

STUDENT NEWSLETTER

FALL 2022

Ball State University

*Counseling Psychology, Social
Psychology, and Counseling*

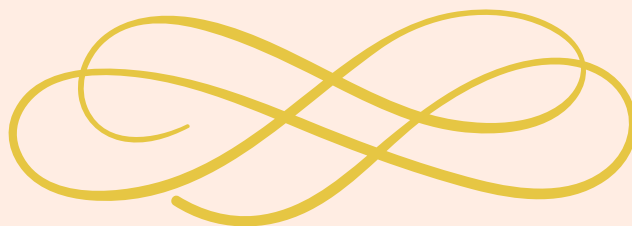
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Letter from the Chair



It's that time of year – when our new students who moved to Indiana from southern parts of the country are shocked by the “cold” weather here. I say “cold” because we are going to see a high of 62 degrees at the end of September, and those of us in the know are very aware that THIS IS NOT COLD. For the rest of us, we have the opportunity to break out sweaters and longer pants, and start thinking of new soup recipes to sustain us through the season.

It is also time to finish out hurricane season. At this writing Hurricane Ian just finished dumping an astonishing amount of water on Florida, creating ruins that they will be dealing with for years to come. There are so many aspects of our applied and research work that are relevant here: comforting survivors and their families over the massive property loss, and scores of lives lost (humans and pets); helping people manage the various changes in their lives as a result (changes in living circumstances and/or financial circumstances, for example); and the implications for a state loaded with retirees and tourists. First responders are also heavily affected by this work, both those locally and those coming from across the country to assist. If you want to do attitudes research, or study group behavior, there is so much to focus on here (and social justice issues will be debated for some time to come).

In slightly more local news, Ball State and Muncie continue to undergo changes in the next stage of the Covid era (I can't rightly say post-Covid era because we are still IN that Covid period). Like other parts of the country, many businesses, including BSU are struggling to find employees. Our student body has fluctuated in size, but it appears that our UG population is growing. Our own graduate numbers are holding fairly steady, though, which makes us happy. As you will read elsewhere in this issue, we have added two amazing alumni to the ranks: Dr. Becca Kinsey is a full time assistant teaching professor this year, and Dr. Betsy Varner is a post-doctoral fellow in the Counseling Practicum Clinic. We are excited to have the benefit of their expertise this year. We are as excited to have them here as they are to share their expertise with the department.

You may have seen these photos on our social media, but we were overjoyed to host our first department fall picnic since 2019! We even had a few recent master's alumni surprise us with their presence (Covid snatched their opportunity to attend during their time in the department, so they joined in our fun). It was great to see them, and everyone; I forgot how much food this department can produce at the drop of a casserole dish. Separately, some doctoral alums also decided to host a birthday bash/reunion a few weeks ago. There were almost as many kids and pups in attendance as there were adults. It was nice to be able to hang out with some folks and not have to worry about evaluations later (for the alums or for the faculty in attendance!). In short, you DO come out of this on the other side and have a life!

Finally, there have been a couple of job changes here that you might be interested in. Mary Graham, our Administrative Coordinator for 16 years, has moved over to be the Office Manager in the College of Architecture and Planning. Barb Irvin, our Graduate Admissions Coordinator, was appointed to the Admin Coordinator position. We are advertising for a new Grad Admissions Coordinator now. We also are advertising for a new Assistant/Associate Professor of Psychology – Counseling. If you happen to know someone who would be perfect for either of these positions, send them our way!

Dr. Bowman



News from the Doctoral Program

As we begin the Fall 2022 semester, and I begin my first full year as the Training Director of the Doctoral Program, I am excited to welcome our new first year cohort: Jessi Beaver, Brandon Miller, Ash Moomaw, Tyler Niedermeyer, Anthony Pacifico, Shae Philyaw, Chandler Swain, and Braxton Swanson.

And we will miss our awesome students who have left for their internship year, though we are very proud of their 100% placement rate! They are heading out far and wide to do great things.

Doctoral Internships 2022-23

Allsop, Katherine	IU Health Ball Memorial Hospital, Muncie, IN
Ambeau, Alexis	VA Salt Lake City Health Care System, Salt Lake City, UT
Boswell, Emily	University of Notre Dame CC, Notre Dame, IN
Crabb, Leah	Jefferson County (KY) Consortium, Louisville, KY
Elsener, Lexi	University of Utah CC, Salt Lake City, UT
Studler, Justin	Medical College of Wisconsin, Milwaukee, WI
Tabberson, Mia	Rogers Behavioral Health, West Allis, WI

And last, but DEFINITELY not least, I am so very pleased to announce that we received the results from our APA site visit, and we have been re-accredited until 2031! Our strong tradition as a doctoral program continues...

Wishing everyone a productive, healthy, and happy semester!

Dr. P

Kristin Perrone, PhD, HSPP

Training Director, Counseling Psychology Doctoral Program



News from the Social Psychology Program

Welcome back to the wonderful students in our Master's in Social Psychology Program: Anju Kr, Rylan Deer, Tatyana Farrow, Caelie McRobert, Charlotte Mohn, Megan Stricker, Carl Werling, and Salvester Zarzana. Our "dual" program (Master's of Social Psychology and Clinical Mental Health) also continues to attract excellent students. The first-year class includes Carlie Brosseau, Alexis Brown, Mark Harmon, Alyssa Jackson, Lauren Magri, Cristian Moreno, Madison Pavone, Carolyn Priebe, Daniel Shemesh, Luke Slater, and Alysse Wiggins. Second year "dual" students are Reilly Beaman, Kiara Nieto, Mireya Smith, Ronnie Watson, Alexandra Whitman and Ragan Williams. The second-year students are now in the mentoring role for the new students and are busy thinking ahead to their future. We are pleased that so many students can attend our bi-monthly program meetings to share ideas and expertise. The department recently approved a one-credit hour course for this experience that we hope to offer next fall. Stay tuned!

The photos included in this newsletter are of the students in Dr. Kite's and Dr. Thiem's lab. This year, we used an application process for admittance into our labs and we believe this was very helpful for matching students with the right research experience. Many of our students are also part of other labs on campus, both in CPSY and in the Department of Psychological Science. We believe these opportunities are a strength of our program. Many interesting projects are underway, with the goal of submitting our findings to upcoming conferences and, later, for publication.



Dr. Kite's Lab



Dr. Thiem's Lab

Through trial and error, we have been able to manage Covid-19 and hold in-person classes and lab meetings. We were delighted that so many students from our programs came to the department picnic. We are grateful for the energy our students bring. Recently, for example, there was an impromptu birthday celebration in Dr. Kite's research methods class; our singing brought in visiting students who provided three-part harmony. Dr. Thiem was recently greeted by students who demonstrated the power of conformity by facing the back of the classroom. If you are in SOPS 610, did you join them? Meanwhile, our first-year students are learning the ropes of graduate school and students from both cohorts are striving to balance the many demands of assistantships, coursework, and self-care.

For Spring semester, we will offer Social Cognition (SOPS 615) and Social Psychology of Prejudice and Discrimination (SOPS 630). Many first-year students will also take Research Methods in Counseling and Social Psychology (CPSY 653). At this time, we expect to offer these classes in person. You will receive an email about registration later this semester. Keep in mind that SOPS 615 is only offered every other year and it is required for the social Master's students. We also encourage all students to consider this course for Spring. As you plan your courses, be sure to consult the Plan of Study you prepared with Barb Irvin and notify her of any changes. Last summer, I taught a course in professional writing and, if there is interest, I will offer it again this summer. If you are interested in taking it, please let me know. The Social Psychology of Health (SOPS 635) is also usually offered summer term. If you have questions about courses or have a professional issue you'd like to discuss this semester, please email me at mkite@bsu.edu or Dr. Thiem (kthiem@bsu.edu).

Wishing everyone a happy, healthy, and successful semester.

Mary E. Kite, Social Psychology Program Director

News from the Clinical Mental Health Counseling Program

Welcome!

Welcome to all Clinical Mental Health Counseling Students (CMHC) and CMHC and Social Psychology (SP) dual students! I hope your semester has started off smoothly and you are enjoying your stay at BSU. I wish the first-year cohort a smooth transition into graduate school, and the second-year cohort a great experience on their field internship.

Accreditation

As you may know, we are seeking accreditation from Masters in Psychology and Counseling Accreditation Council (MPCAC) for our CMHC and CMHC & SP dual programs. Last year, we collected additional survey data to evaluate our programs as requested by MPCAC, such as an annual evaluation of our students, an exit survey of graduating students, and a survey of our graduates' employers and supervisors (see below). I am anticipating sending a report with this additional information to MPCAC within a few weeks, so that MPCAC reviewers can decide on a site visit with us. A site visit will be their final task in evaluating our program. I am optimistic that MPCAC will accredit our CMHC and dual programs.

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 will continue requiring our graduating cohort to complete this survey. There 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, for numerous years we have sent surveys to our graduates to help us improve our programs.

Content Exam

The content exam is administered twice over the academic year. The next administration will be November 4, 2022. This is a reminder that all students in the Clinical Mental Health Counseling and Dual Programs 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 or contact Barb Irvin, our admissions coordinator, about signing up.

Annual Evaluation

Last year, we implemented for the first time a formal annual evaluation of all our students in the CMHC and CMHC & SP dual programs. These evaluations involved each student and their assigned faculty mentor/advisor. These meetings were either done over Zoom or in person, and provided the faculty mentor/advisor an opportunity to learn about their student's progress in the program and for the students to address any concerns they had with the program or their professional development. This is a requirement for an MPCAC accreditation and gives us an opportunity to learn about your experiences in the program and for you to get additional support to help you successfully complete the program. Our next evaluation will be performed during the 2023 spring semester. Your assigned faculty mentor/advisor will contact you to set up this meeting, where you will be asked to bring a copy of your unofficial transcript in addition to any questions or concerns you have about the program and your progress. Feel free to contact your faculty mentor/advisor for support at any other time during your stay in our programs.

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 or cpsygrad@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 semester, good health and safety,

Dr. Stef



News from the Rehabilitation Program

Happy Fall 2022. I would like to welcome every new and returning student to our rehabilitation counseling (RC) program and our CPSY department. I recently heard from a former student who shared with me the news that she and some others in her Rehab Counseling cohort have fulfilled all the requirements and are now LMHC in the state of Indiana. That's in addition to their national credential of CRC. I am very happy for them. This is what our program is about – training professionals to serve others as they become eligible for national certification and state license to practice independently. If there are people you know who are interested in getting a degree that enables them to effectively work with people with disabilities, please spread the word and let them know about our program. Please feel free to contact me and/or Dr. Tschopp if you have any rehabilitation counseling related questions.

Internships

Thank you to the agencies and the on-site supervisors who are hosting our RC students during their internship year!

Ball State University Counseling Center

Hillcroft

Grant Blackford Mental Health

Meridian Health Services

Indianapolis VA- Vocational Rehabilitation Program

Comprehensive Exam

Rehabilitation Counseling students have the option of completing the program-based comprehensive examination or the national Certified Rehabilitation Counselor Examination (CRCE) administered through the Commission on Rehabilitation Counselor Certification (CRCC). Please remember to review the options and contact me with your intentions. See www.crccertification.com for examination information and deadlines.

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>

American Rehabilitation Counseling Association (ARCA) <http://www.arcaweb.org>

National Rehabilitation Association (NRA) <https://www.nationalrehab.org>

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

Dr. Chan

RC Program Director

Welcome Dr. Varner!

We are excited to welcome **Dr. Betsy Varner** to the department's Counseling Practicum Clinic. Dr. Varner is a recent graduate of our Counseling Psychology Ph.D. program and is the first ever Post-Doctoral Fellow at Ball State University. The post-doctoral fellowship was made possible through a generous Heart of Indiana United Way clinic donation and the support of the Dean of the College of Health. Dr. Varner has many roles through the fellowship which include providing clinical supervision to master's and doctoral level students, teaching clinical/practicum related courses, organizing and overseeing clinic outreach and community engagement activities, as well as researching grant opportunities that will allow future post-doctoral fellowships through the clinic. Additionally, Dr. Varner will carry a small client caseload in the CPC. Her areas of clinical interest include body image concerns, interpersonal violence, LGBTQ+ identity development, trauma-related concerns, depression, and anxiety. Dr. Varner's clinical practice will also serve as a pilot for third party billing through the CPC.

Dr. Varner has already proven to be a tremendous asset to students and the CPC leadership team. Please join me in welcoming Dr. Varner!



Meet Your Peers

Braxton Swanson (he/him/his) – first year doctoral student

Where is your hometown?

I'm originally from a small town called Columbia, Mississippi, but lived in the neighboring town of Hattiesburg for several years before coming to Ball State.

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

I received both my bachelor's in psychology and my master's in counseling psychology from the University of Southern Mississippi.

What first interested you in counseling psychology?

I think that it was my own experience with counseling in my younger years. I remember thinking "Wow. I've benefited and grown so much from this process. If I could pay it forward and do something similar for others in the future, what a gift that would be."

Why did you choose Ball State?

The faculty members in our department are quite impressive. There's an emphasis on diversity and social justice which resonates deeply with me. I felt that the faculty would serve as effective guiding lights for me in my academic journey and that the climate of the program would be comfortable, yet facilitative for professional growth.

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

It's been fabulous! It's been busy for sure, but everyone has been so kind and warm that it's made the adjustment smooth. I look forward to seeing what the next few years bring.



What are your research interests?

My primary interests include social justice, advocacy, intersectional identities and vocational issues related to diversity.

What are your future plans and career goals?

I have found that I adore teaching. I plan to work towards a career in academia to provide guidance for the next crop of psychologists and counselors. I also have an interest in using my research to influence policy.

What are a few of your favorite hobbies?

I love to go on drives with my husband and spend time with my family. Traveling is another passion of mine whenever the time is actually available!

What food could you not live without?

Lotus Biscoff cookies. Hands down. I'm very passionate about these. My husband has to hide them from me, or they will be gone before anyone can blink. Bonus points for Lotus Biscoff cookie butter! I should probably take a trip to the store after this...

What's your favorite TV show currently?

Law and Order SVU. Always and forever.

What's something about you that people would be surprised to know?

I have grapheme-color synesthesia.

How do you practice self-care?

Eating things that make me feel good, playing with my cat and spending time with loved ones.



Meet Your Peers

Madison Pavone (she/her/hers) – first year master's student

Where is your hometown?

Strongsville, Ohio

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

Baldwin Wallace University, Psychology
Major, Gender Studies Minor

What first interested you in psychology?

I want to say, "being able to help other people", which sounds quite cliché, but is the truth. I find fulfillment in being able to foster relationships with others in a counseling setting, build community, and conduct research that can be utilized to advocate for social justice on a systemic level.

Why did you choose Ball State?

I chose Ball State because of the matched faculty-student research interests as well as the dual Social-CMHC program.



What do you think of your experience at Ball State as an MA student so far?

Given I came from out of state, I was concerned it would be quite difficult for me to transition into so many changes at once. Though, I was pleasantly surprised by how quickly I grew comfortable within my cohort and the department. So I'd say it's been great so far!

What are your research interests?

Gender stereotypes, Fat prejudice, Feminist Theory and Therapy

What are your future plans and career goals?

I have many avenues I would be interested in pursuing following graduation; private practice, teaching at a university, continuing research in my interests, and doing advocacy work are just a few!

What are a few of your favorite hobbies?

Weightlifting, Singing, Dancing (not well), and Cooking (also not well)

What food could you not live without?

Bread, of any kind, but particularly French baguettes

What's your favorite TV show currently?

Fleabag

What's something about you that people would be surprised to know?

I am a jazz singer!

How do you practice self-care?

Cooking for myself (and dancing alone in my kitchen, of course)

Meet Your Peers

Tatyana Farrow (she/her/hers) – first year master's student

Where is your hometown?

My hometown is located in Cary, NC

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

I obtained my bachelor's from the University of North Carolina of Greensboro. I majored in Psychology and doubled minored in ASL and Sociology.

What first interested you in psychology?

I first became interested in psychology my freshman year of college after taking an introduction course and grew a passion for wanting to know everything about the field.

Why did you choose Ball State?

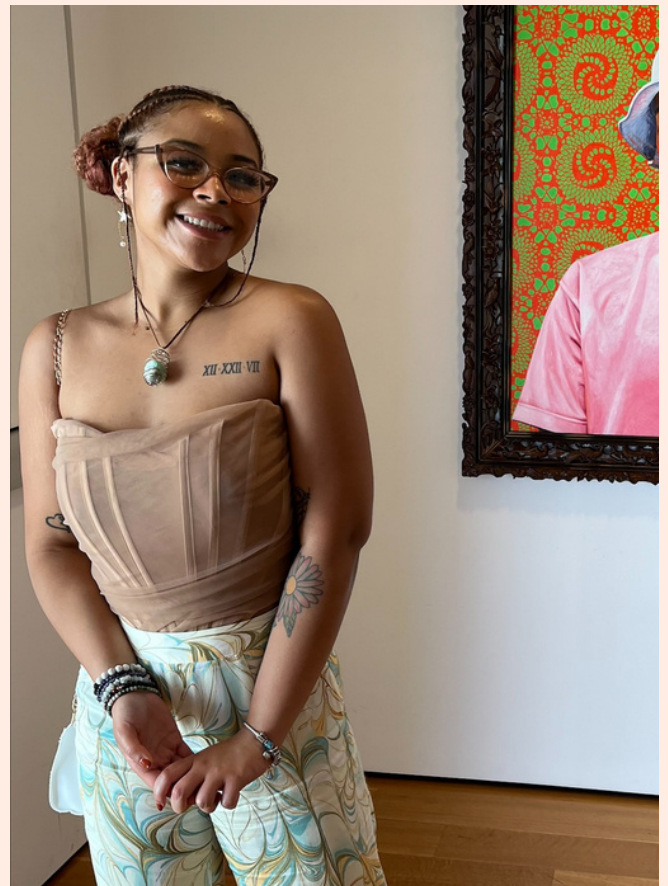
I chose Ball State because it gave me the best opportunity at pursuing my goals and was the program I believed best fit me.

What do you think of your experience at Ball State as an MA student so far?

So far, my experience has been a roller coaster ride. I still am getting adjusted to life outside of North Carolina, mainly not having real sweet tea or mac-n-cheese has been the downside of moving to the Midwest. But overall, I am getting more familiar with a school schedule and making sure to take one day out of the week for a mental health day.

What are your research interests?

My research interests focus on systemic racism and its effect on the black and brown communities.



What are your future plans and career goals?

My future plans are finishing up my MA and then going on to get my PhD. I hope in the future to open homeless shelters that provide a safe space for families to have their basic human needs met and provide daycare and after school programs to children and teenagers.

What are a few of your favorite hobbies?

My favorite hobbies are reading, baking, and nature walks.

What food could you not live without?

The food I could never live without is pasta.

What's your favorite TV show currently?

My favorite TV show currently is Loot on Apple TV.

What's something about you that people would be surprised to know?

Something surprising about me is that I have four younger brothers, the youngest being two, and I have eleven tattoos.

How do you practice self-care?

I practice self-care by making sure I dedicate one hour at the end of each day to relax from homework and my responsibilities before going to bed.



Faculty Spotlight

Dr. Rebecca Kinsey (she/her/hers) – first year faculty member

Where is your hometown?

Leesburg, VA

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

Bachelor's Degree – James Madison University (go Dukes!) in Psychology

MA – University of Dayton in Clinical Psychology

PhD – Ball State University in Counseling Psychology, Research Methodology Cognate

What first interested you in counseling psychology?

Simply put, I wanted to help people. I initially had an interest in helping combat veterans.



What brought you to Ball State?

I had a really good experience in my PhD program. I made forever friends, grew as a counselor and person, and I was well-supported by the faculty and my peers. When I had an opportunity to teach in the same program that helped me become the professional I am today, I wanted to take it.

Please describe your role within the department.

I am an Assistant Teaching Professor of Counseling Psychology on a one-year contract. I teach two undergraduate courses and two master's level courses. I also supervise doctoral students.

What are your research and teaching interests?

Research – to be honest, I've taken a step away from research as I've moved into more clinical work. However, my dissertation was on meaningful work. At my previous position, I researched career calling and burnout, effective teaching methods, and stress associated with the Covid-19 Pandemic. I would like to evaluate the effectiveness of community programs within my clinical work.

Teaching – counseling skills and professional development, psychopathology, vocational/career psychology, positive psychology

Outside of academia, what are your favorite hobbies?

Anything outside – hiking and biking are my favorite hobbies. I also like hydroponic gardening, crafts, and cooking.

What food could you not live without?

I know it's not a food but coffee.

If you could travel anywhere in the world, where would it be and why?

I want to visit more national parks, especially in the west. My first priority is Yellowstone. Pictures look beautiful. I think there is something very powerful and healing about being in nature.

What's something about you that people would be surprised to know?

I'm borderline obsessed with a very niche podcast and it has shaped my humor more than I would like to acknowledge.

How do you practice self-care?

Daily exercise and regular mindful practice, talking with friends and values, and doing activities that connect with my values



Department Picnic

On September 18th, we had our departmental picnic, enjoying food and company with faculty and students



We bid farewell to Mary Graham after 16 years as our Admissions Coordinator as she begins a new chapter in her life. Good luck, Mary!

Students and Alumni Awards and Updates

3rd year doctoral student **Danielle Miller** presented a poster titled "End-of-Life Care for Young Adults with Cancer: The Role of Psychologists in Death with Dignity" at the International Psychosocial Oncology Society Congress in Toronto this past August.



Recent Student Publications:

2nd year doctoral student **Michael Moses**

Walls, J.K., Moses, M. A., & Su, S. (2022). "It wasn't necessarily terrible, but it also wasn't ideal": Students' experiences with the transition to online learning during the COVID-19 pandemic. *Family Science Review*, 26(1).

<http://dx.doi.org/10.26536/IWTP9725>

2nd year master's student **Nawar Albarak**

Al-Awadhi, M., Gascon, B., Albarak, N., Aldeweesh, G., Hamadah, A., Abdulkarim, H., Leung, Y., Rodin, G., Li, M. (2022). Implementation of the distress assessment and response tool at the Kuwait Cancer Control Centre. *Journal of Psychosocial Oncology Research and Practice*, 4(3). [doi:10.1097/OR9.0000000000000083](https://doi.org/10.1097/OR9.0000000000000083)

1st year master's student **Tatyana Farrow**

Nancekivell, S.E., Farrow, T., & Maurer, B.A. (under review). Who is a thinker? With age, American higher SES children increasingly associate social status with divisions in labor. Submitted to *Journal of Experimental Child Psychology*. [doi:10.1002/icd.2379](https://doi.org/10.1002/icd.2379)



On September 21st, the CPSY 634 class held their class outdoors, enjoying the wonderful weather and reducing stress while discussing stress on health

Alum **Taylor Thomas**, class of 2020

- 1) I got married on December 20, 2021 (however the ceremony will be taking place September 17, 2023).
- 2) I began an MFA in Creative Writing at The University of Notre Dame in August.
- 3) I was accepted as a 2022 Hurston/Wright Fellow.
- 4) I have had 3 publications so far for 2022: 2 personal essays, "Consequences Often Unheard Of" in Salt Hill Journal & "The Word" in So to Speak Journal and 1 poem, "Motherhood" in Wingless Dreamer Publishing.
- 5) I was accepted to the 2023 Convivio International Conference for writers and artists in Italy so that is where I will be spending my time next summer!



Alum **April Krowel**, class of 2017, celebrated 3 years of her private practice, The Brain Center, in September 2022.

Important Dates

Fall Content Exam: November 4th

Thanksgiving Break: November 23rd to 27th

CPSY PhD Application Deadline: December 1st

Finals Week: December 13th to December 16th

Fall Commencement: Saturday, December 17th

Semester Break: December 17th to January 8th



Keep in Touch!

We love to hear what is going on in your life! Keep us in the loop and receive our updates at:

Facebook:

<https://www.facebook.com/CPSYatballstate/>

Twitter: @ballstateCPSY

Instagram: @ballstatecpsy

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