Spring Student Newsletter

MARCH 2022

Letter from the Chair



February 2022, almost spring break. Two years ago, February 2020, I was preparing for a conference in Santa Fe, followed by a desperately needed vacation over spring break. Two weeks later, I found myself in a hotel room in Albuquerque, having just hired a new faculty member (welcome, Dr. Tatum!), and learning via email that BSU was canceling official permission for all domestic and international travel in light of the spreading Covid virus. A week or so after that, the university sent everyone home and kicked us off campus for the foreseeable future.

Think back: what did "foreseeable" mean to you? A few weeks? A semester? I certainly didn't expect to be out of my office for months, learning how to dress for Zoom meetings, training students how to do online therapy, and wearing masks in public. Yet, two years later, I have trouble recognizing most of you in person; I only get to see your amazing faces on a computer screen (then we have to remind each other to "unmute").

Cut to now: Spring semester, 2022, and we are still doing telehealth in the Clinic (and in many of our private practices). We are becoming increasingly comfortable with online courses, and virtual meetings and conferences. We pivot our plans at the drop of a hat when someone says "sorry, I have to cancel because we are quarantining, or we have Covid". I never thought I would spend this much time staring at a computer screen, or trying to figure out how to conduct a class when a quarter of the students are zooming in. And if you had told me five years ago that we would conduct doctoral interview day in a virtual format I would have privately called you crazy. Obviously, we all need to learn and grow, right? I would say we have certainly done that in these pandemic/syndemic times.

Speaking of changes, the department is feeling the pressure of two faculty departures, as you will note elsewhere in this newsletter. Dr. Hutchison has resigned her faculty position and is returning to her home in Kansas. She leaves us in a great position, having finished up our accreditation work for the doctoral program, and well on the way to admitting the 2022 doctoral cohort. We wish her, her husband, and their dog all the best in their new adventure. And now it is Dr. Perrone's turn to carry us forward. The second departure is the announcement of Dr. Spengler's retirement. He has been a member of the CPSY family since 1991. He has advised quite a number of doctoral students, helped countless master's students find internships, and trained the next generation of EFT therapists. We knew this day would come sometime, but "sometime" was always in the future! Dr. Spengler and his wife are looking forward to plenty of time at their lake cottage in New York.

BALL STATE

Letter from the Chair

I need to give a shout out to CPSY's Diversity Committee and Wellness Committee. These two groups of students and faculty are helping us walk the walk with a focus on self-care and on diversity. Please pay attention to their emails, social media posts, and social activities. We can't spend ALL of our time with our noses in the books.

Finally, I ended the Spring 2021 newsletter with this same paragraph, and it still holds true in 2022: If you are as Zoom-tired as I am, find something else to do that does not require an electronic device. Pick up a board game or a puzzle, or find a good book. Take that random pet for a walk or a run (yes, I have seen cats on a leash). Oh, here's a good one – actually TALK to that other human in your house! And if you need something to listen to, try this TED Radio Hour presentation on gratitude by A. J. Jacobs, What's the Power of a Simple Thank-you? https://www.npr.org/transcripts/969148456

-Dr. Bowman



News from the Doe Program

Greetings from the PhD Program!

Happy Spring 2022 folks — as I write this it is indeed starting to look and feel like Spring outside finally. I also write this as my last newsletter update as the Training Director of the PhD program — as many of you know by know, I am transitioning to a new position and moving back to my home state of Kansas to be with family.

These past few months have proven to be interesting to say the least, from continuing to navigate implications of the pandemic while finding balance in the midst of everything. I know this is a theme for you all as students as well. During this time of transition, I want to particularly congratulate our outcoming interns – in February we had a 100% match rate with everyone matching in Phase 1 – congratulations! Folks are scattering from Utah to staying in Indiana, across a wide range of sites and experiences.

I highlight this good news in particular to remind those of you earlier in the program of the exciting transitions yet to come your way. The doctoral program can seem like a long time, until its, well, over. Relatedly, we are in the midst of our admissions process, with several new students coming on board next Fall 2022, which as always, would not be possible without all the volunteers who came together on interview day in February to make happen – so thank you all!

In the spirit of thank you's I want to take a moment as well to thank everyone who's had an impact on me during my time at Ball State. Students, staff, faculty, and upper administration —

it was surreal and serendipitous to return to my own graduating program to be a faculty member and the training director, and an experience I will always be grateful for. I know I will still be seeing many of your faces on zoom or at conferences in the near future, and look forward to these reunions very much.

In the meantime, remember to take care of your-self, whatever that means for you. And try to enjoy the process, even when it's overwhelming – I promise this time goes by fast even when it doesn't feel like it. Thanks again to all of you for your support and kindness over the years!

Dr. Hutchison



News from the Social Psychology Program

What comes to mind when you think about racial tensions in the United States and the protests related to racial relations? Maybe you envision the Civil Rights movement of the 1960s and Martin Luther King's speech from the Lincoln Memorial. Or maybe you think about the Black Lives Matter protests and the many men and women of color who have died at the hands of police officers in the United States.

Recent protests have taken a very different turn. Parents and conservative activists in many areas of the U.S. are protesting the inclusion of diversity, equity, and inclusion in school curriculum. Using the term "critical race theory" (which is actually a decades-old approach to examining issues from a perspective of institutional racism and is not standard curriculum in K-12 schools), the objections include any number of issues, but tend to focus on initiatives to counter racism and bias. Since January 2021, 37 states have introduced bills or taken other steps that would restrict teaching critical race theory or limit how teachers can discuss racism and sexism (Map..., 2020). Fourteen states have imposed these bans and restrictions either through legislation or other avenues. A similar bill was introduced in Indiana but, in large part due to protests from teachers unions and unfavorable media coverage, the proposed legislation has recently lost support and may not come to a vote.

As you know, social justice is a core value of our social psychology program. For this newsletter, I want to focus on our activism related to the backlash against diversity education in K -12 schools. Last fall, Dr. Thiem and members of her lab marched in support of a Muncie Central High School teacher who was forced to remove their Black Lives Matter posters from the school hallways. The teacher had assigned students to read *V for Vendetta, a graphic novel, and to create something that addressed a problem in American society. Although the posters addressed a variety of topics, from abortion rights to gerrymandering to LGBTQ+ rights, it was the poster referencing police brutality and Black Lives Matter that became the source of controversy. We invite you to read more about this issue here.*

In January, Dr. Kite, Dr. Thiem, two faculty from Ball State's Teachers College, Dr. Patricia Clark and Dr. Serena Shim, and doctoral student Lizi Zhong, presented a workshop to a national audience of high school teachers of psychology. In this workshop, sponsored by the American Psychological Association, we addressed the nation-wide controversy, but also focused on how to provide effective diversity education in the current environment. An important emphasis was on the benefits of diversity education.

News from the Social Psychology Program

In contrast to the view that addressing topics such as privilege and systemic inequity is harmful, research shows that experience with these issues leads to positive changes in students' attitudes and values (Gurin et al., 2002). An inclusive classroom also provides global academic benefits, such as improved critical thinking (Bowman, 2010) and higher overall achievement levels for both majority and minority group members (Elicker et al., 2009). In addition, when students have positive diversity experiences, their interest in improving the lives of people in their communities increases (Bowman, 2011).



In our department, professors and doctoral instructors infuse diversity, equity, and inclusion into their classes. We were pleased to have the opportunity to support this important work outside of Ball State and look forward to additional opportunities in the future.

References

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News from the Rehabilitation Counseling Program

Welcome back!

We want to welcome all RC students coming back from the semester break and wish you all a safe and healthy spring semester.

Program Update

Continuing our success in the external practicum last spring semester, our current 1st year RC Master's students are again completing their respective practicum in our community. Three sites (Hillcroft, VA Indianapolis VRC, & VA Marion VRC) are our community partners. This arrangement provides our students with even more opportunities to work with people with disabilities in the community. It also allows our rehabilitation counseling students to have more direct counseling service experience. We want to thank these three sites and the on-site supervisors.

Professional organizations and conferences

Professional counseling organizations provide many resources and professional development opportunities. These organizations can be a valuable part of developing one's professional identity.

American Counseling Association (ACA) https://www.counseling.org
American Rehabilitation Counseling Association (ARCA) http://www.arcaweb.org
April 7-9, 2022 conference:

https://www.counseling.org/conference/conference-2022





News from the Rehabilitation Counseling Program

National Council on Rehabilitation Education (NCRE) https://ncre.org NCRE Spring Conference 3/31- 4/2, 2022

Disability and Rehabilitation Awareness

- Developmental Disabilities Awareness Month March
- https://www.nacdd.org/ddam1/
- World Hearing Day March 3rd
- https://www.who.int/campaigns/world-hearing-day/2022
- Parkinson's Disease Awareness Month April 2022

Graduation

Best wishes to our Spring and Summer RC Graduates! Please stay in touch. We would love to celebrate and share your many future accomplishments!

Dr. Chan



News from the Clinical Mental Health Counseling Program



Welcome into Spring Semester!

Dear Clinical Mental Health Counseling Students (CMHC) and CMHC and Social Psychology (SP) dual students, welcome back from winter break. I hope those of you getting your first practicum experience are enjoying it and I wish you best of luck securing an internship site for the next academic year. For those of you graduating in May or July

2021: Congratulations and stay in touch! Be on the alert for emails from us as we will be sending you surveys to see how your experience at Ball State has prepared you for your professional life.

Accreditation

We are seeking accreditation from Masters in Psychology and Counseling Accreditation Council (MPCAC) for our CMHC and CMHC & SP dual programs. I am anticipating that after we provide them with more survey data from our students and graduates that they will do a site visit to complete their evaluation of our program.

Exit, Alumni, and Employer/Supervisor Surveys

Last. year we implemented an exit survey of our graduating students, which indicated a general satisfaction with our curriculum and program. We continue re-

quiring our graduating cohort to complete this survey, where you will have an opportunity to express your perception of your training and preparation to enter the next step in your professional career, either the counseling field or to continue your education toward a doctoral degree. Also, as stated, we regularly send out surveys to our graduates to help us improve our program. We will also survey your employers/supervisors about your training preparation. So, stay tuned!

Annual Evaluation

This year, we will start our annual evaluations of all students in the CMHC and CMHC & SP dual programs. Your assigned adviser will contact you this semester for this evaluation, which can be done over Zoom or in person. This is a requirement for an MPCAC accreditation and will give us an opportunity to see

your progress in the program and for you to get any additional support to help you successfully complete the program.

News from the Clinical Mental Health Counseling Program

We plan to perform this evaluation every spring semester and need you to bring a copy of your unofficial transcript to these meetings in addition to any questions or concerns you have about the program and your progress.

Great Lakes Conference

The Great Lakes Regional Conference in Counseling Psychology will be held online this year on April 8-9. This is a great conference for students to present their research or papers relevant to counseling and counseling psychology and to network with other students and professional in the Midwest. Dr. Tatum is on the planning committee for the conference. Be on the alert for all call for paper and poster submissions.

American Counseling Association

I encourage all CMHC and dual 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.

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 best wishes for good health and safety,



Goodbye Dr. Hutchison



How long have you been here at Ball State for?

I came back to Ball State in 2018. I was a doctoral student here in 2009 - 2013. Then I was in North Dakota for about five years and came here to be an assistant professor and the training director for the doctoral program so this is my fourth year here.

What are some of the highlights of your career here?

A few things that stand out to me are probably my research team meetings. They were honestly always a time for me and the students to recharge and, while we talked about research projects, it was also a socializing and support time as well. Some of the jokes and memories I have from the research team are one of the highlights particularly when we were regularly meeting in person. Other highlights were getting to see student present at conferences like Great Lakes or the National Multicultural Conference. One of the most recent highlights was a gathering that came about because I was leaving that we had at Elms Street Brewery. One of the things that I realized was that it wasn't so much about me leaving, but about bringing together a lot of students that hadn't seen each other in some cases for two years. It was not so much a good-bye party but also a reunion of sorts for my students and others who had not seen each other in a very long time.

What are you going to miss most about your current position?

Probably teaching my group's counseling class is one for sure. This is my fourth year teaching it and I think I finally figured it out. I teach it somewhat non traditionally in that we really heavily focus on teaching group processing by just being a group in ourselves. I will also miss interactions with particularly first year doctoral students. Being the trainer in the program, I get all the supervisees and especially in the first year the students might be overwhelmed but they are the freshest and that is something I really enjoy and I am going to miss.

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Goodbye Dr. Hutchison

What are you most looking forward to regarding your move?

I am looking forward to being back around my direct family. This week I got to go to my niece's birthday party. Yesterday we went to a KU basketball game, I get to babysit my niece, and have dinner with my partner's family. The social calendar is very different being able to do the day to day events as opposed to just the special occasions. We bought a farm with 20 acres of property that needs to be renovated, so that is getting a lot of my available attention and I am very much looking forward to the day that we can move in there.

What parting words of wisdom do you want to leave your current students?

For better or for worse you do you. What I mean by that is in graduate school there is a lot of pressure for social comparisons whether that means between students or perceptions of what a student should be doing. There are these expectations everywhere and so I guess that sentiment is to simply find or know your voice and be confident. It doesn't have to be or sound like anybody else's especially in higher education. I am physically not in muncie anymore, but I am always an email, zoom, or phone call away. I hope people stay in touch and leverage my social capital when or if it is needed.

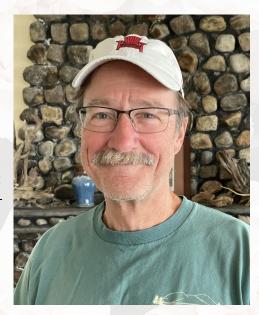


Happy Retirement Dr. Spengler

How long have you been here at Ball State for? This is my 31st year. I came here in 1991.

What are some of the highlights of your career here?

The broadest highlight is that it is an awesome interaction between teaching and doing, so I have really valued the experience of staying current and teaching in the areas of psychotherapy, family therapy, couples therapy, and then doing all those things too in my own private practice. That is the biggest highlight working with students and mentoring them. It keeps me sharp in my own practice and I am really going to miss that a lot. I am not retiring, I am retreading. I am going to keep my practice going and work with some students in that capacity. I also have a number of data sets I am going to write up.



What are you going to miss most about your current position?

Definitely the multiple hats that you wear as a psychology faculty member. I will really miss mentoring students, interacting with students, and my colleagues. I am kind of shifting focus more than leaving the world of work, so I plan to stay involved by going to conventions, continuing research, and engaging with people in our profession. I will surely miss the synergy that you get when you train with students.

What are you most looking forward to regarding your career retreading?

I am looking forward to doing more of the things I am interested in and doing less of the things I am not interested in. I am looking forward to being creative, writing, and expressing myself in a lot of ways like cooking or brewing beer. We plan to spend a lot of our time in our cottage in the Adirondacks and spending time with our children.

What parting words of wisdom do you want to leave your current students? Soak it up! It goes by fast and take it one step at a time.

Doctoral Student Interview

Where is your hometown?

Paris, Texas (the second most famous Paris).

Where did you obtain your bachelor's and master's degrees, and what were your major(s)? I did my bachelors at Texas Tech in psychology with a minor in sociology and my masters at Oklahoma State in mental health counseling.

What first interested you in counseling psychology?

At first it was because people came to me for advice and wanted to talk about things, but ultimately I wanted to be able to help out veterans after hearing some of the stories that my friends in the military had told me. I felt like that was the best way to help out.

Why did you choose Ball State?

I knew as soon as the interview ended that I wanted to come here. I still had other interviews to do, but everything about ball state really fit with who I am. I like that this program has more direction than some of the other programs. The people were so welcoming throughout the interview process that I felt like this program would help me grow personally and professionally.

What do you think of your experience at Ball State as a Doctoral student so far?

Chaotic but good. You are constantly busy and doing new things that you have never done before and trying to stay on top of things. You also have a great group of people around you that keep it fun and interesting while also getting to explore your passions.

What are your research interests?

My research interests are very similar to my clinical interests. I want to continue doing research about LGBTQIA+ veterans to help improve policy decisions and the experiences of everyone. Specifically I am interested in people who are trans in the military especially given the policies that have been enacted recently through the VA. I feel like there is not enough research to justify the policies they have in place so I want to change that and I want to help their voices be heard.

What are your future plans and career goals?

I intend to work for the VA as a psychologist and I would like to continue working with LGBTQIA+ veterans. Maybe somewhere down the road I will get into policy work for them, but at first I will start as a counselor.

Doctoral Student Interview

What is one lesson you have learned as a graduate student? Establish a routine as early as you can and leave room to show yourself grace because you are not going to get everything right the first time or maybe even the tenth time so just allow yourself

to grow and to make those mistakes.

What are a few of your favorite hobbies?

I enjoy playing pool. I used to play on league teams but i haven't done that at ball state yet. I enjoy exercising and baking. I also love traveling primarily to see my fiance but traveling is a big part of my life now.

How do you practice self-care?

I am still learning. I haven't fully figured it out yet. When I get to the point when I am tired I allow myself to take a break from work even if there is a lot to do. I have to allow myself time to rest or it won't be very good work. Listening to my body is one way to practice self-care.



If you could have one superpower what would it be and why?

The first thing that comes to my mind is Harry Potter and how Professor McGonagall can turn into a cat. Would that not be the coolest thing to just be able to turn into a cat?

What is one staple you always have in your fridge?

Pickles, whole kosher dill pickles. I always have a jar in my fridge because it is such a good snack.

Master Student Interview

Where is your hometown?

I was born and raised in Muncie quite some time ago.

Where did you obtain your bachelor's degree, and what were your major(s)?

I did my Bachelors at Ball State.
When I started I didn't really know what I wanted so I did a bachelor in general studies. Then it really didn't do anything for me that it really needed to do, so I was out in the workforce for a while then I turned around and came back. I wanted to pursue counseling but that was one of my minors and at the time I wasn't considering any further education so I left and came back and finished



my BS and I went into the manufacturing field. While I got the BS from Ball State I earned an associate in manufacturing from Ivy Tech, so I have been in the manufacturing field for a while.

What first interested you in counseling psychology and rehabilitation?

I think it has been in my DNA for a while. I used to watch my mom write letters for a person in the community that had a language barrier. Half his tongue had been removed and she would write letters to different agencies in the community to get his benefits. She was also the caretaker for another lady who had mental health issues so it has always been there. My last job that I had was really a deciding factor that I needed to change my career aspirations and go to something different. I was watching people around me get promoted into leadership, so I got really fed up. Counseling has always been in my blood. I just never acted on it.

Why did you choose Ball State?

My undergrad studies were here and there were a couple instructors that were pushing me and were really concerned about my future. It Just seems like the instructors and professors really care about the success of their students. All along the interactions with my instructors have been the best part of it.

Master Student Interview

What do you think of your experience at Ball State as a Master student so far?

I think my experience would be a whole lot more rewarding if I didn't choose to stay alone or isolated. I really find that, you know, other students are rewarding to be around and sometimes I just don't feel comfortable with people, but I think it would be rewarding to get out of my shell and interact more with the students in the program.

What are your future plans and career goals?

Well I know that I would like to work and give back to the veteran community. Maybe encourage them that although the road is hard, you know. things could be done. Positive things can be done. Even though the road is hard, I want to give back to my local community working in some type of entity like a recovery cafe or entity where people are struggling with barriers inhibiting their wellbeing. Maybe be a role model. It is doable, but it is hard, but it is doable.

What is one lesson you have learned as a graduate student?

I think the most valuable lesson that I have learned as a graduate student is that when you open your mind to education or knowledge you understand the world a whole lot better.

What are a few of your favorite hobbies?

Before my knees and back got bad I used to like to bowl and play basketball, but now my main thing is, when I am able to, I enjoy fishing. Fishing gives me time to think, be intune with myself, be in tune with the words of my higher power, listening to him. Sometimes it is competitive as well if I get to catch more fish than the person that I went with.

How do you practice self-care?

Most of the time when I have down time I take off, walk the dog - sometimes we go on long walks sometimes they are short depending on my physical pain. Just having conversations and listening to my surroundings.

If you could have one superpower what would it be and why?

I think if i could have a superpower it would be immortality and the reason why is as I build on experience - personal and of the world - I can take those experiences and hopefully get them plugged into a place where there is more wholeness of not only a person, the community, the country, but the world.

What is one staple you always have in your fridge? Coors Light

Student, Faculty, and Alumni Updates

Awards/ Honors

Dr. Bowman was selected as a recipient of the **2022 National Multicultural Conference and Summit Elder Award**.

The Chair of the Award Committee says, "The Elder Award celebrates and honors the career and contributions of living Elders who have demonstrated a lifetime commitment to multicultural psychology through their roles as scholars, scientists, teachers, mentors, practitioners, and/or advocates for rights and just causes, and have left their mark on the field as a result. Thank you for all you do to advance multicultural psychology. We are honored to recognize your hard work and contributions to multicultural psychology."

Alexis Ambeau and her collegiate women's basketball team were inducted into the Loyola University New Orleans Athletic Hall of Fame.

Professional Updates:

Social psychology students Gabe Beratio, Rachel Kubicki, and Leslie Remache were recently accepted into PhD programs.

Papers

Doctoral student Michael Moses and Dr. Jill Walls' (chair of Department of Early Childhood, Youth, and Family studies at BSU) paper, "It wasn't necessarily terrible, but it also wasn't ideal": Students' Experiences with the Transition to Online Learning during the COVID-19 Pandemic" has been accepted for publication in the Family Science Review's special issue.

Dr. Thiem published "From precollege to career: Barriers facing historically marginalized students and evidenced based solutions." in Social Issues and Policy Review.



Presentations

Dr. Thiem is presenting a poster at the annual meeting of the Society for Personality and Social Psychology next week titled "Victim or perpetrator? Moderation of violence-based racial stereotypes by moral foundations."

Social Psychology MA student Imara Peralta is presenting "Victims or perpetrators? Black and White Americans' different race-violence associations" at the annual meeting of the Midwestern Psychological Society

Ma student Staci Mannella gave an oral presentation titled, "Don't Judge a Fish by its Ability to Climb a Tree: A Qualitative Exploration of How to Better Support Visually Impaired Women into Sport Leadership Positions" at the Midwestern Sport and Exercise Psychology Symposium

Personal Updates

MA student Audrey Husser got engaged!

Dr. Stef had 3 new grandchildren in 2021: A girl, Sóley Mariella born June 9 2021 daughter of Ellen Björk Dennisdóttir; a boy, Sölvi Lee born. November 14 2021 son of Lilja Björk Dennisdóttir, and a boy Stefán Helgi born November 21 2021 son of Guðný Helgadóttir.

Students in the news

MA Student Brian Tremml offers a glimpse into the world of elite swimming through his documentary, "The Water is My Sky": Learn more here

Doctoral Alumni Corie Hess is advocating for maternal mental health. See here

MA student Samantha Fletcher helps support international students through the Friendship Family Program. Read more here

Keep in touch!

We love to hear what is going on in your life! Keep us in the loop with:

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Twitter: @CPSY_BSU

LinkedIn: Counseling Psychology, Social Psychology, and Counseling at Ball

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NEW! Instagram: @ballstatecpsy1

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