

# STUDENT NEWSLETTER

Ball State University  
Counseling Psychology,  
Social Psychology, and Counseling

Fall 2023

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# LETTER FROM THE CHAIR

It is the end of Week six of the fall semester. We find ourselves in what is beginning to feel like a perpetual rush to “get to the next thing on the list.” And by “we” I would count just about everyone I’ve spoken to in the past few weeks. There is so much going on that we are all having trouble keeping up.

So, I did the unthinkable earlier this week: I took a mental health day and cancelled all of my appointments. If you know me, you know I never take time like that unless I am sick. Even my practice staff was not sure what to do with this request. It will be interesting to see how my clients will respond to me next week. Funny thing is, at least two students also contacted me that day to say they were also taking a mental health day. There must be something in the air right now, and it is not Covid. I knew that I was not going to be at my best with clients that day, as they would not have had my full attention. Next week will be much better for all of us.



I will tell you mental health days are underrated, especially for mental health professionals. Also, in this past week, multiple students have told me they could not take time off from all of the things they were supposed to be doing because:

1. They would fall behind and never get caught up
2. Everyone else is getting it all done, so they would look bad, or lazy, or something
3. The faculty would look down on them for not getting it done
4. They didn't know how to prioritize what to do first
5. If they didn't get this done and earned less than an A, they would never get an internship, job or admitted to doc school

Number 5 is my personal favorite; **where in the world are you all applying that would deny you for not getting a 4.0 GPA??** Come on, now; is that really the place you want to tie yourself down to for the foreseeable future? The truth is this: if we ask about your mental health, or physical health, it is because we are concerned. Many of you have heard me say this in class or during supervision: you do not go to school in a bubble. Over the course of your 2, 3, 4 or 5 years with us, some of you will get sick, have a baby, start or end a relationship, or have a family crisis. In other words, you will live your lives while you are earning this degree. It would be so nice if the outside world would stop and let you get this degree in peace, but I assure you that will not happen. As such, it is imperative that we find some balance with our various life roles. If we cannot take care of ourselves, we will not be very helpful for our clients, or trainees, or our co-workers/peers. It is also imperative that we be able to step back and acknowledge when we have hit our limit and need to step back. We are not superhuman, and trying to prove that we don't need a break is not a good message for anyone. I do a much better job after I show myself as much grace as I show everyone else, and I take a break every once in a while. I implore you to do the same!

In other news, we have two non-tenure line faculty this year, Dr. Anita Verma in social psychology and Dr. Mark Maluga in the counseling side. Both of these colleagues stepped into their roles at the end of July, and are doing all (or most) of their work remotely. As you can imagine, jumping into a position like this with less than a month to prepare is asking a lot of any human, and I am very pleased that they took it on this year.

We are moving forward in our search for a successor to Dr. Kelsey Thiem, who departed from Muncie to head back home to Nebraska and a teaching position at Nebraska Wesleyan University. More to come later this fall as we prepare for the interview process!

I'll end here with noting that we had our department opening "picnic" (if you can call an indoor function a picnic) in September. We anticipate a similar function in December. In the meantime, we hope the year is going well for you. Reach out to your advisor, to Rachel Pleasant, and/or your instructor if there is anything we can do to assist!

**Dr. Bowman**  
Department Chair



# NEWS FROM THE DOCTORAL PROGRAM

Greetings to our students, alums, and affiliates,

We are off to a great start for the new academic year! This past summer we implemented a change to our comprehensive examination procedures for doctoral students. We are now using an objective test that is a mock licensure exam. Orals are focused on a presentation on the cognate area. All went smoothly and feedback has been positive about the new process. The students took a practice test in May and the final exam at the end of July and had their results a week after taking the test. Orals meetings for all students were completed by September 15. This gives students time to have their dissertation proposal meetings prior to submitting internship applications at the end of October/beginning of November. I have shared our new process with other doctoral program training directors, and other programs are beginning to adopt similar procedures for their comprehensive exams.

I hope everyone is having a lovely autumn season!

Warm wishes,

**Kristin Perrone, PhD, HSPP**

Training Director, Counseling Psychology Doctoral Program





# NEWS FROM THE SOCIAL PSYCHOLOGY PROGRAM

The 2023-24 Cohort for our Master's in Social Psychology is the largest we've had since I joined the department. Our students have many and varied interests; each of them has shared a little bit about themselves below.

I also welcome Anita Verma as Assistant Teaching Professor of Social Psychology. Dr. Verma is teaching SOPS (Social Psychology) and CPSY 200 (Counseling Fundamentals). She will teach graduate research methods and the psychology of prejudice and discrimination in Spring 2024.

I hold a mentoring session that any student in the department is welcome to join. Our next meeting is October 12 at 1:00 in HB 205. We will meet every other Thursday thereafter. We discuss the challenges and rewards of graduate school.

On a bittersweet note, this summer, Dr. Kelsey Thiem left our program to become Assistant Professor of Psychology at Nebraska Wesleyan University. She is greatly missed, but we wish her happiness and great success as she changes her focus to undergraduate education.

On a happy note, we are hiring a new social psychologist for Fall 2024. We will be reviewing applicants soon. Look for information about campus visits later this fall and plan to share your thoughts about the best candidate for this position.

**Lex Brown:** I'm in my 2nd year of the MA in Social Psychology program. My research interests are SES, inequality/Social Dominance Orientation, and gender. I'm currently an accountant and am pursuing a career in social psychology to apply my interests in data gathering and presenting findings to research. Ball State's program has given me invaluable experience working in multiple labs with professors who invest in me. Outside of school and work, I have two husky-mix puppies who keep me entertained, and I also teach aerial silks at The Aerial Annex in downtown Muncie.

**Tatyana Farrow:** I am a second year in the social psychology program. I am from North Carolina and have only lived in Muncie for a year. My interests in social psychology focus on social justice and inequality found in Black and Brown communities. I have also found a new spark and interest in domestic violence and how to help victims become survivors. In my spare time, I enjoy hanging out by the river downtown, reading, baking, and shopping.

**Mark Harmon:** This is my second year in the program. I came to Ball State from Iowa State, but I was raised in the Chicago area. My research interests in social psychology converge on the topics of self and persuasion with branches into the psychology of ideology, mentalization, creativity, and meaning. I spend my time writing slowly, reading material with personal relevance, watching a good movie, thinking productively, and conversing with peers. Overall, this program has offered me the time, attention, and education to develop into a budding psychologist.

**Lauren Haus:** This is my first-year as a graduate student in the SOPS program. I am passionate about studying discrimination against marginalized identities, with an emphasis on sexual and gender minorities. The SOPS program's dedication to diversity and inclusion drew me to apply and come to Ball State. I was born and raised in Ohio and enjoy spending time with my friends and family. I enjoy playing board games and cards whenever I have free time.

**Haley Parnel:** I am a first-year master's student in the Social Psychology MA program. I am mostly from the Carolinas but have moved a little bit of everywhere because my father is a now-retired helicopter pilot from the U.S. Army. I love to be with my dog, Teddy, at all times and you can almost always find me reading a book when I am not in class. I have a huge array of social psychology interests, but I always find myself coming back to implicit attitudes, group dynamics, aggression, prejudice and discrimination, and perception. I love the openness of this program. Even with my physical limitations, I have been made to feel extremely welcome by my fellow students and staff!

**Kelly Randall:** I am a first-year student in the Master's of Social Psychology program. I was raised in Akron, Indiana and attended Ball State University for my undergraduate studies. My research interests center on the intersection of disability and social identity. I intend to focus my graduate studies on statistics to contribute meaningful analyses to the field of social psychology. I enjoy spending my time crocheting and playing video games.

**Dora Tarani:** I am a first year in the Social Psychology Graduate Program and your friendly neighborhood international student from Kosovo! The topics I'm passionate about are the empowerment of marginalized communities and social groups, prosocial behavior, and media influence for social betterment. I want to use psychology for storytelling to spread knowledge, entertainment and a transcendent evocative experience. I love to write, read, draw, watch TV, and talk about it all at 1.25X speed!

**Jalen Williams:** I am a 1st year Master's student in the Social Psychology Program. My interest in the field of social psychology include stereotype threat, implicit bias, and social proofing. I am from Muskegon, Michigan and for undergrad, I attended Siena Heights University in Adrian, Michigan. In May of 2023, I graduated with a Bachelor of Arts in Psychology. At Ball State University in the Social Psychology program, I enjoy and appreciate the diverse selection of readings throughout all courses and the lively and informative discussions that take place about them. Lastly, in my spare time I enjoy listening to music and spending time with my family!

**Sal Zarzana:** I am in the second year of the Social Psychology Master's program. Ball State's program is more than what I could have hoped for before arriving in Muncie from the East Coast. Inclusive open communication in sensitive topic areas makes the work feel impactful and collaborative. As a burgeoning research assistant, I am interested in how perception and emotion are integral to interpersonal relationships. Outside of lab, you will probably see me running around campus (literally). Also, I enjoy listening to music; Banks is my favorite artist.

Best wishes to all of you for a happy and productive Fall Semester.

**Dr. Kite**

Social Psychology Program Director



# NEWS FROM THE CLINICAL MENTAL HEALTH COUNSELING PROGRAM

## **Welcome!**

A big 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 May we had a site visit by MPCAC representatives, who interviewed student, faculty, internship site supervisors, BSU administrators, and our department's support staff. The site visit went very well. Subsequently, the site-visitors submitted a report of their findings from the site visit and the self-study to the MPCAC Board to decide on accreditation. In their report, the site-visitors listed numerous program strengths, including programs' mission and commitment to educating and training counselors, our clinical training sequence, and the commitment faculty demonstrate in their training and preparation of our students for a counseling career or to continue their education toward a doctoral degree. The site-visitors also listed some issues with the programs that they wanted us to address to better full fill the MPCAC standards.

The MPCAC Board met September 21, 2023 to review and vote on the site-visitor's report and if our programs are ready for accreditation. The Board voted to defer accreditation for both programs until we address the recommendations noted by the site visitors. These recommendations include, making program evaluation results available to all program stakeholders including internship site supervisors; that we include information about the annual evaluation of our students in the program manual; that we include skill acquisition and application in our program goals; and that evaluation of our programs directly measures our program goals and objectives. Additionally, the Board suggested that we ensure that all syllabi include current literature and that coverage of ethics and ethical practice be more clearly documented in syllabi. I have already begun addressing these recommendations and

anticipate that I can send a report to the MPCAC Board this semester for further evaluation and decision by the MPCAC Board. Feel free to contact Dr. Stef ([stefaegis@bsu.edu](mailto:stefaegis@bsu.edu)) if you have any questions about the programs accreditation process.

### **Exit, Alumni, and Employer/Supervisor Surveys**

As stipulated in the MPCAC standards, we continue to administer an exit survey of our graduating students. Past results have indicated that our graduating students are generally satisfied with our curriculum and programs. As before we require our graduating cohort to complete this survey during their last month in their program. This is an opportunity for students to anonymously express their perception of their training and preparation to enter the counseling field or a doctoral program. In accordance with the MPCAC standards, we also survey our alumni and Employers/Supervisors of our alumni to help us improve our programs.

### **Annual Evaluation**

For the last couple of years, we have added a formal annual evaluation of all our students in the CMHC and CMHC & SP dual programs. These evaluations involve each student and their assigned faculty mentor/advisor, who meet either via Zoom or in person. In these meetings the faculty mentor/advisor gets an opportunity to learn about their student's progress in the program and for the students to address any concerns they have with the program or their professional development. Faculty mentors/advisors also provide students with feedback and guidance. These meetings provide us faculty an opportunity to learn about your experiences in the program and for you to get additional support to help you successfully complete your program. Our next evaluation will be performed during the 2024 spring semester. Your assigned faculty mentor/advisor will contact you to set up this meeting. You will be asked 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. Feel free to contact your faculty mentor/advisor for support at any other time during your stay in our programs.

### **Content Exam**

The content exam (CPCE) is administered twice over the academic year. The next administration will be **November 3rd**. 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 Rachel Pleasant our admissions coordinator about signing up.

## **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>.

Additional professional organization to consider is the American Mental Health Counselors Association (AMHC). Their website is: <https://www.amhca.org/home>

## **Graduates**

We always enjoy hearing from our graduates. Please e-mail the department at [cpsy@bsu.edu](mailto:cpsy@bsu.edu) or [cpsygrad@bsu.edu](mailto: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**

Clinical Mental Health Counseling Program Director





# NEWS FROM THE REHABILITATION COUNSELING PROGRAM

Happy Fall 2023. I would like to welcome every new and returning student to our rehabilitation counseling (RC) program and our CPSY department. I am excited that you are here.

Very recently (just happened while I am writing this newsletter), the National Institutes of Health (NIH) has recognized disability (people with disabilities) as a “health disparities population”. This is a big deal! For years people with disabilities have been left out of NIH funding on health disparities research due to the lack of such designation. Thanks to those who fought for this recognition, disability research community will now have more avenues to apply for funding to support their research on health disparities. It is the result of advocacy.

If you know people who are interested in learning advocacy work, growing in their capability to conduct meaningful, applied rehabilitation research, and getting a degree that enables them to work effectively with people with disabilities and/or chronic illness (not to mention becoming eligible for a national certification and the state licensure), please help us to spread the word and let them know about our program. Feel free to contact me 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!

Selah House

Marion VA

Hillcroft

Centerstone

IU-Health Ball Memorial Hospital

## **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.crc certification.com](http://www.crc certification.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>

## Dr. Chan

Rehabilitation Counseling Program Director





# MEET YOUR PEERS

**Andrea Bugariu** (she/her/hers)

first year doctoral student in Counseling Psychology program

**Where is your hometown?**

Shelby Township, MI

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

**Bachelor's Degree-** University of Akron, B.A. in Psychology

**Master's Degree-** University of Oklahoma, M.ED. in Clinical Professional Counseling



**What first interested you in counseling psychology?**

I was first interested in counseling psychology when

I was an undergraduate student at the University of Akron. There I was a student-athlete and faced life and sport stressors. During this time, I was exposed to a sport psychologist that worked with our team. Having a sport psychologist on staff peaked my interest in the field, especially in this area.

**Why did you choose Ball State?**

I chose Ball State for a variety of reasons. One of them being the faculty and students. Though I only interviewed with two faculty members, because I was unable to make interview day, I knew this program was a good fit. They were extremely knowledgeable and kind and from that interaction I felt like this program would be a good fit! Additionally, Ball State offers a sport psychology cognate. This was a large part of why I chose Ball State because it fits perfectly with my future career goals. I would like to receive training as a counseling psychologist, with an emphasis on sports, to help set me up for my future career goals.

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

I love my experience so far. The program has gone above and beyond every standard I have set. Both students and faculty, have been so supportive and welcoming! I truly mean it when I say everyone has been amazing thus far.

**What are your research interests?**

My research interests are in eating disorders, disordered eating, and body image.



**What are your future plans and career goals?**

In the future, I want to work as a sport psychologist in a university setting. My dream job is to work as a sport psychologist for a professional sports team.

**What are a few of your favorite hobbies?**

My hobbies include working out, hiking, and travelling. I like to try and incorporate mini weekend get-aways as often as I can. However, it has been slightly challenging to go on mini get-aways recently because I am trying to get adjusted to the program. I hope to continue to incorporate this again, soon!

**What food could you not live without?**

Pizza!

**If you could have dinner with any two famous people, dead or alive, who would you choose?**

Nastia Liukin (Former Olympic Gymnast)

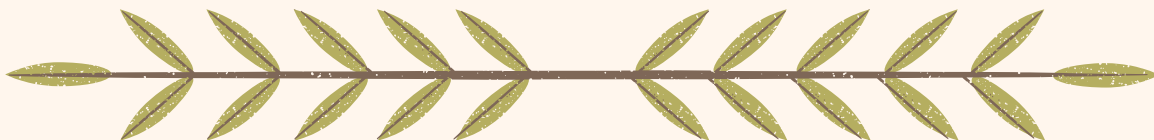
Barack Obama (44th U.S. President)

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

I was an All-American Diver, in 2019-2020.

**How do you practice self-care?**

Self-care is something I really emphasize in my day to day life. As I become adjusted to my first year in the program, I have been trying to figure out where self-care fits in my daily routine. Typically, I like to practice self-care by disconnecting from the outside world. I like to light candles, get in my PJs, and watch a movie or TV show.



# MEET YOUR PEERS

**Brianna Vanderstelt** (she/her/hers)

first year master's student in Dual CHMC and Social Psychology program



## **Where is your hometown?**

I grew up in the small, rural town of Middleville, Michigan (about 20 minutes south of Grand Rapids).

## **Where did you obtain your bachelor's, and what was your major(s)?**

I obtained my BA in both Psychology and Criminal Justice from Saginaw Valley State University in Saginaw, Michigan.

## **What first interested you in psychology?**

Initially, I was more on the criminal justice/criminology/law track, which was inspired by my high school Law class. I found learning about why and how crime happens, and all the different factors that can influence someone's lifestyle and decisions, to be fascinating. During undergrad, I double majored in Psychology and Criminal Justice, and it was throughout the first couple of years that I realized I was less interested in engaging with criminals from a punitive standpoint, but more from a helping standpoint. This led me to lean more heavily into psychology, where I found my passion in therapeutic work.

## **Why did you choose Ball State?**

As a minority, one of my top criteria for deciding where to apply and ultimately attend was if there was an active commitment to diversity, equity, and inclusion. I've unfortunately been in environments where DE&I values were advertised but never actively implemented into the space, and I often felt ostracized and less valued in those spaces. At BSU, it seems that many of the faculty are interested in topics related to equality, social justice, racial/ethnic disparities, and similar issues that they pursue in research, and are as equally dedicated to fostering an environment that feels welcoming and nonjudgmental. I also felt that the opportunities at BSU, specifically for training for practice and research, aligned with what I was seeking.

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

Overall, it's been an exciting experience! Before this, I had to take a gap year after not getting into any of the Ph.D. programs I was aiming for, which was an extremely tough pill to swallow. Now that I'm here, I have a lot of moments where it just hits me, like – wow, I'm really here! The class workload has been a slight adjustment from what I'm used to, but to start learning and practicing real counseling skills has been surreal and inspiring. The research project I'm a part of with Dr. Lee and planning the 35th Great Lakes Regional Counseling Psychology Conference with Dr. Bowman has also been such a highlight.

**What are your future plans and career goals?**

After completing my MA, I will be going on to get my Ph.D. here at BSU as well. From there, my goals are to get licensed, though I'm not entirely sure what setting I would like to work in or if I want to work with a specific population. I'm hoping I'll figure more out over the years as I gain more experience. I am also interested in teaching as a professor, and I want to continue to pursue research.

**What are a few of your favorite hobbies?**

I love to go on nature walks, especially with my dog. I enjoy writing creatively, and I hope to publish a book one day. I also like horseback riding, gaming, and coloring.

**What food could you not live without?**

Cheese!

**What's your favorite TV show currently?**

It's a toss-up between New Girl and Shameless

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

I have a younger brother who has Down Syndrome.

**How do you practice self-care?**

For me, practicing self-care requires dedication and discipline. It's very easy for me to slip into a habit of letting work cut into time that I should otherwise spend on myself. It's something I have to implement into my schedule and honor as I would any other commitment. Such activities might include exercising or being active in some way, partaking in the above-mentioned hobbies, playing with my cat, or going out with friends. Recently, I've been trying to get back into reading for enjoyment and spending less time on my phone.



# MEET YOUR PEERS

**Dora Tarani** (she/her/hers)

first year master's student in Social Psychology program

## **Where is your hometown?**

My hometown is Gjakova, a small city in the country of Kosovo, Europe.

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

I majored in Psychology at the "University of Prishtina" in Pristina, Kosovo.

## **What first interested you in psychology?**

I have a deep passion for stories and storytelling thanks to the movies and books I grew up consuming. I wanted to study why those stories move and help people and how I can move and help others with my own stories someday. I want to make stories that don't just help people acknowledge the joy of living, but to also recognize the beautiful things about life and why they're worth fighting for.

## **Why did you choose Ball State?**

Ball State did me the honor of choosing me in a sea of applicants and I knew that the vast lush psychology program was a perfect environment for me to explore the science of humanity with many brilliant individuals.



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

Thus far it has been unreal how harmonious everything is; the students and staff are the sweetest (even for Midwesterners) and sharpest and push me to be my best and somehow make me feel like I am enough at the same time. The campus is gorgeous, the classes are free brain massage that completely elevate the way you think and process the science of humanity.

**What are your future plans and career goals?**

I want to pursue a doctorate in Social Psychology with a focus on media, activism and prosocial behavior, and implement some civic engagement and informative projects in Kosovo. I also plan to finish my debut novel before graduating while upkeeping YouTube video uploads.

**What are a few of your favorite hobbies?**

I am actually an aspiring creative fiction writer, and I make YouTube videos as well. My favorite activities are writing, singing, drawing, reading and watching TV.

**What food could you not live without?**

Pizza and lasagna. I don't want to live in a world without those cheesy Italian culinary masterpieces.

**What fictional family would you most like to join?**

Either the Crystal Gems from Steven Universe or the friend group from Rent the musical.

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

A surprising fact about me is that I'm a brown belt in Karate and can perform "Into the Woods" the musical by myself from start to finish.

**How do you practice self-care?**

My self-care routine involves either watching my favorite TV shows while eating my comfort food (pizza, of course) or karaoke with exclusively Taylor Swift songs.



# FACULTY SPOTLIGHT

**Dr. Nicholas Lee** (he/him/his)

Assistant Professor

## **Where is your hometown?**

I grew up on the east side of Indianapolis

## **Tell us about your educational background.**

I attended Ball State for my undergraduate studies. My bachelor's degree is in Communication Studies and I minored in Psychology (2003). I attended Indiana Wesleyan University for my master's degree in Marriage and Family Therapy (2006) after taking a gap year and working full-time. I obtained my LMFT (Licensed Marriage and Family Therapist) shortly thereafter and practiced full time for several years before returning to school to get my doctorate. I received my PhD in Counseling Psychology (Cognate: Couple and Family Psychology) from Ball State in 2015. My pre-doc internship was at Iowa State University's Student Counseling Service.

## **What first interested you in counseling psychology?**

To be honest, I didn't even know there was a distinction between counseling and clinical psychology until my first semester in my doctoral program! I was drawn to get my PhD at Ball State because of shared interests with a faculty member first and foremost. However, once I was on campus, and throughout the program, I was especially drawn to the field's commitment to see persons within their socio-cultural context and from a strengths and growth-oriented perspective. This fit very nicely with my prior training in couple and family systems.



**What brought you to Ball State?**

In so many ways Ball State and East Central Indiana feels like home to me and my family. My spouse also has two degrees from Ball State (and currently works at BSU). So, when the opportunity came along to join the faculty, I was thrilled to come back to a department that had such an influential role in my professional and personal life. I hope to contribute in similar ways for both students and my colleagues.

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

I am an assistant professor of counseling psychology. I teach courses in the clinical mental health master's program, as well as in the doctoral program. Additionally, I conduct clinical supervision and advise graduate student research projects.

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

My research interests are broadly counseling outcome and process research. Additionally, I conduct research in Emotionally Focused Couples Therapy, which very much aligns with my clinical practice and supervision interests. I most enjoy teaching coursework pertaining to counseling theories and interventions, as well as couple and family therapy. In the future, I hope to build out the couple and family psychology cognate with additional courses in evidence-based couple and family interventions and see our students engage in more systems treatment in our department's clinic. Also, over the last few years in my clinical practice, which has been in integrated-primary care, I have worked a lot with folks suffering with chronic pain. Interestingly, some of the time this has morphed into couples therapy. I am interested in further exploring the intersection of chronic pain, relationship health and attachment, and relationship-oriented interventions to assist folks in improving their quality of life while dealing with chronic pain.

**Outside of academia, what are your favorite hobbies?**

I love watching movies and television shows with my family. Some of our favorites right now are Star Wars: Ahsoka, The Night Agent, and The Silo (to name a few). Over the past few months, I have thoroughly enjoyed my slow trek through the world of Zelda: Tears of the Kingdom. I also enjoy home improvement projects and working in the yard.

**What food could you not live without?**

Bread. All breads. I love bread.



**What fictional family would you most like to join?**

The Braverman family, from the television show Parenthood (it aired on NBC). It is one of my favorite shows of all time.

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

Becoming a psychologist was one of the last things on my mind when I came to college. In fact, I started out as a music education major. I played the tuba from the time I was in 6th grade until I was a sophomore in college. I wanted to be a high school band teacher. My daughter, who is in 6th grade, just started band and she is playing the trumpet. I am excited she joined the brass family (no offense woodwinds :))

**How do you practice self-care?**

I am big fan of the focus/do not disturb feature on my iPhone. I think smartphones exist so we can access our information, not the other way around. In the evenings, and on the weekends, I utilize that feature frequently so I can step away and recharge with my family and friends. Oh... and therapy. I go to therapy :)



# FACULTY SPOTLIGHT

**Dr. Anita Verma** (she/her/hers)

Assistant Teaching Professor

## **Where is your hometown?**

Houston! Go Texans!

## **Tell us about your educational background.**

I obtained my Bachelor's degree in Psychology, English, and Education. I then pursued my Master's and Ph.D. in Social Psychology from the Kumaon University Nainital, Uttarakhand, India, where I graduated with honors. And My second master on Mental Health Counseling from Walden University. I am proud to be the first-generation college graduate in my family, and to have graduated with honors. Attaining a higher education and becoming a professor were my goals as a child. I have succeeded in achieving them despite many hardships.



## **What first interested you in psychology?**

What first piqued my interest in psychology were the two professors who lived in my neighborhood when I was a child. I was absolutely fascinated watching them read, conduct research, and engage in discussions about various psychological topics. This experience sparked a dream in me to attain a higher level of education and have in depth conversations, which were not common in my family. This exposure to the academic world at a young age steered me toward a keen interest in psychology, which further fueled my curiosity and ultimately led me to pursue a career in this field.

## **What brought you to Ball State?**

The multidisciplinary approach to education, and the strong emphasis on research at Ball State were the main attractions for me. Additionally, my love towards Social Psychology, and the warm and welcoming community here made it an obvious choice.

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

As an Assistant Teaching Professor in the Psychology department, my role involves teaching undergraduate and graduate courses. I also collaborate with other faculty members and contribute to few committees.

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

My primary research focus lies in understanding the multifaceted impact of the digital world on society. I am particularly intrigued by how advancements in technology influence interpersonal relationships and mental health. A portion of my research is dedicated to studying the implications of the digital realm on the developmental aspects of children, aiming to decipher both its positive attributes and potential pitfalls. Additionally, I delve into the broader scope of globalization, analyzing how the digital age fosters interconnectedness and shapes global societies. Through my teachings, I aspire to foster critical thinking and awareness in students about the evolving digital landscape and its profound impact on human life.

**Outside of academia, what are your favorite hobbies?**

In my leisure time, I enjoy a range of activities that keep me grounded and connected to the world around me. I take great pleasure in cooking, experimenting with new recipes to delight family and friends. My garden is a haven of peace where I can connect with nature and unwind. I also enjoy capturing life's simple moments through photography, a hobby that dovetails nicely with my interest in watching travel and cultural videos, allowing me to explore the diverse tapestry of human experiences from the comfort of my home. Reading non-fiction, especially real-life stories, further fuels my curiosity and offers fresh perspectives on the world.

**What food could you not live without?**

As a vegetarian, my diet is very important to me. I truly couldn't live without home-cooked food. There is something incredibly comforting and nourishing about a meal prepared at home, be it a simple dish or a lavish spread. For me, it is not just about the freshness and the flavor, but also the love and effort that goes into preparing a meal. It's a symbol of warmth, love, and togetherness, connecting me to my roots and the cherished traditions of family dinning. Whether its family recipe handed down through generations or a new recipe I'm trying out, the experience of enjoying home-cooked food is irreplaceable.



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

I have always been fascinated by the rich cultural history and the technological advancements of Japan. From the serene beauty of its traditional garden and ancient shrines to the bustling, high-tech metropolis of cities like Tokyo, it seems to be a place where tradition meets modernity in the most harmonious way. It's definitely at the top of my travel bucket list!

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

People might be surprised to know that I have a personal connection to the events of September 11, 2001. On that fateful day, I was traveling alone with my small children on a United Airlines flight that was approaching its landing at Newark airport when the attacks occurred. This was our first time flying and that too across the globe from Delhi to NYC. Our plane was diverted, and we found ourselves hovering over the Atlantic for a while before eventually landing in Halifax, Canada. It was a moment of great uncertainty and fear as I suddenly found myself in a foreign land with my two young kids just trying to survive. Three days later, our flight finally landed in NYC being the only passengers at the Newark Airport when it reopened on September 14th. That experience not only marked a significant moment in history but also had a profound impact on my personal life, emphasizing the importance of resilience and unity in the face of adversity.

**How do you practice self-care?**

My approach to self-care is holistic, starting with a disciplined morning routine where I dedicate time for yoga and meditation. This practice not only revitalizes me but also equips me with mental clarity to face the day's challenges. In addition to this, I prioritize a nutritious diet, rich in fruits and vegetables, to nourish my body and maintain optimal health. This combination of physical activities and mindful eating ensures that I remain energized and focused, ready to give my best in other areas of my life.





# STUDENT AND ALUM UPDATES

## Publications and Presentations:

Doctoral student **Danielle Miller**

**Miller, D. S.** (2023). The push for physician empathy in healthcare. *The Health Psychologist*. <https://societyforhealthpsychology.org/articles/the-push-for-physician-empathy-in-healthcare>

Doctoral student **Staci Mannella**

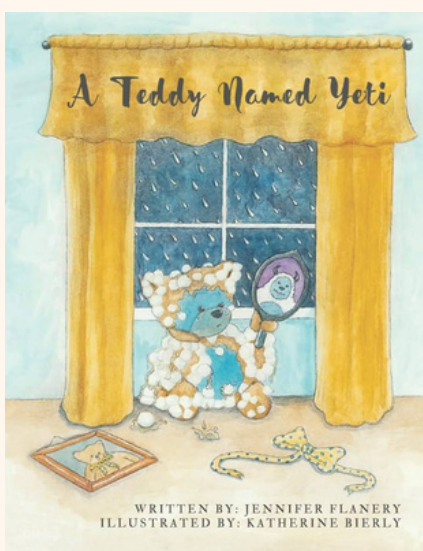
**Mannella, S.**, Labbe, D., Bundon, A., Sauve, J., McBride, C., Yung, O. Best, K., & Miller, W. (2023) Access at Elevation: Program Strategies to Support Quality Participation for People with Disabilities. *Journal of Outdoor Recreation and Tourism*, 43, 100685.

**Mannella S.**, Bundon, A. (2023). Building Bridges: An Exploration of the Athlete – Guide Partnership in High- Performance Parasport. *Qualitative Research in Sport, Exercise, and Health*.

Master's students **Allison Blake** and **Kayla Myers**

**Blake, A. S.**, Lebeau, J. C., Blom, L. C., & **Myers, K.** (2023). Social Comparison in Healthy Adult Peloton Bikers: How Visual Display of Exercise Data Affects Performance. *Journal for Advancing Sport Psychology in Research*, 3(1), 20–30.

Master's student **Olivia Huffman** presented a poster on her thesis at APA: Female Student-Athletes' College Transitions At Primarily White Institutions: Evolution Of Identities And Resources Used.



Master's student  
**Jennifer Flanery**  
published a children's  
book titled "A Teddy  
Named Yeti"

Doctoral student **Katie Helou** is at VA Sierra Nevada in Reno, NV. She is now trained in Cognitive Processing Therapy (CPT), Eye Movement Desensitization and Reprocessing Therapy (EMDR), STAIR, Prolonged Exposure, and CBT for Insomnia.

Alum **Emily Barnum** is a new ABPP, having recently been board certified in counseling psychology. She is currently serving as the Senior Assistant Director of Administration at the University of Illinois Counseling Center. In this role she supervises new hire searches for clinical and administrative staff, facilitates staff on-boarding, supervises administrative staff and manages Diversity, Equity, Inclusion and Belonging efforts at the Counseling Center in addition to her work as a staff clinician.



Doctoral student **Danielle Miller** is serving as a co-chair for an international webinar on legacy-making across the lifespan through the International Psycho-Oncology Society.



Alum **Reilly Beaman Tomlinson** is currently working at a private practice in Bloomington, Indiana where she sees children, teens, and young adults. She also got married on August 5th!

Alum **Dr. Kory Carey** has been promoted to Chief Health Equity and ADA Officer in the Indiana Family and Social Services Administration. She joined FSSA in 2021 as the executive director of equity and systemic integration for the Division of Mental Health and Addiction, the division's first executive-level position focused on equity work. "Dr. Carey has been a champion for equitable behavioral health initiatives with DMHA," FSSA Secretary Dr. Dan Rusyniak said. "Her leadership and clinical psychologist experience will help further advance FSSA's mission to compassionately serve our diverse community of Hoosiers by dismantling long-standing, persistent inequity through deliberate human services systemic improvement."

Master's student **Kylene Kindred** opened a salon! It is a luxury salon, full-service hair and hair extensions, waxing, facials, and lash extensions. Muncie Magazine will have a two-page story on the salon next month. The salon also plans to do giveaways with free haircuts and styles to keep an eye out for!

Follow on social media here:

Instagram [@kylenekindred](https://www.instagram.com/kylenekindred)

Facebook [facebook.com/KyleneKindredHair](https://facebook.com/KyleneKindredHair)



Alum **Dr. Kay Webb**, is the new director of The Center for Career, Vocation, and Leadership at University of Pikeville. The center follows a career development model that will integrate into the curriculum, focused on helping students explore how their disposition and interests fit into the workforce.

Doctoral students **Shaé Philyaw**, **Idil Ugurluoglu**, and **Allison Blake** provided workshops around multiculturalism to first-year social work/sports psychology master students. Dr. Lebeau (from sports psychology department) and his team ran this project as a part of the Indianapolis African American Quality of Life Initiative (IAAQLI) grant.

**Shaé Philyaw** presented on the Historical Context of Mental Health in the African American Community. **Idil Ugurluoglu** presented on the Anti-Oppressive Practices and Cultural Responsiveness.

**Allison Blake** presented on Trauma-Informed Care.



# IMPORTANT DATES

**Fall Content Exam:** November 2nd and 3rd

**Thanksgiving Break:** November 22nd to 26th

**CPSY PhD Application Deadline:** December 1st

**Finals Week:** December 12th to December 15th

**Fall Commencement:** Saturday, December 16th

**Semester Break:** December 16th 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:** [facebook.com/CPSYatballstate](https://facebook.com/CPSYatballstate)

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**Instagram:** [@ballstatecpsy](https://instagram.com/@ballstatecpsy)

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