



BALL STATE UNIVERSITY

SPECIAL POINTS OF INTEREST:

- Faculty and Student News & Awards
- Faculty & Student Interviews
- Upcoming Deadlines for MA students
- Workshops & Conferences

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Letter from the Chair

Hello, and welcome to a crazy unusual winter! This past week we went from temperatures in the 60s and sunny, to two days of snow, and back into the 50s by the weekend. It is no wonder so many people have been sick; who knows how to dress for this weather?

We have changed U.S. Presidents in the past couple of months. At first blush, that may not seem relevant to our academic world, but think about how it has affected YOU already: discussions with friends, family, and clients; an uptick in social media; increased focus on world and domestic affairs – all have affected us personally and professionally. No matter where you come down on some of the President’s policies, the national reactions (pro and con) have been unprecedented. I anticipate our professions will continue to be challenged in the months and years ahead.

BSU has also hired a new President, who starts by May 15. Now that he has been hired, some of the other interim administrative positions on campus will likely be filled, too. In the meantime, CPSY’s move to the College of Health has gone fairly smoothly so far. We participated in our first BSU graduation under our new flag; participants received a lapel pin signifying that inaugural status. The spring 2017 graduation will be even more special; each college holds a separate ceremony in May, and I look forward to participating in ours. We have also had some successful Interprofessional education events since fall. These events bring together students from across CoH to learn about our professions, and to develop efficacy in integrated health care. We are excited about these opportunities, and look forward to

more of them in the coming months. By the way, I recently discovered another professional association – the National Association for Rural Mental Health. If you anticipate working with a rural population (the need for competent services in rural communities is alarmingly high), NARMH might be a group to join.

The first 6 or so months of 2017 are already busy. We finished the doctoral program interviews at the beginning of February. Also in February, we scheduled a two-day Gottman Method couples training workshop. In March we have a social advocacy training, facilitated by the President-Elect of Division 17 of the American Psychological Association. In April we are hosting the Great Lakes Regional Counseling Psychology conference. Also in April, we are fielding a team for the local Heart Association Heart Walk fundraiser. Then, this summer we have two study abroad trips on tap – one to Amsterdam and the second to Iceland. I don’t know what we will do with the rest of 2017, but there should be plenty to keep you feeling challenged right now.

Whatever you are doing this year, make it count for something. Do the work you need to do to make your voice heard, to make counseling and psychology’s voice heard. So far this year there have been four marches on Washington (several with local counterparts) that I know of; there is a March for Science in Washington scheduled for April. There are plenty of organizations or causes that could use YOUR helping hand. Their need is not on “pause” until you finish school; jump in now!

- Dr. Bowman

News from the Doctoral Program

As usual, Spring is a busy time for activities of the doctoral program. Students are interviewing for our class of 2017-18, internship Match Day occurs; our Student Affiliates of Seventeen (SAS) representatives are busy with multiple tasks/projects; others begin their preparation for the portfolio exam and soon it will be time for students to begin preparing for prelims later this summer.

As you now know, the Department of Counseling Psychology, Social Psychology and Counseling (our new department name) is a member of the College of Health. That's not the only significant change recently occurring as APA's Commission on Accreditation has revised and updated the Standards of Accreditation in Health Service Psychology, effective January 1, 2017. Thus, our doctoral program is now operating under new accreditation standards. There are many similarities to the previous standards, but one of the biggest changes is a move to "competency-based education" which has involved our program adopting a new set of 16 competencies, organized around 5 Clusters: Professionalism, Science, Relational, Applications—Professional Functions, and Systems. Although this is change, it is moving us to be more explicit in considering what are the broader aims of the doctoral program and how we prepare our doctoral students to assure they leave us, ready for internship, with the appropriate level of competence in a variety of skills. It's been challenging, but I think we are moving ahead and will be even more mindful of how we prepare our students to be competent and successful counseling psychologists.

We recently completed another successful doctoral program interview day (February 3, 2017) during which we interviewed a total of 35 masters-prepared students and 12 bachelors. As always the entire department was involved in an exciting and invigorating day. We have made offers to those we would like to have as next year's doctoral class and hope to hear from them soon.

As I write this (Feb 10) we await the results of the APPIC Internship Match. Twelve of our students submitted their rank-ordered preferences on Wednesday, February 1st and now they anxiously await "THE MATCH DAY" next Friday (February 17th). In recent years, we have done very well with 100% matching, so we anticipate an exciting time on Friday. As usual our students are mostly looking at university counseling centers and hospital settings (VA, Academic Medical Centers) with a few targeted community agencies and consortia.

As always we are interested in hearing how you are doing and what you are up to both professionally and personally so keep in touch.

Best,

Don Nicholas



News from the Clinical Mental Health Counseling Program

Welcome into Spring!

Dear Clinical Mental Health Counseling Students, 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 2017: Congratulations!

Great Lakes Regional Conference in Counseling Psychology

The Great Lakes conference this year will be hosted by Ball State University, Friday and Saturday, March 31 – April 1, 2017 at the L. A. Pittenger Student Center, Muncie Indiana.

I encourage you to attend this conference to learn about some exciting stuff happening in counseling and counseling psychology and networking with other students, faculty and professionals.

Content Exam

The content exam is administered twice over the academic year. The next administration will be [March 24, 2017](#). 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.

Graduates

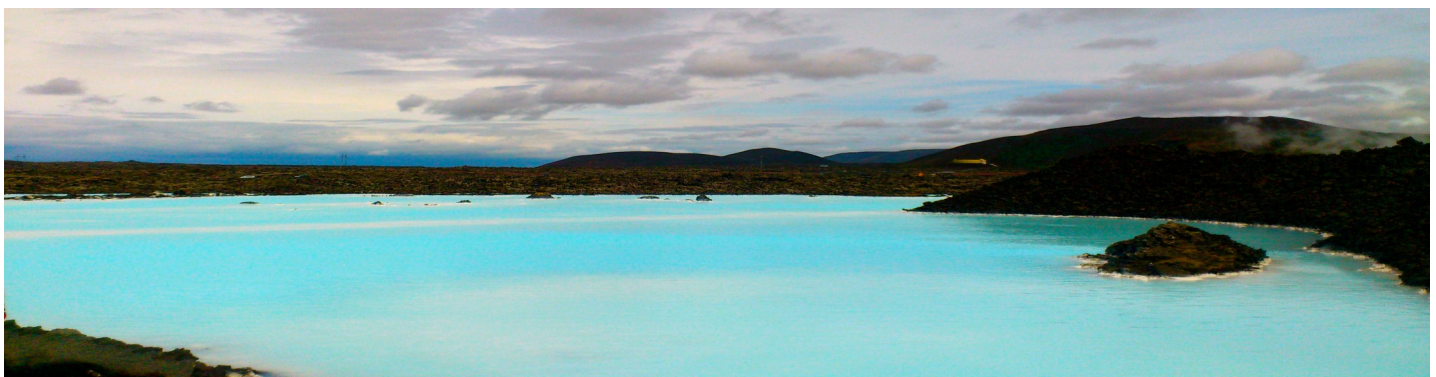
We always enjoy hearing from our graduates. Please e-mail the department at cpsy@bsu.edu to let us know how you are doing in your careers and lives.

Thanks for keeping in touch and warm wishes,

Dr. Stef

American Counseling Association

I encourage all CMHC students to become members of the American Counseling Association (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 at <http://counseling.org/membership/aca-and-you/students>. The American Mental Health Counselor Association (AMHCA) is also a professional organization worth considering as it is the leading national organization for licensed clinical mental health counselors <http://www.amhca.org/>.



News from the Rehabilitation Counseling Program

Congratulations!

Congratulations to Rehabilitation Counseling program alumni Brett Crehan, Darci Wilson, and James Haston! Brett and Darci have recently accepted new positions as Vocational Rehabilitation Counselors with the Veterans Health Administration Therapeutic and Supported Employment Services (TSES) in Marion, Indiana. James is now employed at BSU as an Academic Advisor for Modern Language & Classics and International Students.

Alumni and Community Professional Expertise

Many thanks to the alumni and community professionals who have been so generous in sharing their time and expertise through guest presentations in Rehabilitation Counseling program courses this year:

Alumna, Satomi Wakabayashi, Vocational Rehabilitation Counselor, Office of Vocational Rehabilitation- presentation on VR services and resources

Alumnus, David Leap, Outpatient Clinical Supervisor, Fairbanks- presentation on substance use disorders and treatment

Alumni Dr. Summer Ibarra, Rehabilitation Psychologist, and Claire Brownson, Coordinator of Training and Education, Rehabilitation Hospital of Indiana (RHI) Department of Resource Facilitation Research & Training Center- presentation on brain injury and RHI services

Wade Wingle, Vice President of Technology and Information Services, Easter Seals Crossroads- presentation on assistive technology and INDATA Project

Carlos Taylor, Adaptive Computer Technology Specialist, BSU Unified Technology Support- presentation on adaptive technology

Dr. Khanh Nghiem, Psychologist, BSU Counseling Center- presentation on destigmatizing mental illness

Ilona Lambert, Diabetes Educator, Diabetes Center, IU Health Physicians- presentation on diabetes management and support

Brianna Saunders, Associate Director Community Engagement, Alzheimer's Association of Greater Indiana Chapter- presentation on Alzheimer's, individual, family, and caregiver supports

Professional Organizations

Professional counseling organizations provide many resources and participation in such organizations can be a valuable part of developing one's professional identity. Counseling and rehabilitation organizations to consider:

American Counseling Association (ACA) <https://www.counseling.org> and divisions, including the American Rehabilitation Counseling Association (ARCA) <http://www.arcaweb.org>

National Rehabilitation Association (NRA) and divisions, including the Rehabilitation Counselors and Educators Association (RCEA) <https://www.nationalrehab.org>

National Rehabilitation Counseling Association (NRCA) <http://www.nrca-net.org>

National Council on Rehabilitation Education (NCRE) <https://ncre.org>



Rehabilitation Counseling Program Event

On November 11, 2016 the rehabilitation counseling program held an information session in collaboration with the BSU Graduate School. Second-year rehabilitation counseling student, Sheryl Maupin, and alumnus Brett Crehan were excellent representatives of the program and provided valuable assistance with the event.

Disability Awareness Month

March is Disability Awareness Month. This annual event is led by The Indiana Governor's Council for People with Disabilities with "the goal to increase awareness and promote independence, integration and inclusion of all people with disabilities". Watch for events on campus and in the community. Visit <http://www.indianadisabilityawareness.org/index.asp> to learn more.

Graduation

Best Wishes to our Spring and Summer 2017 Graduates! Please stay in touch so we can celebrate and share your many future accomplishments!

Have a wonderful Spring Semester! ~Dr. Tschopp



Upcoming Rehabilitation Conferences

National Council on Rehabilitation Education (NCRE) Spring Conference
Newport Beach, California, April 19-21, 2017

Conference Theme: "Rehabilitation Counseling Education: Embarking on the New Road Ahead"

<https://ncre.org/spring-2017-conference/>

Psychiatric Rehabilitation Association Wellness & Recovery Summit
Atlanta, Georgia, June 24-26, 2017

<http://psychrehabassociation.org/40th-annual-wellness-and-recovery-summit>



News from the Social Psychology

Program

- * Four students from the Social Psychology Master's Program had presentations accepted for the upcoming Midwestern Psychological Association conference in Chicago. Congratulations to Allison Cipriano, Courtney Dress, Kim Kirkeby, and Josh Smith!
- * Devan Vaughn, who will graduate from the Social Psychology Program in May, recently accepted a full-time position at Schulman IRB Company in Cincinnati, OH. Congratulations, Devan!
- * Dr. Lehmler, Director of the Social Psychology Program, was recently invited to co-chair the 2017 and 2018 meetings of the Society for the Scientific Study of Sexuality. This year's meeting will be in November in San Juan, Puerto Rico and next year's meeting will be in Montreal, Canada.
- * Sarah Wheat has accepted an offer to pursue her doctorate in Sport & Exercise Psychology at West Virginia University

- Dr. Lehmler



Congratulations to Our Recent Graduates

December 2016

- **PhD in Counseling Psychology** — Erin Sadler, Yu Ri Choi, Lauren Cunningham, Ryan Hess, Lamarra Currie, & Kodee Walls
- **MA in Counseling**
 - Clinical Mental Health Counseling — Yi-Hsin Liu
 - School Counseling — Kristen Evans, & Carol Villanueva-Perez
- **MA in Social Psychology** — Cory Hrycko

Left to Right: Dr. Alexander, Dr. Bowman, Lamarra Currie, Dr. Stef, Dr. Gerstein, Yu Ri Choi, Dr. Nicholas, Erin Sadler, Lauren Cunningham, and Dr. Kruczek



COPE

An Online Self-Care Group for Counselors in Training

COPE is a 10-week online program consisting of psychoeducation, interactive and experiential activities that let you practice self-care.

The group will meet online on Blackboard. All activities are self-paced and the group will web conference together 3 to 4 times.

The Group is Open to Masters and Doctoral Students.

Benefits of COPE:

- Develop skills to cope with stress of graduate school
- Build peer social support
- Improve work-life balance
- Learn skills that you can use with your clients

Topics Include: Mindfulness, Self-Compassion, Body Flow, Enriching Interpersonal Relationships, Time Management and Organization and much more!

Group Begins on March 13th 2017

To Register go to https://bsu.qualtrics.com/jfe/form/SV_abmGRID8dU5KCfH

Questions? email Yamini ynbellare@bsu.edu or Craig csdeken@bsu.edu



Student News and Awards

- * **April Krowel**, who is finishing up her doctoral internship, accepted a two year neuropsychology post doctoral residency fellowship with Brain Performance and Psychology Center in Indianapolis.
- * **Sean Jones** will be returning to the Muncie area to do postdoctoral work with the Family Medicine residency at IUH Ball Memorial Hospital when she finishes her internship in Biloxi. Drs. Daniel and Rainey are quite excited to have her back in their facility.
- * **Frank Carr** was accepted to attend The Summer Institute: *Preparing for a Military-Focused Career* by the Center for Deployment Psychology (CDP).
- * **Joshua Staples** had two posters accepted for APA in Washington, DC,



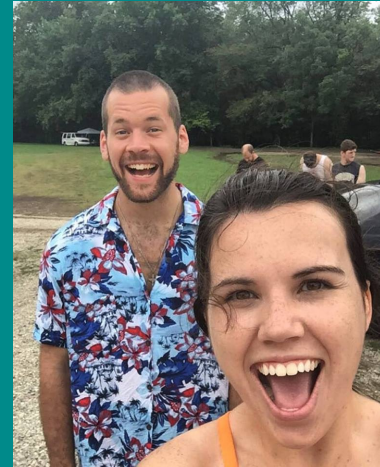
Alumni News and Awards

- * **Michiko Iwasaki** (Phd '06) was featured in Loyola magazine for her work as an assistant professor of psychology at Loyola University Maryland.
- * **Brett Crehan** (MA '14) accepted a new position with the Northern Indiana VA
- * **Darci Wilson** (MA '13) also accepted a new position with the Northern Indiana VA.

Congratulations!

Becca Hughes (current MA student) was accepted into the Counseling Psychology doctoral program here at Ball State.

Andy Walsh (current MA student) was accepted into the program at University of North Texas.



Elisabeth Nickels (second year doc student) got engaged to her partner, Anne Clements, who is a film and tv producer! They hope to get married in Spring 2018.

Faculty Interview: Dr. Scott Bischoff



Where is your hometown? - Richmond, IN

Where did you obtain your bachelor's, master's, and doctoral degrees?

What were your majors?

BS: Psychology, Telecommunications (Indiana University)

MS: Counseling Psychology (IUPUI)

PhD: Counseling Psychology (Ball State)

What led you to counseling psychology?

I have always been drawn to helping people who are in pain. Counseling Psychology was a natural fit for me, in terms of the value I place in connecting with people on a deep level, conceptualizing from a strengths-based approach, and incorporating cultural, social justice, and systems aspects into the therapy process.

What brought you to Ball State?

As a student, I was drawn to Ball State due to it being a highly respected (and very intensive) program which was a perfect fit for my approach to psychology, as well as the presence of a fantastic faculty (although several who were most influential on my development have retired or taken other positions within the university). As an adjunct faculty, Dr. Bowman brought me back to Ball State; just because you graduate does not mean you stop doing what Dr. Bowman wants you to do. That said, teaching is one of the three activities I find most meaningful (along with therapy and supervision of therapists).

Please describe your role within the department.

I am merely adjunct faculty...my full time work is as the Internship Director at the Youth Opportunity Center.

What are your research and teaching interests?

Anything trauma-related, including complex trauma and secondary traumatic stress's impact on therapists. I am also very interested in personality development, attachment and how trauma impacts attachment, the development of psychopathology, and personality disorders.

Outside of academia, what are your favorite hobbies and interests?

I have a weekly gaming group, I am an avid reader, love expanding my knowledge base (particularly in the realms of history, philosophy, and science) and I am a horror film aficionado (the cheesier the better).

If you were not a professor, what job you have? / If you could be anything in the world, what would you be?

An author and editorialist who writes so amazingly well I could actually convince people to stop being so territorial and myopic before we (the human species) blows ourselves up. Or a storm-chaser.

What do you do for self-care?

I lecture others on the importance of self-care. When not being hypocritical, I walk (preferably in a forest), practice mindfulness, listen to music, communicate with friends, play video games, read, and paint.

Favorite Food/restaurant: Spicy fried rice, Thai hot!/Thai Thara

Secret Talent: Keeping talents secret

Favorite binge worthy show: Seinfeld

Favorite song: "Scrape" by Warhorse

Doctoral Student Interview: Miranda Dean (PhD)



Where is your hometown? — Platte City, Missouri

Where did you earn your bachelor's and master's degree?

What were your majors?

I received my Bachelor's degree in Psychology from Simpson College in Indianola, Iowa. I obtained a Master's of Science in Clinical-Counseling Psychology from Illinois State University.

What led you to counseling psychology?

In high school I wanted to be a therapist and wanted to go into counseling. I enjoy looking at problems from different view points, as well as analyzing things from different perspectives and understanding situations from other people's perspectives.

Why did you choose Ball State?

The funding was a major contributing factor. I also thought the program had a good atmosphere and the students I met were friendly and nice. The length of the program and the assessment cognate option also influenced my decision.

What do you think of your experience in the doctoral program here so far?

I find the doctoral program to be very welcoming and collaborative. It is a friendly environment, which helps to combat some of the stress. I am very busy, but I have a great support system with people who are also going through the same thing.

What are your research interests?

I am interested in romantic relationships, infidelity, and relationship distress.

What are your future plans and career goals?

I would like to work in a correctional facility as a correctional psychologist. I may want to become an adjunct professor as well. My long term goals are to open up my own private practice. My research interests are different from my practice interests, such that working with underserved populations are more appealing; however, the relationship research is really interesting to me.

What are some of your favorite hobbies and interests?

I enjoy spending time with and going to training classes with my two dogs. I also like to read, play the piano, travel, and spend time with friends.

If you could go anywhere in the world, where would you go and why?

I would go to Italy. I have been there before and the people are amazing, friendly, helpful, and outgoing. Italy has such a cool culture to be immersed in. Florence and Rome are gorgeous cities and there are so many things to do there!

What do you do for self-care?

I like to listen to music, walk my dogs, and work on training my dogs. I also enjoy baking and trying out new recipes.

Favorite Food/restaurant: Mexican food, enchiladas

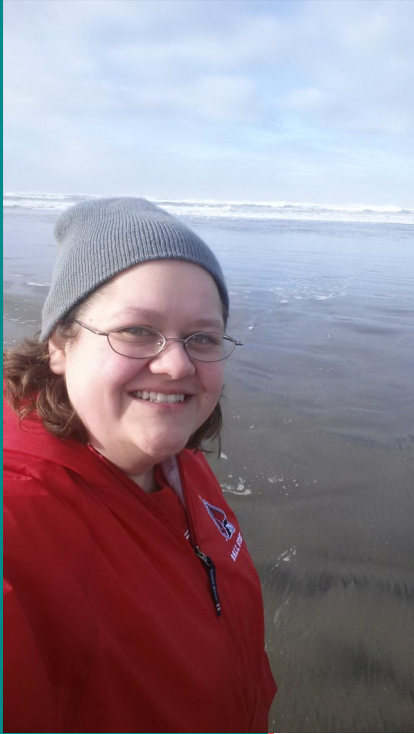
Secret Talent: Archery

Favorite binge worthy show: This is Us

Favorite song/band: Anberlin, Jon Bellion, Maroon 5, and Coldplay



MA Student Interview: Amy Etchison



Where is your hometown? - Alexandria, IN

Where did you earn your bachelor's degree? What was your major?

I earned my Bachelor's degree from Ball State where I majored in General Studies with a minor in Spanish.

What led you to counseling?

I started as an education major, but realized I couldn't really help the kids because I was worried about grades and keeping my job. People I knew suggested I should do counseling. I decided to take a few counseling classes during undergrad and really enjoyed it. I have always been the one helping friends with advice.

Why did you choose Ball State?

I chose Ball State because it was close to home and offered my intended major. I decided to continue with my Master's here because "I love Ball State". I really enjoy their emphasis on multiculturalism.

What do you think of your experience in the master's program here so far?

I think it is going well; however, it can be hard to balance all of the aspects in my life, such as school, work, and personal life. I had to learn how to manage my time better and did not know what to expect coming into the program. I really like the program and the professors are very knowledgeable and passionate. I believe the professors are one of the best parts to the program, because it's helpful to learn from them.



What are your research interests?

I am interested in addictions, especially family support and interaction, as well as the effect on the family. I am also interested in the relationship between LGBT and religious affiliation dealing with the acceptance of the person and how it effects the person.

What are your future plans and career goals?

After obtaining my Master's degree, I plan on getting a job close to home in the Muncie community. My end goal would be to become a family addictions counselor.

What are some of your favorite hobbies and interests?

I enjoy going out to eat and trying new restaurants. I also like taking pictures and going to the movies. I love going to Disney World.

If you could go anywhere in the world, where would you go and why?

I would go to Disney World, because there is something there for everyone. They think of every detail there.

What do you do for self-care?

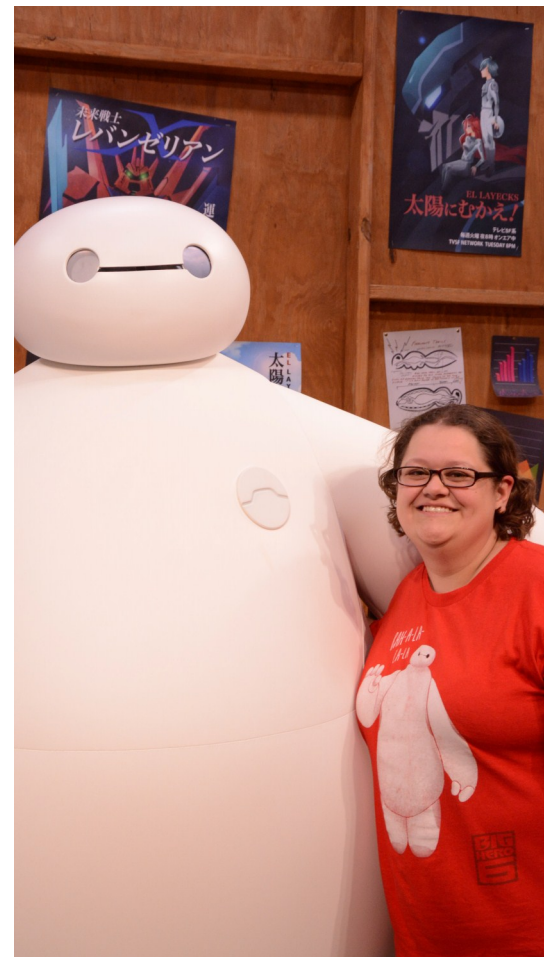
I go to the movies, spend time with my girlfriend, watch Netflix, and try allow myself free time where I do not have to be anywhere.

Favorite Food/restaurant: Anything to do with tacos and nachos, mashed potatoes, and Mexican restaurants

Secret Talent: I can sing Disney songs exactly how the characters sound.

Favorite binge worthy show: Orange is the New Black

Favorite song/band: Anything Backstreet Boy's or from the 90's



Recent Publications

Rosik, C., Slivoskey, M., Ogdon, K., Kincaid, T., Roos, I., & **Castanon, M.** (2016). Toward normative MMPI-2 profiles for evangelical missionaries in candidate and clinical settings: Examining differences by setting, generation, and marital status. *Journal of Psychology and Theology*, 44 (4), 315-328.

Walters, N. T., & Spengler, P. M. (2016). Clinical errors and therapist discomfort with client disclosure of troublesome pornography use: Implications for clinical practice and error reduction. *Psychotherapy*, 53(3), 354-359.

Wilczynski, S.M., Trammell, B.A., Caugherty, N., **Shellabarger, K.**, McIntosh, C.E., & Kaake, A. (2016). Integrating evidence-based practice into early childhood alternative settings with children with ASD. *Perspectives on Early Childhood Psychology and*



Recent Presentations

Staples, J.R., Harris, B.S., & Langdon, J.L. (2017, August). *Performance validity testing in baseline athletic concussion assessment*. Paper accepted for presentation at the Annual Convention of the American Psychological Association, Washington, DC.

Staples, J.R., Walters, N.T., Wojtach, P., Glock, K.E., & Adkison, M.C. (2017, August). *Longitudinal exploration of counselor growth and wellness*. Paper accepted for presentation at the Annual Convention of the American Psychological Association, Washington, DC.

Spengler, P. M., Walters, N.T., Bryan, E., & Millspaugh, B.S (2016, August). *National survey of attorneys' use of coaching forensic clients on the MMPI-2*. Poster Presented at the 124th American Psychology Association Annual Convention, Denver, CO.

Spring 2017 Calendar

March 5-12:	Spring Break.
March 24:	Content Exam
May 1:	Monday Last meeting day for regular classes.
May 2-5:	Final Examination Period.
May 5:	Spring Semester ends.
May 6:	May Commencement
May 15:	Summer Semester begins



Deadlines for graduating MA students

The application for graduation is done through the Ball State University Graduate School. You must do this by the deadline within the semester you intend to graduate. More information can be found on the Graduate School's [website](http://www.bsu.edu/gradschool) at www.bsu.edu/gradschool.

Spring 2017:

- April 10 — Deadlines for RES 697 Research Paper, CRPR 698 Creative Project, THES 698 Thesis, and DISS 799 Doctor's Dissertation
- May 6 — Commencement

Summer 2017:

- May 30 — Graduation application deadline
- June 28 — Deadline for RES 697 Research Paper, CRPR 698 Creative Project, THES 698 Thesis, and DISS 799 Doctor's Dissertation
- July 22 — Commencement

Upcoming Conferences & Workshops

**The Association for Lesbian,
Gay, Bisexual, and Transgender
Issues in Counseling**

2017 Annual Conference

March 16-19, 2017

San Francisco, CA

**American Counseling
Association**

2017 Annual Conference

March 16-19, 2017

San Francisco, CA

**American Mental Health
Counselors Association**

41st Annual Conference

July 27-29, 2017

Washington, D.C.

**National Conference on
Rehabilitation Education**

April 19-21, 2017

Newport Beach, CA

**Midwestern Psychological
Association**

89th Annual Meeting

April 20-22, 2017

Chicago, Illinois

**American Psychological
Association**

2017 Annual Convention

August 3-6, 2017

Washington, D.C.

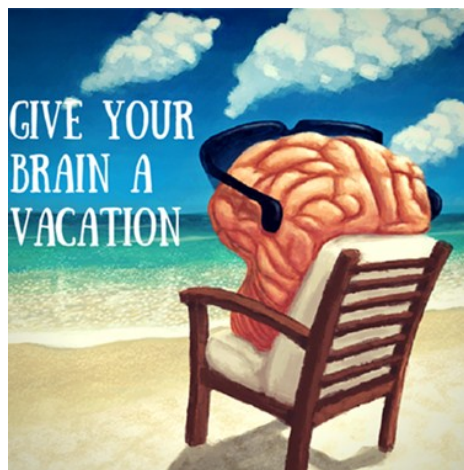
**2017 Great Lakes Regional
Counseling Psychology
Conference**

March 31-April 1, 2017

Ball State University



Have a Wonderful Spring Break!



& Don't Forget to 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 [online](#) at www.bsu.edu/counselingpsychology.

Check us out on [Facebook](#) (www.facebook.com/CPSYatballstate) and [LinkedIn](#) (Counseling Psychology, Social Psychology, and Counseling at Ball State)!

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