Serious answer: Confucius—because he had this idea about what it was to be a gentleman. I don't think being a gentleman is just for men, it's really a humanistic view, like what does it really mean to care for people, to be civil, to be an upright citizen, and to have a purpose in life. It's about being a part of society but not just any part, but being an *integral* part. At Wabash, we had this thing called the "Gentlemen's Rule" (which meant you must conduct yourself as a gentleman at all times) and that was our only rule on campus. It was open to interpretation but you knew when you broke it. This rule was derived from Confucius and that's kind of the law I've lived by; to me it means that you're an upstanding citizen at all time, but it doesn't mean you just stop at obeying the laws, it means you need to go above and beyond, and I feel like that's the calling toward humanity.

**Favorite book:** A Song of Ice and Fire series by George R.R. Martin, specifically, The Sworn Sword, and Ender's Game by Orson Scott Card;  
**favorite movie:** *Fight Club*; **favorite TV show:** Dexter and Game of Thrones.



## **Student Interview: Aaron Esche, MS (PhD, Counseling Psychology)**

**Where is your hometown?** Pendleton, Indiana

**Where did you obtain your bachelor's and master's degrees, and what were your majors?** I earned my bachelor of arts in psychology from Indiana University Purdue University—Indianapolis (IUPUI) and my master of science in counseling psychology from Louisiana State University at Shreveport.

**What first interested you in counseling?** It was an organic thing and wasn't actually my first choice to study. However, I always loved to think deeply, like armchair philosophize; I sort of always conceptualized people like we do case conceptualizations now and I've always loved really deep, meaningful relationships. I originally wanted to do occupational therapy but my undergraduate transcript wasn't what it needed to be and I didn't learn how to be a good student until I was 26 years old. So, when I didn't get in to the occupational therapy graduate program, my second option was to go to the counseling program and get my master's degree. I ended up doing well and really started flourishing; I grew a whole bunch in those few years.



**Why did you choose Ball State?** Logistically, Ball State worked out for my family and home situation when compared with other counseling psychology doctoral programs. What really sold the deal though was reading about what Dr. Gerstein was working on and I found that to be very attractive. Because of those two factors, I rolled the dice and actually only ended up applying to Ball State.

**What do you think of your experience at Ball State as a doctoral student so far?** I just feel so grateful to be here because I'm learning everything I've wanted to learn. I feel like there wasn't enough time in my master's program to learn everything I wanted to learn and I feel like I'm finally getting to do that. I'm really enjoying learning about the "why" of what we do, to know why you're doing a good job and how; this is exactly why I wanted to do more schooling. This program is full of good people and good information. Although it gets stressful at times, no doubt about it, I just feel very grateful and lucky to be here. This is a super awesome program, I feel like I'm getting something that I always wanted and couldn't get somewhere else.

**What are your research interests?** I am really interested in moral development and where that comes from, whether it has a biological base or something else. I'm interested in the moral foundations for what people do and what they choose to do. I'm not quite sure what I want to do for my dissertation yet, but I have read a whole bunch, and will be going into the Air Force after school [Aaron has received the Air Force HPSP Scholarship], so I think my dissertation will revolve around moral development and the military. Since military service is voluntary now, it's a choice, and there may be a moral component to the choice I'd like to examine. However, choosing to serve your country may force you to do things that go against your morals or moral foundations from growing up. There has been some recent military literature regarding "moral injuries" for returning service members, so I think the issue matters, for sure. I want to use Moral Foundations Theory (the expanded domain of Kohlberg's theory) to look at what kinds of moral profiles people have in their calculus of choosing to go into the military.

**What are your future plans and career goals?** I'd like to do a career in the military, both as a practitioner and as an administrator. The higher up you go, the more you increase in rank, the more administrative stuff you have to do and less practice, and I'd like to do a little bit of both. I'd like to become a really good practitioner first, really hone skills and really help people. I just want to go, do a good job, and live a modest life, that's what I want.

**What are some of your favorite activities and interests?** I enjoy endurance sports. I exercise a lot; I love running—it's really meditative, I love to bike, and I love to swim. I'm currently training for a triathlon and really want to do an Ironman triathlon competition by the time I'm 40. I also play 10 musical instruments and purposely block out time to be with my daughter (i.e. to color, play with Barbies, and read books).

**If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be?** Thom Yorke, just to see who could be more awkward. In all seriousness though, he is kind of a hero of mine, plus I'd want to keep the conversation light.

**If you could have one superpower, what would it be?** I would want to be able to turn back time, although I wouldn't change anything.

**Favorite book:** The Righteous Mind by Jonathan Haidt. I'm also a really big Kurt Vonnegut fan.

**Favorite movie:** *Sunset Boulevard*

## Recent Publications

- Perrone-McGovern, K. M.**, Oliviera-Silva, P., Simon-Dack, S., **Davis, E.**, Adams, D., **McConnell, J.**, **Howell, D.**, **Hess, R.**, Davis, A., & Goncalves, O. (2013). Physiological and psychological factors influencing romantic relationship satisfaction. *Applied Psychophysiology and Biofeedback*. doi: 10.1007/s10484-013-9237-2
- Wright, S. L., **Perrone-McGovern, K. M.**, Boo, J. N., & Vannatter, A. (2014). The influence of attachment on perceptions of supports and barriers to academic and career self-efficacy: A mediational model. *Journal of Counseling and Development*, 92, 36-46. doi: 10.1002/j.1556-6676.2014.00128

## Recent Presentations

- Barnum, E. L.**, & **Perrone-McGovern, K. M.** (2014, March). *Attachment, self-esteem, and relationship satisfaction among survivors of sexual assault*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Barnum, E. L.**, & **Walls, K.** (2014, March). *Training issues for counseling psychologists working with LGBT individuals*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Barnum, E. L.**, **Walls, K.**, & **Kittleson, K.** (2014, March). *LGBT affirmative training for counseling psychologists*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Barsan-Cayro, A.** (2014, March). *The new playground: Sex trafficking in Thailand*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Begley, A. F.**, Poulsen, J. P., & Carmon, A. F. (2014, February). *Familial ostracism and the art of forgiveness*. Poster presented at the Society for Personality and Social Psychology Conference, Austin, Texas.
- Begley, A. F.**, Poulsen, J. P., Carmon A. F., & Herring, H. (2014, May). *Sources of ostracism: Getting to know the family*. Poster accepted for presentation at the Midwestern Psychological Association Conference, Chicago, Illinois.
- Chan, J. Y.**, **Fernelius, S.**, **Rustagi, M.**, **Keck, P.**, & **Hurley, E. J.** (2014, March). *Motivation to seek help and mental health outcomes: Results from a national survey*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Crehan, B.**, & Adams, H. L. (2014, June). *Exploring the complexities of women's chronic illness-related changes through narrative analysis and analysis of narrative*. Paper accepted for presentation at Narrative Matters: Narrative Knowing/Récit et Savoir, Paris, France.
- Currie, L.**, & Garnett, A. (2014, March). *"All the single ladies": Examining issues of intimacy among Black doctoral students*. Roundtable to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Fernelius, S.**, **Chan, J. Y.**, **Keck, P.**, **Sofletea, G.**, & **Kubiesa, C.** (2014, March). *Disability as diversity: Examining the microaggressive experiences of people with disabilities*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Gerstein, L.** (2014, March). *Counseling and clinical research in China*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Good, G., Bingham, R., Perez, T., & **Bowman, S.** (2014, March). *Mentoring future leaders: Tips from successful academic and student affairs administrators*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Gordon, T., **Bowman, S.**, & **Kruczek, T.** (2014, March). *Clinical judgment bias in response to client sexual orientation and therapist heterosexual identity development*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.

### Recent Presentations continued

- Hermanssdóttir, B., & Lin, P.** (2014, March). *Social justice ally training at two universities: Challenging microaggressions and empowering bystanders' interventions*. Roundtable to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Hernandez, K., Simon-Dack, S. L., Coutinho, J., & Perrone-McGovern, K. M.** (2014). *Differential activation of the default mode network in jet lagged individuals*. Presentation made at the Cognitive Neuroscience Society Annual Convention, Boston, Massachusetts.
- Hess, R.** (2014, March). *An integrative model for the supervision of counselors-in-training*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Hess, R.** (2014, March). *Counseling considerations when working with romantic partners of TBI survivors*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Hess, R.** (2014, March). *The utilization of emotion-focused therapy for couples experiencing chronic illness*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Hess, R., & Loiselle-Hess, C.** (2014, March). *Mandated personal psychotherapy for counselors in training and the impact on trainee help-seeking behavior*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Horton, R. S., & Walters, N.** (2014, February). *A diary study on the influence of Facebook use on narcissism and self-esteem*. Poster presented at the Society for Personality and Social Psychology Conference, Austin, Texas.
- Hutchison, A., Gerstein, L., Ægisdóttir, S., & Hurley, E.** (2014, March). *From the Ivory Tower to real world practices: Managing challenges to international and cross-cultural research*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Jones, S., & Kubiesa, C.** (2014, March). *Are training programs addressing the referral process? An ethical dilemma review*. Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Krowel, A.** (2013, November). *Understanding and welcoming student veterans*. Invited presentation at Ball State University, Muncie, Indiana.
- Krowel, A., Edwards, S. A., & Modica, C.** (2014, August). *An alternative proposed model of distress among Army National Guard personnel*. Paper accepted for presentation at the 122<sup>nd</sup> Annual Convention of the American Psychological Association, Washington, D.C.
- Krowel, A., Milliken, L. J., & Schwartz Moravec, N. M.** (2014, August). *Crucial issues when providing the military and veterans psychology services*. Symposium accepted for presentation at the 122<sup>nd</sup> Annual Convention of the American Psychological Association, Washington, D.C.
- Krowel, A., & Young, L. M.** (2013, October). *Military culture: The importance of additional multicultural training*. Poster accepted for presentation at the 76<sup>th</sup> Annual Indiana Psychological Association, Indianapolis, Indiana.
- Kwon, H., & Ingolfsson, G.** (2014, March). *Training considerations for international students in counseling psychology programs*. Roundtable to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Lee, N. A., & Keck, P. S.** (2014, March). *On becoming social justice advocates: The role of privilege in counseling psychology instruction*. Roundtable to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Mastroianni, E., & Niegocki, K.** (2014, March). *Advocacy, outreach, and intervention: Preparing counseling psychologists to become social change agents*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Nicholas, D.** (2014, March). *Ingredients for success in counseling health psychology doctoral training: Advice to counseling psychology trainees interested in integrated health care from early career professionals*. Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.



### Recent Presentations continued

- Nicholas, D.** (2014, March). *Preparing students for new roles in integrated health: The evolving interface of counseling and health psychology.* Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Niegocki, K.** (2014, March). *Getting “grounded”: Sharing the challenges and rewards of doing qualitative dissertations.* Roundtable to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Park, J.** (2014, March). *A systemic approach to emotions: An empirical foundation.* Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Perrone-McGovern, K. M., & Goncalves, O.** (2014, March). *Integrating counseling psychology and neuroscience: A developmental health approach.* Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Psarropoulou, K., Niegocki, K., & Ægisdóttir, S.** (2014, March). *Community outreach as a social justice training activity.* Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Pucci, L., & Sofletea, G.** (2014, March). *When religion and sexuality don’t mix among LGB clients: Training and ethical implications for clients.* Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Roysircar, G., Toporek, R., Israel, T., Fouad, N., & **Gerstein, L.** (2014, March). *Using a framework for training and practice of social justice.* Workshop to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Rustagi, M.** (2014, March). *Disposable human beings: Sex trafficking in the Indian sub-continent: A human rights issue.* Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Rustagi, M., & Sofletea, G.** (2014, March). *Mentoring minority graduate students in counseling psychology programs: Fostering inclusivity and growth.* Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Sofletea, G.** (2014, March). *The hidden world of sex trafficking in our backyard: Implications for mental health professionals in the United States.* Symposia to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Toporek, R., **Mastroianni, E., & Walls, K.** (2014, March). *The role of advocacy and community engagement in the work of counseling psychologists.* Roundtable to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.
- Van Hoven, J., & Brimhall, A.** (2014, March). *Clinical implications, educational needs, and social advocacy in matters of spirituality and religion.* Poster to be presented at the 2014 Counseling Psychology Conference, Atlanta, Georgia.





## Spring 2014 Calendar Information

**March 9-16—Spring Break, no classes**

March 17—Last day to withdraw from courses

March 19—Registration for summer semester begins

April 28—Last meeting day for regular classes

**April 29-May 2—Final Examination Period**

**May 2—Spring Semester ends**

## Attention: Graduating Master's Students!

You must apply for graduation at the Graduate School by the deadline in the semester you intend to graduate. Please see the Graduate School's [website](#) at [www.bsu.edu/gradschool](http://www.bsu.edu/gradschool) for forms and more information.

### Spring 2014:

**April 7**—deadline to submit research papers, creative projects, theses, and dissertations

### Summer 2014:

**June 2**—graduation application deadline

**June 25**—deadline to submit research papers, creative projects, theses, and dissertations

**July 19**—Commencement ceremony



## Upcoming Workshops & Conferences

### Association for Women in Psychology

2014 Conference  
March 6-9, 2014

Renaissance Columbus Downtown Hotel  
Columbus, Ohio

### 2014 Division 17—Society of Counseling Psychology Conference

March 13-16, 2014

Atlanta, Georgia

[Dr. Bowman's conference]

### 2014 Indiana Counseling Association Conference

March 21, 2014

Grace College

Winona Lake, Indiana

### American Counseling Association

2014 Annual Conference & Exposition

March 27-30, 2014

Honolulu, Hawaii

### American College Personnel Association Convention

March 30-April 2, 2014

Indianapolis, Indiana

### 2014 Great Lakes Regional Counseling Psychology Conference

April 11-12, 2014

Cleveland State University

Cleveland, Ohio

### Midwestern Psychological Association

86<sup>th</sup> Annual Meeting

May 1-3, 2014

Chicago, Illinois

### 8th Critical Multicultural Counselling and Psychotherapy Conference

June 5-7, 2014

OISE/University of Toronto

Toronto, Canada

### 4<sup>th</sup> Psychotherapy with Men Conference

Division 51

June 7, 2014

California State University-Fullerton  
Fullerton, California

### 46<sup>th</sup> ABPsi Annual International Convention

National Association of Black Psychologists  
Convention

July 15-19, 2014

Indianapolis, Indiana

### Asian American Psychological Association

2014 Annual Convention

August 6, 2014

George Washington University  
Washington, D.C.

### American Psychological Association

2014 Annual Convention

August 7-10, 2014

Washington, D.C.

## Keep in Touch!

We are always very curious about what our current students and alumni are up to, so keep those announcements coming! The Keep in Touch Form is now [online](#) at [www.bsu.edu/counselingpsychology](http://www.bsu.edu/counselingpsychology).

Check us out on [Facebook](#) ([www.facebook.com/CPSYatballstate](http://www.facebook.com/CPSYatballstate)) and [LinkedIn](#) (Counseling Psychology and Guidance Services at [Ball State](#))

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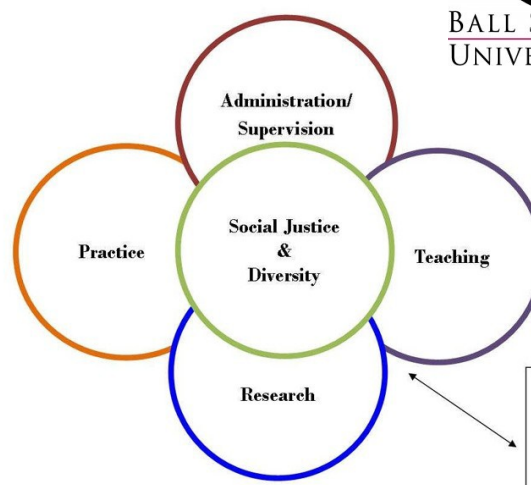
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