

STUDENT NEWSLETTER

FALL 2024



BALL STATE
UNIVERSITY
DEPARTMENT OF
COUNSELING
PSYCHOLOGY,
SOCIAL
PSYCHOLOGY AND
COUNSELING

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LETTER FROM THE CHAIR

We are almost halfway through the semester already – can you believe it? I can't see how we got there this quickly. I do find some solace in knowing I am not the only one who counts the weeks. This year we have a faculty search on to identify a successor for Dr. Mary Kite, who is retiring at the end of the academic year. We will be interviewing candidates later this semester if all works out well; watch for announcements so you can attend their research presentations. We need and welcome your attendance at the colloquia and student meetings with each candidate. Your thoughts are important to us; what you see as a student may really differ from what we see as faculty.



You may have noticed the messages about upcoming workshops offered by our department. Those of us who are licensed clinicians are required to complete a certain number of continuing education (CE) credits in a two-year period. The actual number is determined by one's licensure board; in Indiana it is 40. As you might imagine, attending these workshops can get expensive. To benefit the greater community, including the adjunct faculty who teach for us, and the therapists who provide your clinical supervision for external practica and internships, we are pleased to offer several low – or no-cost training sessions. Earlier this semester Dr Debby Herbenick gave a well-received workshop on understanding “rough sex”, with students and licensed practitioners in attendance.

Later this semester Dr. Cody Cramer, a graduate of our master's program in counseling and holding a doctorate in behavioral health, is offering a presentation on the role of the social determinants of health on clinical treatment. We encourage you to take the opportunity to attend these events as they arise.

Last week we learned that our clinical mental health counseling and social psychology and CMH dual major programs are now accredited by MPCAC! We are so happy about this, and grateful to Dr Stef for all of her work to make this dream come true.

We have been busy working on outreach projects. The practicum clinic has projects going in Delaware County, but also in Randolph and Madison Counties. I am working on getting some students trained to do volunteer work with the American Red Cross, at least locally. The need is great, and it is never done. If you are thinking that our primary work happens in the counseling room, I assure you it doesn't stop at the door. There are many ways for you to get involved and have influence. Seek them out.

When I wrote the spring newsletter article, I mentioned the loss of my predecessor as department chair, Dr. David Dixon. This time I need to acknowledge the loss of Dr. Lee Van Donselar, who most recently was co-owner of the Center for Psychological Development, a private practice in Muncie where several of our alums and students have worked. However, his relationship with CPSY is much older than that. Dr. Van Donselar earned a doctorate in educational psychology in Iowa, then later decided to respecialize in counseling psychology in our department. He eventually worked at the university counseling center in Lucina Hall and trained many of our graduate students or worked with them as peers after graduation. He was a genuinely kind, gentle and funny human, and is missed by those who knew him.

As I said in the spring, so much is happening in the world, creating angst for many of us both personally and professionally. It hasn't gotten better; in fact, it probably is worse. We are in the middle of an important election cycle, between the Presidential and Gubernatorial run. Both will affect us professionally. A hurricane did significant damage along the eastern coastline, and we are still in hurricane season. Mass shootings, in schools and public places, are beginning to feel commonplace. Your skills, your knowledge of the nature of human behavior and of prejudice and discrimination, are absolutely needed. I can't tell you enough how much I look forward to seeing what you are going to do next.

I often joke about CPSY taking over the world, but really – I'm not joking. We are training you, the next generation in counselors, counseling psychologists, and social psychologists, to take over the world. Do us proud.

Dr. Sharon Bowman
Department Chair

NEWS FROM THE DOCTORAL PROGRAM

Greetings to our students, alums, and affiliates,

As we begin the new academic year, I am delighted to welcome our first year doctoral student cohort and our bachelor's to PhD cohort:

MA to PhD students

Haifa Hanxala

Dana Huntsberry

Imani Linton

Matt Kasopsky

Khushbu Patel

Madison Pavone

Danny Shemesh

Luke Slater

Alysse Wiggins

BA to PhD students

Eunhye Cho

Allyson Utz

Also, the assistant to the doctoral program for this year is Alysse Wiggins, so you may be hearing from her about email addresses, paperwork/Sonia rubrics and other doctoral program related items. Looking forward to another great year!

Kristin Perrone, PhD, HSPP

Training Director, Counseling Psychology Doctoral Program

NEWS FROM THE SOCIAL PSYCHOLOGY PROGRAM

Welcome to Fall 2024! I am pleased to share the short biographies of the first- and second-year students in our Master's Program in Social Psychology. Please take a moment to read about these amazing students and, when you see them, be sure to take some time to learn more about them. The second year students each offer some sage advice about graduate school.

I am also delighted to welcome Dr. Allison Cipriano as our newest faculty member. Dr. Cipriano earned her PhD in Social Psychology at the University of Nebraska-Lincoln with a concentration in Women's and Gender Studies. She also is a graduate of our Social Psychology Master's Program. Her research interests include sexual violence, sexual identity, and sexual health with an emphasis on the experiences of sexual minority women. This fall, Dr. Cipriano is teaching Social Psychology 610 and is in the process of setting up her research lab. I am delighted to have her as a colleague!

First Year Students

Sandra Bekoe: I am an International student from Ghana. I received my undergraduate degree from Kwame Nkrumah University of Science and Technology where I majored in Sociology. I chose Ball State for my Master's degree due to its strong reputation for academic excellence. I was interested in pursuing Social Psychology because I am fascinated by the dynamics of human social behavior and relationships, and I am interested in stereotypes in gender formation. I'm currently working as the Master's Program Assistant for our esteemed department. Outside of academia, you can find me trying out new recipes in the kitchen or talking to my family and friends back home.

Kailon Ford: I received my undergraduate degree in psychology with a minor in sociology from the University of Central Missouri. I currently have a research assistantship with Dr. Cipriano. I chose Ball State because I knew it would be conducive to my goals. The staff here is very supportive and ensures that I have everything I need to succeed. After I graduate, I plan on applying to an Industrial Organizational psychology doctorate program or finding a job. I am interested in studying motivation among Black office professionals and the intersectionality of race, gender, and sexuality in the workplace.

Rahele Hatami: I received my BA in social welfare and a master's degree in social services administration in Iran. I also studied human rights at the University of Bologna in Italy. Honestly, I chose BSU because my boyfriend got admitted here, and we decided to move to the U.S. from Italy. Once I arrived, I found studying sociology at BSU to be very educational and inspiring.

The professors, students, and overall atmosphere have helped me build a strong understanding of social sciences. This experience made me want to explore human behavior more, which is why I'm now pursuing a dual master's in Sociology and Social Psychology. I'm also a graduate assistant in the Department of Sociology. Outside of school, I love watching movies, baking, cooking, getting new tattoos, traveling, and shopping. My research focuses on social issues like addiction, along with immigrant studies and women's studies.

Stevee Judy: I received my Bachelor of Science from Ball State University in Psychological Science. I decided to continue my education here because I resonated strongly with the Social Psychology program's focus on diversity, and because of the funding provided for Graduate Assistants by the university. For my Graduate Assistantship, I work at the Learning Center Tutoring Desk through the University College. In my spare time, I greatly enjoy doing fiber arts, especially crochet and knitting, as well as watching live theatre, attending concerts, and spending time with my friends! My research interests mainly surround the interactions of the Criminal Justice System with individuals of intersectional backgrounds, as well as applications of procedural justice tactics in non-law enforcement settings.

Scindie St Fleur: I earned my BS Psychology in Haiti. I am a research assistant for Dr. Cipriano where my interest lies in minority stress for marginalized communities. When I am not at school, I love cooking, watching Netflix, calling friends and relatives and shopping. Following graduation, I am planning on pursuing a PhD in I/O Psychology. My advice to first year students, is to remember we are here to learn how to grow, so it's okay to feel struggling and asking for help. These are part of the process.

Sydney Maurer: I am from South Bend, Indiana and I got my Bachelor of Science in Criminal Justice and Criminology at Ball State. Once I complete my Social Psychology Master's, I plan to go back to the criminal justice system. Ideally, I would like to work in rehabilitation in the prison system. Currently, I am working with Dr. Acquaviva, Associate Professor in the Department of Criminal Justice and Criminology, on an encyclopedia chapter on statutory rape. I work as an academic mentor in Student Athlete Support Services. Outside of school I am involved in theater, dance, and athletics. I am currently in the Great Gatsby production at the Muncie Civic Theater, so if you want something fun to do in October, I suggest you come see it!

Second Year Students

Emily Cronk: I am a student in the Clinical Psychology and Social Psychology Master's of Arts Programs at Ball State University. I completed my B.S. at Ball State in 2019, and knew I wanted to return for my graduate experience because of the consistent positive support from mentors and faculty. I serve as a graduate assistant in the Department of Psychological Science, where I manage the Communication and Experimental Pragmatics Research Lab and assist in teaching foundational undergraduate psychology courses. These roles have shaped my research interests in interpersonal communication and education, further leading me to be a School Psychology Intern at Anderson Community Schools. In my spare time, I enjoy playing video games and doing crafts such as origami and jewelry-making.

Lauren Haus: I graduated from Miami University of Ohio with a BA in psychology. I am a graduate assistant in the Office of Research Integrity and work closely with the IRB. My post-graduation plans are to continue working in research compliance with a focus on Human Subjects Research (HSR). In my free time, I enjoy playing card games and walking my dog, Kaia, with my fiancée. My general research interests include evaluating prejudice and discrimination of sexual and gender minorities. My biggest word of advice is to be kind to yourself! You got into your program for a reason and deserve to be here.

Haley Parnel: I received my BS in Psychology with a minor in Sociology from Mississippi State University. I am hoping to work for a university in Institutional Research or for a state-level government research department. Currently, I work as the Graduate Assistant for BSU Study Abroad, located in the Rinker Center for Global Affairs. I love all things fantasy and historical fiction—books, TV shows, movies. Anything that involves a period piece (even if it's factually inaccurate) or a dragon, I am probably going to love. I am interested in the evolving gender spectrum, the connection between public policy and psychology, and group acceptance. To be honest, I find most research in social psychology interesting and tend to enjoy researching most topics. Currently, I am involved in Dr. Kite's project examining how gender influences our perception of age. My advice for new students is: Don't be afraid to ask questions. The professors here really want to help you succeed, and your classmates are here to help too! Also, find a way to get organized that works for you. Grad school is much easier to handle if you set out an assignment schedule or even a monthly calendar so you know what assignments are due when

Kelly Randall: I received my BS in psychology from Ball State University. After graduation, I plan to begin a job in a research field and later pursue a PhD. I currently work as a graduate assistant at Ball State Online and plan to join Dr. Cipriano's research lab. My hobbies include knitting, video games, and baking. My research interests include attitude change, gender, and disabilities. My advice to first-year students would be to advocate for yourself!

Dora Tarani: I received my BA from the University of Prishtina "Hasan Prishtina" in Prishtina, Kosovo, and I am now planning to pursue a PhD program. Currently, I am committed to Dr. Kite's lab, where I can explore my interests in media representation on social influence and prosocial behavior. In my free time, I love to write, draw, read, watch TV, and sing. My advice to first-year students is to ask questions liberally and learn to lean on others.

Jalen Williams: My research interests include stereotype threat, group dynamics among minority communities, and social proofing. Originally from Muskegon, Michigan, I completed my undergraduate studies at Siena Heights University in Adrian, Michigan, where I earned a Bachelor of Arts in Psychology in May 2023. In my spare time, I enjoy listening to and making music, spending time with my family, and working out. Currently at Ball State, my assistantship is with the College of Health in Dr. Kite's Lab working and helping with various projects. After graduation, I plan on going to the Armed Forces; I plan to pursue a PhD in the future as well. My advice to first year students is to embrace the opportunities and challenges, and don't hesitate to ask for help when you need it.

NEWS FROM THE CLINICAL MENTAL HEALTH COUNSELING PROGRAM

Welcome!

A sincere welcome to all Clinical Mental Health Counseling (CMHC) and Social Psychology (SP) & CMHC dual students! I wish the first-year cohort a smooth transition into graduate school and BSU, 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. It has been a long process and as I write this, the MPCAC board is voting on our last report. I anticipate that outcome will be positive – Lets keep our fingers crossed! Feel free to contact me at stefaegis@bsu.edu if you have any questions about the programs' accreditation process. Regardless of accreditation, please remember to keep all your syllabi in case you need them to verify your course content when you apply for counseling licensure.

Exit, Alumni, and Employer/Supervisor Surveys

As stipulated in the MPCAC standards, we continue to administer an exit survey of our graduating students. This survey is administered about a month prior to graduation. Past results have indicated that our graduating students are generally satisfied with our curriculum and programs. 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 the Employers/Supervisors of our alumni to help us improve our programs.

The alumni and Employers/Supervisor surveys are administered every two years.

Annual Evaluation

We have added a formal annual evaluation of all our students in the CMHC and SP & CMHC 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 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. Your assigned faculty mentor/advisor will contact you to set up this meeting in the spring. 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 7th and 8th. 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 Gwen Howell our admissions coordinator about signing up.

Professional Organizations

As you have probably learned we encourage students to become student members of relevant professional organizations, both to network, learn about professional issues, and to be up-to-date on numerous issues and developments within the counseling profession. the American Counseling Association (ACA) is one such 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 (AMHCA). This professional organization's focus is entirely on mental health counselors. Their website is: <https://www.amhca.org/home>

Another professional organization that may be of interest to students and graduates of our program is the Alliance for Professional Counselors (APC): <https://apccounseloralliance.org/about-us/mission-and-goals/>. The mission of this organization is to educate and inform the public, policy makers and counseling professionals about the importance of inclusion and open access to mental/behavioral health services. APC is also opposed to policies that restrict counselor education, initial licensure, certification in a specialty area, employment, and/or reimbursement to graduates of programs accredited by any one singular program-level accrediting body, and support the rights, privileges, and responsibilities of all qualified counselors.

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 to be included in our Newsletter. Thanks for keeping in touch, and best wishes for good semester, good health, and safety,

Dr. Stef

NEWS FROM THE REHABILITATION COUNSELING PROGRAM

Happy Fall 2024. 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.

I recently read a highlight of a workshop organized by the National Academies of Sciences, Engineering, and Medicine on “Aging, Functioning, and Rehabilitation”. In the highlight article, scholars from Switzerland, U.S., Morocco, and Germany (just to name a few countries as examples) talked about the utility of the World Health Organization’s International Classification of Functioning, Disability and Health (ICF) model, especially when they use the model to help understand aging and disability. Framework like the ICF model is exactly something we discuss in our “Psychosocial Aspects of Disability” class (CPSY 608) here in our program. It is always fascinating to know that knowledge we learn in our program and our department is applicable and practical in the real world.

If you know people who are interested in working with people with chronic illness and disabilities (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

A special thank you to Hillcroft and the on-site supervisor over there. They are hosting our RC students during their internship year.

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>

RC PROGRAM DIRECTOR
DR. CHAN

MEET YOUR PEERS

HAIFA HANZALA, M.S.W. (SHE/HER/HERS)

FIRST YEAR DOCTORAL STUDENT IN COUNSELING PSYCHOLOGY PROGRAM

WHERE IS YOUR HOMETOWN?

I was born and raised in Karachi, Pakistan.

WHERE DID YOU OBTAIN YOUR BACHELOR'S AND MASTER'S DEGREES, AND WHAT WERE YOUR MAJOR(S)?

I received my Bachelor of Arts in English and Psychology from Clark University in Worcester, Massachusetts, and I received my Master of Social Work – Clinical Mental Health Practice degree from the University of Washington in Seattle.



WHAT FIRST INTERESTED YOU IN COUNSELING PSYCHOLOGY?

I have always been interested in stories and storytelling, which led to my major in English and passion for writing, but I soon found that I was more interested in real people's stories and personal growth rather than the fictional growth of characters. I love having the privilege of bearing witness to other people's lives and experiences and am grateful for the chance to make a small impact in someone's life.

WHY DID YOU CHOOSE BALL STATE?

Learning about the rigorous design of the Ball State CPSY program, and how thoroughly it equips students with the skills and training needed for success, immediately convinced me that this was the quality education I wanted for myself. I think the program does such a good job of addressing different areas of expertise and really developing skills in all areas, ranging from clinical practice to teaching and supervision, as well as research and academic presentations. I was excited to have access to the training resources that BSU provides and to be under the guidance of faculty members so renowned in the field.

WHAT DO YOU THINK OF YOUR EXPERIENCE AT BALL STATE AS A DOCTORAL STUDENT SO FAR?

Overall, I think it's been really good. There is a lot to navigate and it definitely feels overwhelming, but I am giving myself time and grace to adjust. Having a supportive cohort has been the most incredible part of this so far and has gone a long way in easing the overwhelm!

WHAT ARE YOUR RESEARCH INTERESTS?

Broadly, I am interested in trauma and its manifestation in communities of color. I want to explore culturally relevant interventions for trauma in communities of color; lately I've been thinking I might want to delve deeper into mindfulness-based interventions and their efficacy for communities of color.

WHAT ARE YOUR FUTURE PLANS AND CAREER GOALS?

I want to stay in clinical practice – I love doing one on one therapy with people and intend to prioritize that. I also really enjoy clinical consultation and hope to serve in a supervisory role in some capacity, or perhaps be involved in conducting workshops and trainings in the field.

WHAT ARE A FEW OF YOUR FAVORITE HOBBIES?

I love to read. I consume a lot of dystopian fiction and books with psychological themes, but I also just really appreciate beautiful writing (most recently I've loved the way Amor Towles writes). I also love watching TV shows (a lot of slow burn shows) and listening to music. I love playing pickleball and try to go for walks everyday!

WHAT'S THE BEST BOOK OR PODCAST YOU'VE CONSUMED RECENTLY AND WHY DID YOU ENJOY IT?

This wasn't super recent but I absolutely love the book *Breath: The New Science of a Lost Art* by James Nestor. I recommend it to everyone all the time. I think it's just such important information about how healing breathwork can be and the breath is the most accessible resource that all of us have. It also has a lot of great insights into how the way we breathe and our physical anatomy has changed over time. The book is written in a really engaging way and references some really cool studies and experiments. It's definitely changed the way I breathe and how intentional I am about it!

IF YOU COULD SWITCH LIFE WITH SOMEONE FOR A DAY, WHO WOULD IT BE AND WHY?

My ten-month-old nephew; he doesn't have a dissertation to worry about!

WHAT'S THE BEST ADVICE YOU'VE RECEIVED RECENTLY?

To be okay with not doing everything perfectly all of the time. One of the second years shared this advice and it really reminded me to check any perfectionistic tendencies that might get in the way of my success and my mental peace!

MEET YOUR PEERS

STEEVE JUDY, B. S. (SHE/HER/HERS)

FIRST YEAR MASTER'S STUDENT IN THE SOCIAL PSYCHOLOGY PROGRAM

WHERE IS YOUR HOMETOWN?

Peru, Indiana!

WHERE DID YOU OBTAIN YOUR BACHELOR'S, AND WHAT WERE YOUR MAJOR(S)?

I got my bachelor's degree at Ball State, and my major was Psychological Science!

WHY DID YOU CHOOSE BALL STATE?

I didn't put much thought into coming here during my undergrad, but by the time graduation came around, I had grown to love the college community and the local community so much that I wanted to stay!



WHAT IS YOUR FAVORITE TV SHOW CURRENTLY?

The Haunting of Hill House

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

There have been many intimidating unknowns, but what I do know already is that I'm surrounded by faculty and peers that want to see me succeed.

WHAT ARE YOUR FUTURE AND CAREER GOALS?

I would love to work in a position oriented towards helping those who have been wrongfully convicted of crimes!

WHAT ARE A FEW OF YOUR FAVORITE HOBBIES?

I love to crochet, sing, and to spend time with my friends.

WHAT FOOD COULD YOU NOT LIVE WITHOUT?

I couldn't live without homecooked chicken and noodles!

WHAT IS SOMETHING ABOUT YOU THAT PEOPLE WOULD BE SURPRISED TO KNOW?

I am a certified scuba diver!

IF YOU COULD HAVE DINNER WITH ANY HISTORIC FIGURE, WHO WOULD IT BE AND WHY?

I would have dinner with Abigail Adams, because she's the coolest founding "father" and she also has red hair.

MEET YOUR PEERS

DANIELLE LONGENBERGER (SHE/HER/HERS)

FIRST YEAR MASTER'S STUDENT IN DUAL CHMC AND SOCIAL PSYCHOLOGY PROGRAM

WHERE IS YOUR HOMETOWN?

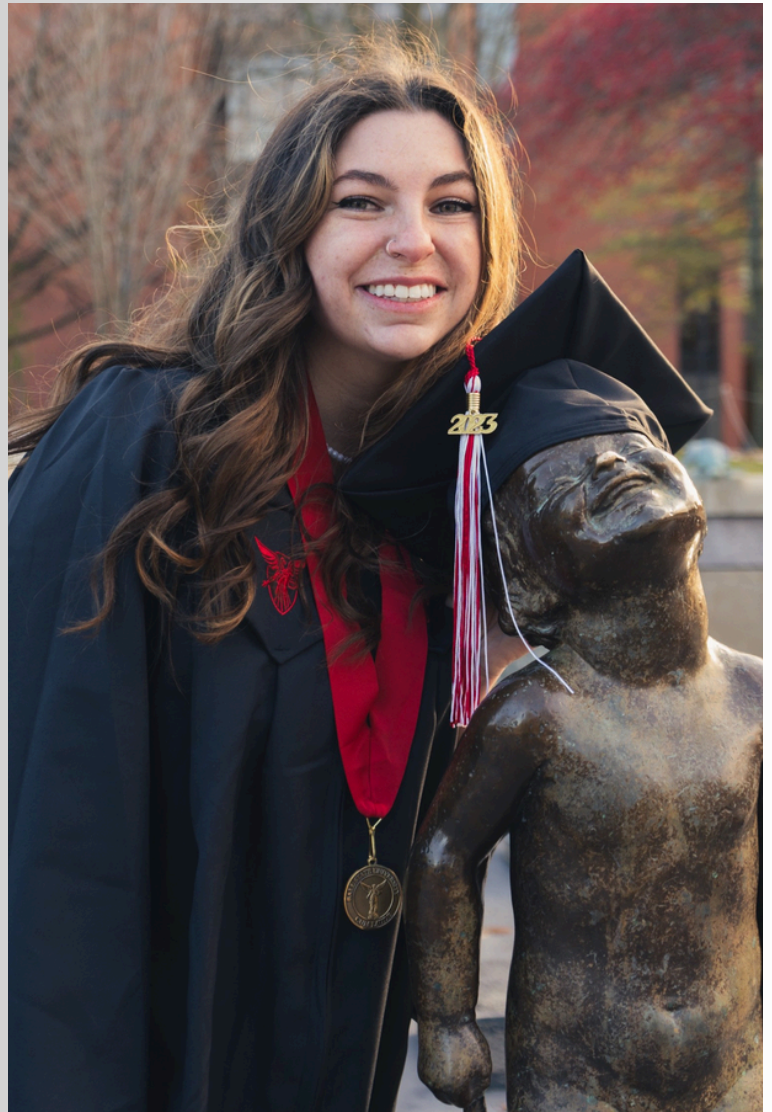
I am from Fort Wayne, Indiana.

WHERE DID YOU OBTAIN YOUR BACHELOR'S, AND WHAT WERE YOUR MAJOR(S)?

I obtained my bachelor's here at Ball State University and majored in Psychological Science with minors in Criminal Justice and Criminology, Interpersonal Relations, and Psychology of Human Development

WHAT FIRST INTERESTED YOU IN PSYCHOLOGY?

It sounds strange, but my grandma and I loved Investigative Discovery growing up and we would try to solve the case by the end of the show. I loved trying to figure out who did the crime by studying the persons mannerisms and behavior. I would always question what drives people to do heinous crimes. I then started to wonder how everyone in society is different and question why that is. I took my first psychology class in high school and fell in love with it.



WHY DID YOU CHOOSE BALL STATE?

My cousin went to Ball State and my family would come and visit him and I loved the campus. When I took a tour here, I fell in love with it even more. I love the atmosphere here on campus and everyone has always been friendly. I enjoy how this campus is big, but still has a small town feel to it.

WHAT DO YOU THINK OF YOUR EXPERIENCE AT BALL STATE AS AN MA STUDENT SO FAR?

I've enjoyed my experience so far! It is of course an overwhelming feeling, but also a gratifying one. Everyone has been super helpful during this transition from undergrad to grad and how to navigate it all. I'm excited for the opportunities ahead in this program and feel like it will really prepare me for my future.

WHAT ARE YOUR FUTURE AND CAREER GOALS?

I currently work at a domestic violence shelter here in Muncie and it has really given me a lot of clarity of what I want to do in the future. I would like to get my LMHC and work with people in vulnerable populations. More specifically, I see myself working with individuals who have been incarcerated and working on rehabilitation. However, I'm open to exploring my options once I get hands-on experience.

WHAT ARE A FEW OF YOUR FAVORITE HOBBIES?

I enjoy hanging out with my friends and doing just about anything. We have book reading marathons that we like to do, binge watch TV shows and movies (mostly rom-coms), or going on small road trips and trying something new. I'm especially excited for the Fall because we like to go to orchard's and get apple cider and pumpkin donuts.

WHAT FOOD COULD YOU NOT LIVE WITHOUT?

Anything pasta is my go-to. I could live off mac-and-cheese especially if it's homemade.

WHAT IS YOUR FAVORITE TV SHOW CURRENTLY?

There are too many TV shows that are considered my favorite. I am currently rewatching One Tree Hill which is my comfort show. I also love The Summer I Turned Pretty and am so excited for season 3 to come out next summer #TeamConrad.

WHAT IS SOMETHING ABOUT YOU THAT PEOPLE WOULD BE SURPRISED TO KNOW?

Something that I think people would be surprised to know is that I love music. I make playlists for anything and everything. I'm always trying to expand the genres I listen to and love getting new song/artist recommendations.

IF YOU COULD HAVE DINNER WITH ANY HISTORIC FIGURE, WHO WOULD IT BE AND WHY?

I think a historic figure I would have over for dinner would be Jane Austen. I love her books, and she broke the mold of what it means to be a woman especially in that day of age. Being a female writer especially during that time wasn't viewed as acceptable so I would be curious to ask her what it was like to hide her identity. I would love to hear her thoughts about the social norms of her time, her writing process, and her thoughts on the world as she saw it.

MEET YOUR PEERS

NICHOLETTE HUMPHRIES

**FIRST YEAR MASTER'S STUDENT IN THE REHABILITATION
PROGRAM**

WHERE IS YOUR HOMETOWN

Right here in Muncie, IN

WHERE DID YOU OBTAIN YOUR BACHELORS, AND WHAT WERE YOUR MAJOR(S)?

I went to Union University in Jackson TN, and I have a bachelor's in social work

WHAT FIRST INTERESTED YOU IN PSYCHOLOGY?

Interested in helping people, my senior year of high school I took a intro to psychology class and found it fascinating to learn how the mind works.

WHAT ARE YOUR FUTURE AND CAREER GOALS

I want to be an adjustment counselor for people with disabilities. I also plan to continue working on the business that my mom and I are trying to start Spell the education warehouse (D.E.W) Which is a business to help support and educate individuals with disabilities and their support systems while providing assistive services and helping to find helpful resources. I also hope to one day have a family of my own.



WHAT DO YOU THINK OF YOUR EXPERIENCE AT BALL STATE AS AN MA STUDENT SO FAR?

So far I am enjoying it been here for my masters is a different experience than what I had the one year I was here for my bachelor's (granted I had a lot going on that year)

WHY DID YOU CHOOSE BALL STATE?

1st I came to Ball State because both my parents are alumni and I want to carry on the family legacy the 2nd it's close to where I live and convenient so I won't have to travel or anything And 3rd when I started my master's degree I also started getting my masters in social work and I was drawn toward the generalist social work program here at Ball State but that program was not offering me the tools and the training that I needed or wanted for my future career so it happened that the rehabilitation counseling program did and now I'm happy and also I just kind of came back here to prove to myself that I can be successful in the school no matter where I am from

WHAT ARE A FEW OF YOUR FAVORITE HOBBIES?

I enjoy crochet, loom knitting, reading, creative writing, journaling, playing games (I like card games, board games, and a few video games) and hanging out with family.

WHAT FOOD CAN YOU NOT LIVE WITHOUT?

Pasta

WHAT IS YOUR FAVORITE TV SHOW CURRENTLY?

Reba

WHAT IS SOMETHING ABOUT YOU THAT PEOPLE WOULD BE SURPRISED TO KNOW?

I had straight hair until I was in my teens now I have natural curls.

IF YOU COULD HAVE DINNER WITH ANY HISTORIC FIGURE, WHO WOULD IT BE AND WHY?

Helen Keller, because she has always been an inspiration to me. Starting when I was younger I learned we share a birthday, so I was kind of surprised and excited there and then there is the fact that we both have visual problems, even though they both occurred at different times and different causes we both had been dealing with this challenge all of our lives. So, I would love the opportunity to talk to her about how she learned to cope with lives challenges in her situation. I would also like to talk to her about her experiences in life and the people that she met. It would be interesting to find out if she has any tips or advice to share with future generations.

MEET YOUR PEERS

MASON DEHOFF

FIRST YEAR MASTER'S STUDENT IN THE CHMC PROGRAM

Where is your hometown?

Bluffton

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

Ball State, Psychological Science

What first interested you in psychology?

I have always been good at listening and giving advice then Dr. Truelove's class really shaped what I think about psychology and got me to fall in love with it!



Why did you choose Ball State?

I loved my undergraduate here and it has a proven track record for shaping young counselors

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

It is tough! A lot of time management skills have to be improved!

What are your future and career goals?

I would love to become an adolescent and marriage and family/relationship counselor!

What are a few of your favorite hobbies?

I really like to play basketball and golf

What food could you not live without?

My mom's stromboli, it is the best I have ever had!

What is your favorite TV show currently?

The Chosen

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

I love to talk about anything! I am an open book with anything and love talking to as many people as possible!

If you could have dinner with any historic figure, who would it be and why?

Jesus Christ as I would love just to have a conversation with my Lord and Savior, and thank Him for all that He has done. I think it would be the coolest thing to have a conversation with such an amazing, prominent figure in the world. He would have so many insights on so many topics, especially on ethics!

FACULTY SPOTLIGHT

DR. ALLISON CIPRIANO (SHE/HER)

ASSISTANT PROFESSOR

WHERE IS YOUR HOMETOWN?

My hometown is Syracuse, New York! It is in the central, upstate NY area.

TELL US ABOUT YOUR EDUCATIONAL BACKGROUND.

My higher education background began at Ithaca College where I earned a B.A. in psychology and a minor in counseling. At Ithaca College I was engaged in psychology, and sociology courses in addition to courses critical of specific systems of power and oppression (e.g., sexism, racism, heterosexism, ageism, ableism, etc.). During my time as an undergraduate student, I was a member of Dr. Bernard Beins' psychology of humor research team where I fell in love with the process of collaboratively developing empirical questions and designing and conducting research studies that move us closer to answering them. In my experience on this research team, I realized that I enjoyed mentoring the newer team members and was developing independent research questions and ideas connected to the topics I was learning about in my courses. These realizations led me to pursue an academic career as a social psychologist.

After undergrad, I moved to Indiana and entered the Social Psychology master's program at Ball State University, where I studied under Dr. Justin Lehmiller. At BSU, I gained valuable foundational knowledge of the field and insight into what, specifically, I wanted to research in the next stage of my education. I collaborated on research examining fantasies about, interest in, and experiences of threesomes.

I also conducted a master's thesis experimentally testing an aspect of Precarious Manhood Theory in a new context; That is, whether men respond to perceived threats to their masculinity by endorsing sexual violence humor. I also examined whether group differences between heterosexual and queer men were present in the findings. My passion for mentorship grew at BSU through the assistantship I had helping to run the Ph.D. Pathways program for minoritized undergraduate students interested in doctorate level study. After earning my M.A. in social psychology, I moved to Nebraska and began earning a Ph.D. in social psychology at the University of Nebraska–Lincoln, working under Dr. Kathryn Holland in her Sexual Assault and Sexual Health research lab. At UNL, I gained a wealth of knowledge about qualitative, mixed method, and applied research which provided balance to the quantitative, experimental research knowledge I gained at BSU. I was directly involved in over ten collaborative research studies at UNL on topics related to sexual violence, sexual identity, and sexual health. I also conducted two independent research projects on the experiences and challenges plurisexual (multiple gender attracted) women face; One of these was my dissertation, which I conducted using survey and interview methods to examine bpositivity as a protective mechanism for U.S. plurisexual women survivors of sexual violence. At UNL, I mentored many undergraduate students and some graduate students through collaborative research, and developed a passion for teaching and pedagogy.



WHAT FIRST INTERESTED YOU IN SOCIAL PSYCHOLOGY?

What interested me in social psychology was its unique, simultaneous focus on individuals, groups, and cultures. It allowed me to connect what interested me in sociology and psychology in one field, and to pursue empirical questions that apply to everyday lived experiences and social issues.

PLEASE DESCRIBE YOUR ROLE WITHIN THE DEPARTMENT.

I am an assistant professor of social psychology, teaching social psychology courses and conducting social psychological research with students from multiple areas of psychology.

OUTSIDE OF ACADEMIA, WHAT ARE YOUR FAVORITE HOBBIES?

I enjoy gardening, cooking, and learning to build things (e.g., cat trees and other furniture). I also enjoy attending drag shows and supporting local artists.

WHAT ARE YOUR RESEARCH AND TEACHING INTERESTS?

My research interests are the many intersections between stigma, identity, violence, community, and wellbeing. I am currently focused on studying these factors among plurisexual women, and especially those with additional marginalizations (e.g., trans and gender expansive plurisexual women, plurisexual women of color). My teaching interests include gender, sexuality, prejudice and discrimination, diversity, intersectionality, research methods, history of psychology, and pedagogy.

WHAT FOOD COULD YOU NOT LIVE WITHOUT?

I could not live without Italian food! I was raised on home-cooked Italian American meals and find them very comforting.

IF YOU COULD TRAVEL ANYWHERE IN THE WORLD, WHERE WOULD IT BE AND WHY?

I would really love to travel to Scotland and Italy, as my grandparents emigrated from Scotland and Italy to the U.S. and I have not yet been able to visit and explore the local cultures!

HOW DO YOU PRACTICE SELF-CARE?

I practice self-care by ensuring I have quality time with my loved ones and solo time to re-charge and re-center each week.

STUDENT AND ALUM UPDATES

Publications and Presentations:

2024 Publication Updates:

Watson, R. D., Walker, K. B., Lebeau, J. C., Turick, R., Moore, M., & Johnson, J. E. (2024). The role of athlete identity, motivation, and satisfaction on the mental well-being of division I collegiate athletes. *Journal of Athlete Development and Experience*, 6(2), 78–100.

2024 Presentation Updates:

Macdonald, H. S., Lacroix, J. M., Cobb, E., Ortiz, A., Grammer, J., Ekman, E., **Watson, R. D.**, Wright, M., Lee, J., Boxman, N., Clark, E., Holloway, K., Matteson, A., Moon, A., Sundararaman, R., & Ghahramanlou-Holloway, M. (2024). Military suicide attempt survivors' lived experience: Overview of study design. Presented at the VA/DoD Suicide Prevention Conference [Portland, Oregon].

Watson, R. D., & Walker, K. B. (2024). Empathy in action: The role of counselor attitudes in adolescent self-harm treatment. Presented at the American Mental Health Counselors Association [Charlotte, North Carolina].

Watson, R. D., & Walker, K. B. (2024). The importance of care provider attitudes in managing adolescent NSSI in psychiatric hospitals. Abstract accepted to the American Association of Suicidology [Las Vegas, Nevada].

Watson, R. D., & Walker, K. B. (2024). Adolescent self-harm: Patterns and interventions in psychiatric settings. Presented at the Suicide Research Symposium [virtual].

Watson, R. D., & Walker, K. B. (2024). Beyond physical training: Mental health challenges in collegiate athletics. Presented at the Applied Sport Management Association [Knoxville, Tennessee].

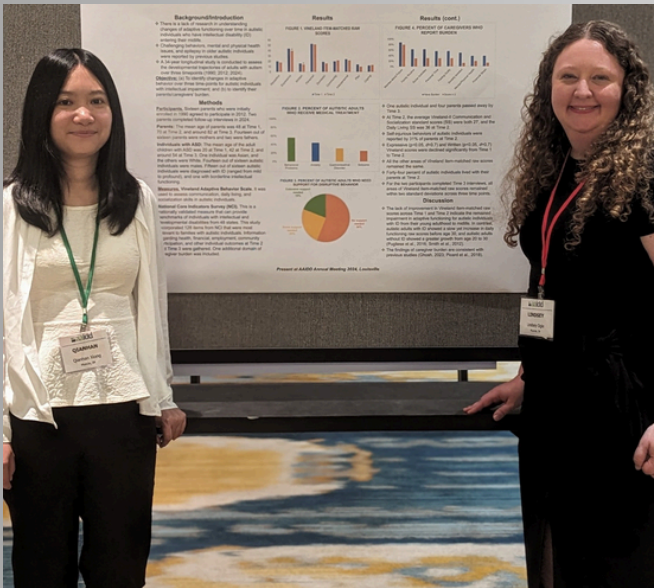
Alum Ronnie D. Watson been at his Research Associate position with the Henry M. Jackson foundation for the Advancement of Military Medicine for 1 year and 3 months.

He work directly with Drs. Marjan Holloway and Jessica LaCroix, including other research scientists, biostatisticians, and research associates who are a part of the Suicide Care, Prevention, and Research Initiative team.

They have several multi-million dollar suicide prevention, intervention, and postvention projects/deliverables funded by the Department of Defense, Defense Suicide Prevention Office, the North Atlantic Treaty Organization, etc.

In addition to his research position, he will begin working as a therapist for Roadways to Recovery beginning next Monday (9/16) or the following Monday (9/23).

He will be working primarily with adolescent clients.



Qianhan Xiong attended two conferences during the summer, and presented two posters and one issue brief in them. She also received a \$1500 grant for the longitudinal research regarding the quality of life in autistic adults from the Terry and Sandra Tucker Family Autism Research Grant at Ball State.

Xiong, Q., & Ruble, L. (2024, June 10– June 12). Adaptive Functioning of Autistic Adults with Intellectual Disability: A Longitudinal Perspective [Poster Presentation]. AAIDD 2024 Conference, Louisville, KY.

Xiong, Q., Ruble, L., & Fu, X. (2024, June 10– June 12). Concerns for the Future of Parents for Autistic Adults with Intellectual Disability [Issue Brief]. AAIDD 2024 Conference, Louisville, KY.

Xiong, Q., Ruble, L., & Fu, X. (2024, May 15– May 18). Future Concerns of Parents for Autistic Individuals with High Support Needs [Poster Presentation]. INSAR 2024 Conference, Melbourne, Victoria, Australia.

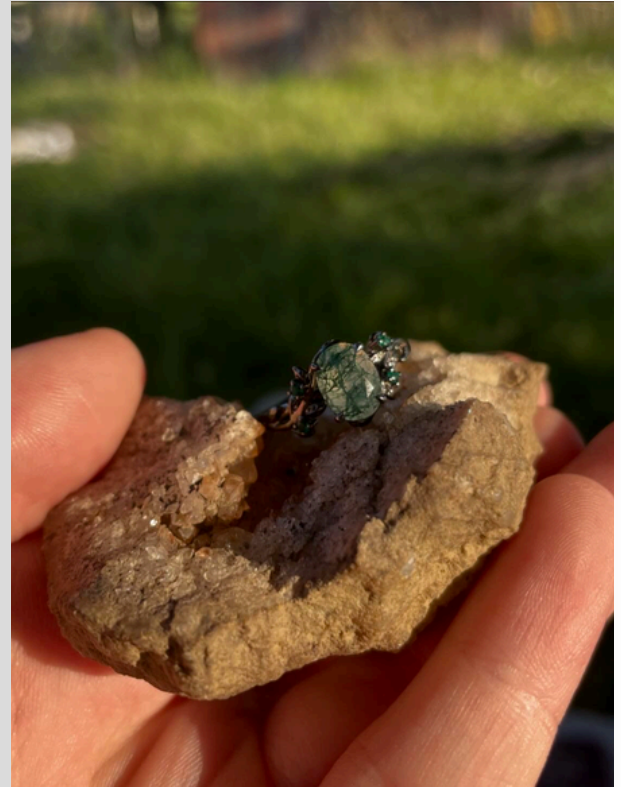


Master's student in the CMHC program **Robyn Prather** had a son on 12/17/23.

Name: Rowan David Prather
12/17/23 at 8:34AM
10lbs 7oz and 20.5in

Here are some updates from Alum **Abigail Bartel's** first year as a limited licensed professional counselor (Graduated from CPSY program in July 2023)

They've been working in Michigan, where they provides in person services in East Lansing and telehealth services across the state! They also got engaged to her partner, Austin, in July! "We went camping and they proposed to my 15-year-old dog, and then me! It was super sweet. Also worth noting is that we took in two kittens soon after moving to Michigan, who are named Oogie Boogie and Crow! We are a happy family of two humans and 4 furry little guys. I'm still working towards full licensure in Michigan and may look into getting licensed in Indiana in the next few years."



Here's my ring sitting on a pretty little geode we found while camping! She's a moss agate stone.

Elisabeth Nickels (PhD 2019) received the Early Career Practice Award from Division 22, Rehabilitation Psychology, and the American Psychological Association. It was awarded at the 2024 APA annual convention in Seattle, Washington.

CPSY's Role in Creation of Ball State Peace Plaza

On September 21, BSU President Geoffrey S. Mearns led a ceremony to dedicate the Ball State Peace Plaza. September 21 also was the International Day of Peace. Ball State administrators, faculty, staff, and students, residents of East Central Indiana, and the Mayor of Muncie and other elected officials attended the event. Dr. Lawrence Gerstein (Director, BSU Center for Peace and Conflict Studies; CPSY Professor), Dr. Sharon Bowman (CPSY Chairperson), and DeFord Cope (Graduate Assistant, Peace Center; CPSY Graduate Student) participated as did Dr. Charlene Alexander (BSU Chief Strategic Officer; Former CPSY Professor).

Individuals affiliated with the BSU Center for Peace and Conflict Studies, including Professor Gerstein initiated the creation of the Plaza and have led the effort to construct this space. The Plaza is located to the west of the Whinger Business Building near University Green. Ball State is one of only a few institutions of higher education in the United States to feature a Peace Plaza.

The purpose of the Plaza is to promote a message of peace and inclusive excellence and to serve as a memorial to all who have fallen victim to violence worldwide, including Ball State faculty, staff, and students who died in the performance of duty in the U.S. military, law enforcement, fire departments, and health care institutions. Recognizing that violent conflict occurs at all levels of society and globally, the Peace Plaza is a place to remember, reflect, and work toward a more peaceful society and world. Members of the campus and Muncie community are permitted to host peace and social justice events at the Plaza.

The design of the Plaza allows for additional peace poles to be constructed in the future that will represent all seven continents and be symbolic of people from all around the globe. Limestone and granite from Indiana were used to construct the first pole which symbolizes the state of Indiana and Hoosiers. The seven continent poles will be constructed of metal and will feature stylized olive branches that symbolize a connection to nature and invoke the importance of “extending olive branches” as a tool to advance peaceful efforts. To learn more about the Plaza including how you can financially support this project, please email peacecenter@bsu.edu.



Bowman, Gerstein, Alexander
picture: Photo by Dawa Lhamo



Ribbon cutting picture: Photo by Dawa Lhamo



DeFord Cope picture: Photo by
Lauren Shaffer



Peace Plaza sign: Photo by Lauren Shaffer

Department Picnic



ON SUNDAY, SEPTEMBER 15TH
WE HAD DEPARTMENTAL PICNIC,
ENJOYING GOOD FOOD WITH
GOOD COMPANY. MEMORIES
WERE MADE OUTSIDE OF THE
CLASSROOM AND OFFICE



DEPARTMENT EVENTS & ANNOUNCEMENTS

Dr. Cody Cramer Workshop

Our department is hosting a virtual workshop, welcoming Dr. Cody Cramer, a renowned clinician, educator and administrator with over 15 years of experience in the behavioral health field. He is a Licensed Mental Health Counselor in Indiana and a Licensed Professional Clinical Counselor in Ohio. The seminar is titled Social Determinants of Health: Cultivating the soil from which we grow and thrive.

When: October 25, 2024

Time: 9am- 12:15pm

Where: virtual





“Meet our first-year doctoral students, paving
way for a brighter future!”

**Back row: Alysse Wiggins, Dana Huntsberry,
Matt Kasopsky, Madison Pavone, Haifa Hanzala,
Khushbu Patel**

**Front row: Danny Shemesh, Imani Linton, Luke
Slater**

We are thrilled to
feature our first-year
doctoral students, who
are already making
waves in their
respective fields and are
redefining the
boundaries of
knowledge.

IMPORTANT DATES

October 7, 8, Monday– Tuesday Fall Break—no classes
University administrative offices open

November 7,8,Thursday–Friday – Fall Content Exams

November 27–December 1, Thanksgiving recess – no classes
Wednesday–Sunday University administrative offices close at noon
Wednesday

December 2, Monday Classes resume

December 7, Saturday Final examination day for Saturday classes

December 9, Monday Last meeting day for regular classes

December 10–13, Tuesday–Friday Final Examination Period

December 13, Friday Fall Semester ends

December 14, Saturday December Commencement

December 14, 2024–January 6, 2025 Semester break

Department of Counseling Psychology, Social Psychology, and
Counseling

KEEP IN TOUCH!

TO KEEP UP-TO- DATE WITH THE LATEST NEWS, UPDATES
AND BEHIND THE SCENES INSIGHTS FROM OUR
DEPARTMENT, FOLLOW US ON OUR SOCIAL MEDIA
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