



CPSY TIMES — Fall 2013

SPECIAL POINTS OF INTEREST:

- Faculty and Student Awards
- New Faculty and Student Interviews
- 2013 APA Convention
- CPSY Goes Abroad!



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Letter from the Chair

Welcome to the new academic year! We are right in the middle of so many projects this month it is hard to keep up. I just looked back at my fall statement from last year and apparently I was feeling the same pressures to get caught up. Last fall, I was amused by the pace I was setting; today, I am just a little terrified. Specifically, I commented last year about the recent increase in BSU mailbox sizes; at that point I had 1,505 messages in the inbox. Today I have 4,569 items in the inbox alone. Someone told me last year that I should never be able to fill a Gmail account. I hope I don't ever disprove that theory.

We have had several additions to the family since last spring. We've added three cool faculty members (Rena Mayes, Chris Modica, and Brooke Wilken). We've also welcomed a pretty rocking new group of master's and doctoral students in each of our programs. And, we can't forget the infant members of our extended CPSY family; there should be photos and names elsewhere in this edition. On the other hand, we did have to say good-bye to Charlene Alexander, who moved across McKinley Ave. to become the Associate Provost for Diversity in July 2013. Austin Chapman also moved back to his home area, ironically, in Austin, Texas. Countless others have landed new internships, new jobs, or new doctoral programs. We welcome Drs. Spengler (Fall 2012) and Kruczek (Spring 2013) back from their respective sabbaticals (their sabbatical presentations will be on Thursday, November 7, at 10 a.m. in TC 1008). Dr. Gerstein will be heading off to Hong Kong during spring semester (2014) as part of a Fulbright Scholarship. Trying to juggle all of these changes, additions, and the like has been exhausting.

The academic department is back in Teachers College, but it does not look like our home. We are only now beginning to find our way in the new space. In some ways it feels more isolating, though there are ways we are closer. Every alumna/us who has visited here since the transition has had to stop and double check that this was the right floor! The 2013 BSU Homecoming theme is "There's no place like home(coming)." I suppose that is true, in the physical sense. However, in the figurative sense, the 6th floor is home, and once you get past the new color scheme and newer furniture, you will know it, too. By the way, we are still waiting for *all* of us to settle back home; the Practicum Clinic will move back into the building, but in its new space in the lower level, by January 2014. It will be great to be back in one space again (although the luxury of close parking and relative quiet will be sorely missed).

There are a couple of things that I urge you to pay attention to this year. We continue to work on accreditation visits and responses. The rehabilitation program received accreditation from CORE through 2021! The school and clinical mental health programs were reaccredited through Spring 2015. The doctoral program will be experiencing a site visit in late October 2013; there will be more on this later. The entire university is undergoing a site visit at the beginning of October. And finally, the department will be gearing up for its five-year review due in Fall 2014. In other words, evaluation and feedback are not just important to students in classes or faculty at the end of the semester; we attend to it both program and department wide. Through all of this, we may be coming to you with questions, requests for information, or for your presence at interviews. We appreciate your assistance when that call comes!

One last thing, you will find that we like both community and professional service around here. If you can find the time, get involved with something. There are plenty of organizations in need of the skill set of a good graduate student in social psychology, counseling, or counseling psychology. Join the student affiliate group of your favorite professional association. Pay attention when we ask for a student representative to the state associations; student voices do get heard! If the opportunity comes up to submit a conference proposal, do it — if you get accepted you get a line on your vita, along with the chance to travel somewhere and meet others in your field of training. You could be surprised at how easy it is to get involved. As the current President of the Society of Counseling Psychology, Division 17 of the American Psychological Association, I encourage you to get involved with *SOME* group during your time on campus!

Regards,

Sharon Bowman



WELCOME TO CPSY!

New Faculty:

- ◆ Dr. Renae Mayes — Assistant Professor, Director of School Counseling Program
- ◆ Dr. Chris Modica — Lecturer, Counseling Psychology
- ◆ Dr. Brooke Wilken — Assistant Professor, Director of Social Psychology Program



Counseling psychology first-year doctoral students, from left to right: (bottom row) Yamini Bellare, Aaron Esche, Lauren Pucci, Cady Williams, Claire Kubiesa, and James Van Hoven; (top row) Sean Jones, Andrew Brimhall, and Clare Gruszka. [Not pictured is Georgiana Sofletea].

New Master's Students:

This fall, 55 students joined our master's programs. The clinical mental health counseling track has 20 new students, the school counseling track welcomes 13 new students, and the rehabilitation counseling track has 10 new students. The social psychology program welcomes five new students and seven new students are enrolled with a double major in social psychology and clinical mental health counseling.

News from the Clinical Mental Health Counseling Program

A message from the director of the CMHC program:

Welcome Students

I would like to take this opportunity to welcome all of the incoming Clinical Mental Health Counseling students. We had an impressive pool of applicants to choose from for Fall 2013 and we look forward to working with all of you. I also would like to welcome back all returning Clinical Mental Health Counseling students, we are excited to have you back.

Master's Program Assistants

We are fortunate to have two outstanding graduate assistants to help with the master's program: Kerry Smith and Rachael Collins. I would like to recognize them for their hard work and dedication and thank them for all they do.

Content Exam

The content exam is administered twice during the academic year. The next administration will be Friday, November 8, from noon to 4 p.m., in TC 229. This is a reminder that all students in the Clinical Mental Health Counseling program must pass the exam before graduation. You may take the exam once you have completed at least 30 semester hours of coursework.

American Counseling Association

I encourage all of the CMHC students to become members of the American Counseling Association (ACA). It is important for future counselors to be involved in a professional organization. An added benefit to membership in ACA is that it includes malpractice insurance, which we require all students to carry once they begin their practicum and internship activities. You can enroll through their website at: <http://counseling.org/membership/aca-and-you/students>.

Graduates

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

Thanks for keeping in touch and best wishes,

Dr. Stef



News from the Rehabilitation Counseling Program

A message from the director of the rehabilitation program:

We would like to extend a warm welcome to the new students and welcome back all returning students! We hope you had a great summer.

We are pleased to report the Ball State University Rehabilitation Counseling Program was awarded full accreditation status for an eight-year term from the Council on Rehabilitation Education (CORE)! Thank you to all administrators, faculty, staff, students, alumni, and employers who contributed to the self-study and site visit participation. It was very rewarding to have the opportunity to share our wonderful program with the CORE accreditation review team. Wishing you all a fulfilling and productive fall semester!

Best,

Dr. Tschopp

News from the School Counseling Program

Effective July 2013, Dr. Charlene Alexander was named the new Associate Provost for Diversity, Director of the Office of Institutional Diversity and Faculty Athletic Representative. Dr. Alexander's responsibilities will include overseeing diversity-related missions, activities, and plans for the university; engaging in short and long-range planning and programming for faculty, students, and staff representing Academic Affairs in university-wide diversity matters. We have many new initiatives this year that I am looking forward to expanding our Diversity Associates program to include mentoring faculty interested in diversity-related research, grant development, immersive learning applications, and inclusive pedagogy. The responsibilities of the office can be organized into four broad areas: recruitment, retention, Ph.D. pathways, and internal and external audiences.

As the Faculty Athletic Representative, Dr. Alexander is also responsible for ensuring the academic integrity of the athletics program and ensuring the well-being of all student-athletes. Dr. Alexander finds this role to be surprisingly very congruent with everything she has taught her school counseling students, and while she misses the school counseling students very much, she knows they are in great hands with our new school counseling faculty member, Dr. Renae Mayes.



(Left) Holly (TenBrink) Davis, recent doctoral graduate, with her dissertation committee: Dr. Jayanthi Kandiah, Dr. Charlene Alexander, Holly Davis, Dr. Theresa Kruczek, and Dr. Sharon Bowman. Congratulations on all your accomplishments, Holly!

Congratulations to our recent graduates!

Spring 2013

- ◆ M.A. in School Counseling — Shannon Doody, Brittanie Mosbaugh, Heather Powell, Brittney Williams, Xiaochun Zhu
- ◆ M.A. in Clinical Mental Health Counseling — Melanie Bruss, Daniel Miller
- ◆ M.A. in Social Psychology — Jeremiah Perkins, Taylor Walrath

Summer 2013

- ◆ M.A. in Clinical Mental Health Counseling — Megan Berry, Carlyn Campbell, Lee Cline, Michael Florczak, Lianne Gann, Brittany Gottschall, Kathryn Hosier, Andrew Korth, Jennifer Lee, Alyse Markancek, Audrey Miller, Aaron Mocherman, Jenny Nordell, Michelle Powell, Lauren Pucci, Jeneice Shaw, Leslie Stephens, Jason Walls, Sarah Young
- ◆ M.A. in School Counseling — Kevin Young
- ◆ M.A. in Rehabilitation Counseling — Nilanka Rurangi Silva Inasi, Patrick Waring
- ◆ Ph.D. in Counseling Psychology — Summer Ibarra, Aimee Prater, Courtney Ryan



2013 APA Convention

This summer marked the 121st Annual Convention of the American Psychological Association (APA), which was held in the breathtakingly beautiful Honolulu, Hawaii! CPSY faculty and students were very busy with a variety of symposiums and presentations (but we hope they had some fun, too!). For a complete list of faculty and student presentations, please see pages 17-18.



Left: Dr. Peters with a multicultural rainbow of helpers; Right (from left to right): M. Duarte, Dr. A. Austin, B. Kahape'a-Tanner, and Dr. K. Crabbe.



The Dean's office of Teachers College and the CPSY department also helped to fund an educational enrichment event, *A Testament to Resiliency and Rainbows*, "highlighting authentic Hawaiian culture from a strengths based perspective, with an intent to inform and celebrate all that is admirable about it. Dr. Wendy Peters, a Native Hawaiian and president of Section 6: Indigenous Women (Division 35), led a small, dedicated committee of volunteers from Divisions 35, 45, and 17 to accomplish this occasion celebrating Hawaiian culture." Current doctoral student and Division 17 Leadership Development Institute Fellow, **Phillip Keck**, was a member of this committee.

"The event was conducted according to traditional Hawaiian protocols and values. It was an evening packed with culturally enriching education and art form. Eminent Native Hawaiians were the featured speakers, including: Mahina Paishon Duarte, the Principal of Halau Ku Mana, a charter school focused on retraditionalization with a curriculum steeped in Hawaiian culture; Bonnie Kahape'a-Tanner, a teacher of Polynesian canoeing and celestial navigation, also at Halau Ku Mana, and mentoring program director for Native youth to help re-affirm their connection to the land and ocean, as well as instilling a sense of caring for Hawaiian traditions; Dr. Aukahi Austin, Executive Director of I Ola Lahui Rural Hawai'i Behavioral Health, which provides culturally-minded, evidence-based behavioral health care that is responsive to the needs of medically underserved and predominantly Native Hawaiian rural communities; and finally, (keynote speaker) Dr. Kamana'opono Crabbe, CEO for the Office of Hawaiian Affairs, who shared some of his experience with traditional healing practices that are being incorporated to help Native men. Following the presentations, guests were served a traditional luau buffet and were entertained by the 2013 Na Hoku Hanohano (Rising Stars) Award Winning band, Na Hoa. A fitting conclusion to a wonderful day's celebration of culture, Halau o ke 'A'ali'i Ku Makani took center stage, dancing the hula, under the moonlit Hawaiian night."

[Information above was taken from a press release by Dr. Wendy Peters. For more information or questions about the event, contact Dr. Peters at wpetersphd@gmail.com].





CPSY Goes Abroad!

Dr. McGovern and Dr. Simon-Dack took a group of 16 students, from the CPSY and Psychological Science departments, to Portugal this past summer for a Cross-Cultural Research Methods in Neuroscience Study Abroad experience. The group spent three weeks at the Neuropsychophysiological Laboratory of the Department of Psychology at the University of Minho in Braga. The students learned about research methodology including neurobiochemistry, fMRI, Event-Related Potentials (ERP), and peripheral measures. Additionally, the students were immersed in Portuguese culture and enjoyed getting to know the city and people of Braga. The trip included excursions to Lisbon (with stops in Estarreja, Conimbraga, and Fatima), Porto, Povia de Varzim, and Guimaraes. Some highlights of the excursions included touring the Castle of St. George in Lisbon, visiting the ruins of an ancient Roman city in Conimbraga, spending an afternoon at the beach in Povia de Varzim, and visiting a museum at the home of Nobel Prize winning Portuguese neuroscientist, Egas Moniz.

Below: (from left to right) CPSY crew (Dr. McGovern & current doctoral students) in Lisbon, Portugal — Erin Davis, Emily Barnum, Dr. McGovern, Lauren Cunningham, and April Krowel.



Below: Group outside the Egas Moniz museum.



Below: the CPSY and Psych Science group enjoy a meal together.



Below: CPSY and Psych Science group in Portugal.





CPSY Goes Abroad!

Since the last newsletter, Dr. Gerstein has been quite busy. As part of two State Department grants, this past summer Dr. Gerstein taught visiting university students from Pakistan and India, and also traveled to Hong Kong to present his research studies. Stay tuned for more news on Dr. Gerstein's travels in the spring!



Above: Dr. Gerstein with Iraqi students.



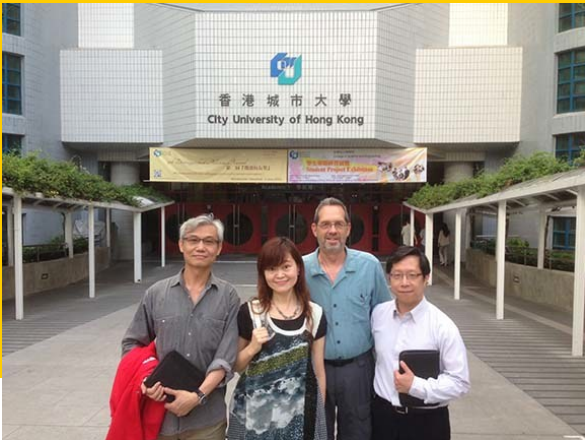
Above: Dr. Gerstein and Dr. Terry King (Provost and Vice President) with Pakistani students.



Above: Dr. Gerstein dines with some students in Hong Kong.



Above: Dr. Gerstein teaches students in Hong Kong.



Left: Dr. Gerstein and his colleagues in Hong Kong.



Faculty News & Awards

Dr. Stef —

- ◆ Received a promotion from associate professor to professor
- ◆ Was elected a Fellow via Division 52, International Psychology, of APA. [Our department has four Fellows — a really big deal!]

Dr. Gerstein —

- ◆ Was awarded, along with his colleagues, a \$222,637 grant for their research: “Sports for Social Change: Tajikistan” by the U.S. State Department Bureau of Educational & Cultural Affairs.

Years of Service Recognition —

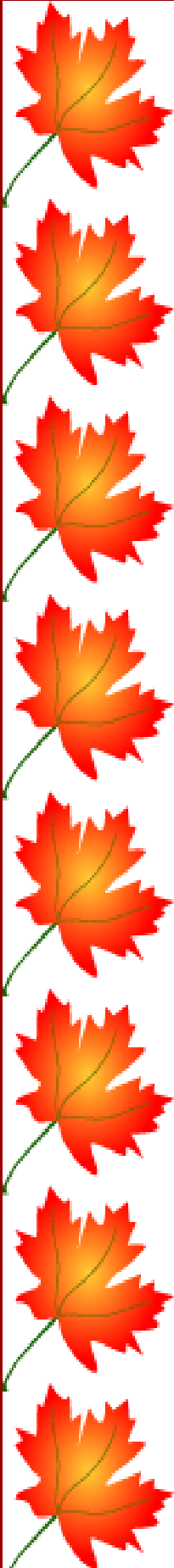
- ◆ Dr. Kruczek and Dr. McGovern were recognized by Ball State for their 15 years of service each.
- ◆ Dr. Nicholas and Dr. Gerstein were recognized by Ball State for their 30 years of service each.

Dr. McGovern —

- ◆ Was named the CPSY Outstanding Faculty Researcher of the Year and the TC Outstanding Faculty Researcher of the Year.
- ◆ Has (along with her co-authors: Dr. Simon-Dack, Dr. Tagler, and Dr. Holtgraves) been awarded a National Science Foundation grant of \$86,321 for their project: “MRI: Acquisition of an ActiveTwo EEG/ERP Acquisition System.”

Dr. Nicholas —

- ◆ Was recently elected to a three-year term serving on the Board of the Council for Clinical Health Psychology Training Programs (CCHPTP). The purpose of the CCHPTP is to promote the advancement of graduate and postgraduate education and training within the field of clinical health psychology. CCHPTP is the training council for health psychology and is affiliated with Division 38, the Health Psychology division of APA.





Student News & Awards

Emily Barnum (current doctoral student) has become CPSY's representative to SAS (Students of Seventeen, the student affiliate group of the Society of Counseling Psychology). Please feel free to contact her with questions or comments at elbarnum@bsu.edu.

Kelly Picard Clougher (recent doctoral graduate) has accepted a position on the counseling center staff at the University of Iowa (where she completed her internship). She defended her dissertation at the end of May 2013. Congratulations, Kelly!

Holly (TenBrink) Davis (recent doctoral graduate) has accepted a position on the counseling center staff at the Ohio State University (she finished her internship at the University of Michigan). She defended her dissertation at the beginning of May 2013. Congratulations, Holly!

Marianne Foust (current master's student) was recently named to the board of the Indiana Association for Play Therapy for the 2013-2014 academic year. Congratulations, Marianne!

Ryan Hess (current doctoral student) recently had an article accepted for publication in the *Journal of Psychology: Interdisciplinary and Applied*. Way to go, Ryan!

Erica Hurley (current doctoral student) and **Elliot Spengler** (current master's student) were each awarded the 2013-2014 Merrell Thomas Marshall Memorial Scholarship from the BSU Office of Institutional Diversity. Congratulations to the both of you!

Matthew Jackson and **Nehad Sandozi** (current doctoral students) received \$1000 student travel awards each from APA's Division 19, Military Psychology. [This was Matthew's second time to receive this award] Congratulations to the both of you!

Tae Sun Kim (current doctoral student) was selected as the APA Division 17 Donald E. Super Fellowship recipient for 2012-2013. The Donald E. Super Fellowship is awarded to support dissertation research on a topic related to career development and is one of the most prestigious given by Division 17. Congratulations, Tae Sun!

Student News & Awards continued

April Krowel (current doctoral student) —

- ◆ Has been granted one of the 2013 National Psychologist Trainee Register Credentialing Scholarships from the National Register. This scholarship will cover the application and registration fees required to become credentialed by the National Register of Health Service Psychologists.
- ◆ Received the Pat Tillman Scholarship. The Tillman Military Scholars program is a very competitive award that supports our nation's active and veteran service members and their spouses by removing financial barriers to completing a degree program of choice. Members of each class of Tillman Military Scholars represent a rich and diverse set of backgrounds, experiences and ambitions, and are selected based on strong leadership potential and a drive to make a positive impact on others through service.
- ◆ Received a \$1000 travel grant from the American Mental Health Counselors Association Foundation (AMHCA) to attend their national conference in Washington, D.C. in July 2013.
- ◆ Was recently appointed to serve as Chairman of the Board of Directors for a new nonprofit organization, Love4Vets, that focuses its energy and efforts to provide resources and assistance to veterans and their families.
- ◆ Is also the new State Advocacy Coordinator for APAGS' (American Psychological Association for Graduate Students) advocacy coordinating team.

Congratulations on all your accomplishments, April!

Kathleen Niegocki (current doctoral student), whose dissertation research project is entitled "College Women's Experiences of Sexual Coercion," received an honorable mention in the competition for the Society for the Psychology of Women (APA Division 35) Hyde Graduate Student Research Grant for Spring 2013. Congratulations, Kathleen!

Emily Mastroianni (current doctoral student) was recently chosen to be the BSU campus representative for the Advocacy Coordinating Team of APAGS (American Psychological Association for Graduate Students). Congratulations, Emily!





Congratulations!



Above: **Ryan Hess** (current doctoral student) got married to Corie Loiselle on May 25, 2013, on the beach in Los Angeles, California. They began their married lives with a wonderful honeymoon to Riviera Maya, Mexico. Corie (Loiselle) Hess also recently began work as a counselor in Muncie at the Center for Psychological Development.



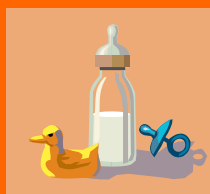
Above: **Sarah (Cameron) Richardson** (current master's student) got married on June 1, 2013, in Greenfield, Indiana. Her husband's name is Matt and is a software programmer for Beck's Hybrids. They honeymooned in Aruba for a week and it was wonderful [according to Sarah]. The happy couple resides in Noblesville, Indiana, with their wonderful new dog, Oakley!



Above: babies Simone Evangeline Keck (born on July 30, 2013) and Isaac Fernelius (born on May 21, 2013) are quickly perfecting their interpersonal skills! They must have inherited them from their parents: **Erica Hurley** and **Philip Keck** (current doctoral students), and Jill and **Scott Fernelius** (current doctoral student).



Above: **Laura Walker** (current doctoral student) gave birth to a baby boy, Søren, on April 16, 2013, weighing 7 lbs., 6 oz., and measuring 21 in. long.



Abby Nethaway (current doctoral student) gave birth to a baby girl, Arya, on February 2, 2013, weighing 9 lbs., 6 oz., and measuring 20.5 in. long.



Above: **Amy (Foor) Chase (M.A., '12)** gave birth to a baby boy on August 14, 2013. Glen Chase Hofmann was 7lbs., 10oz., and 22in. long. He had some difficulties at first and spent a few days in the NICU, but now he is home, healthy, and happy.

Amy also shares: "I am loving my job at Cummins [Behavioral Health Systems]. I love being able to do therapy and use my degree, and working in the school is a lot of fun! I really enjoy doing therapy, but what I really want to do is teach. I am going to work on getting my licensure for now and then maybe focus on applying to some Ph.D. programs in psychology."

Deniz Canel-Çinarbaş (Ph.D., '08) shares, "I am finally a full-time faculty member at the Department of Psychology, Middle East Technical University (Ankara, Turkey). After a year-long process, it all worked out."

Lonnie Duncan (M.A., '92, Ph.D., '96), associate professor at Western Michigan University and co-training director of WMU's Counseling Psychology doctoral program, has been appointed to a vacant seat on the Kalamazoo Public Schools Board of Education.

Michael Florczak (M.A., '13) is a Guidance Consultant at ComPsych in Chicago, Illinois.

Robin M. Lett (Ph.D., '02) reports, "In October 2012, I left my job at the BSU Counseling Center to work at the VA in Muncie, where I provide group and individual [therapy] to veterans. I miss my friends at the Counseling Center but love the meaningful work I do with those who served our country. I also am co-owner/director of a local private practice, Still Waters Professional Counseling LLC, where we have six psychologists and eight therapists who are committed to providing mental health services to the community. More importantly, I have six beautiful grandchildren and three more on the way (one set of twins)!"

Jennifer Lee (M.A., '13) shares, "I was recently hired on at Cummins Behavioral Health Systems, Inc. in Avon, Indiana, as an outpatient therapist. During the interview process my interviewer stated that part of the reason they accepted my application for an outpatient therapist position while unlicensed was due to the positive experience they have had with previous employees graduating from BSU's counseling program, specifically **April Schuster (M.A., '12)**. I was told they are impressed with the program's ability to provide a well-rounded and thorough education/training of mental health professionals. I could not agree more that Ball State is an amazing program and thought you would like the feedback about the program's reputation in Indiana's counseling community!"

Alumni News

April Schuster (M.A., '12) shares: "I recently became engaged (3/2/13) to Ryan Nelson, a Ball State graduate."

Damita Miller (M.A., '11) married her beloved Jason Hartz on February 10, 2013. They reside in Gainesville, Florida, where the new Damita Hartz is a counselor for Meridian Behavioral Health.

Patrick Waring (M.A., '13) recently received a 2014, \$20,000 training grant (it is a sub-grant from a larger grant) from the National Institute of Health (NIH). Patrick proposes to utilize discriminant function analysis to screen for HIV Related Neurocognitive Deficits in Primary Care Settings, relying on an existing database.

Stephen Wright (Ph.D., '08) recently received promotion and tenure at the University of Northern Colorado in Greeley, Colorado.

Elise Carlson (M.A., '04) says, "I recently got a new job at an organization called CHRIS Kids (Atlanta, Georgia). I'll be doing therapy and assessments. I'm super excited!"

Yuge Guo (M.A., '12) says, "I am working at HuaQiao University in Quanzhou, China. I'm also teaching a course on mental health education and planning to open an English version next summer."

Miki Paul (Ph.D., '88) was the keynote speaker at a conference for 150 faith leaders in Tucson, Arizona, in October 2012. Her talk was entitled, "When Love Hurts: A Survivor's Story of Domestic Abuse and Healing." The APA presented her with the highest national award for Distinguished Contributions to Independent Practice in 2004 for her contributions to the field of domestic abuse and violence.

Faculty Interview: Dr. Brooke Wilken, Director, Social Psychology Program

Where is your hometown? Technically, I was born in South Bend, Indiana, but growing up I moved around a lot. I lived in Indiana, Michigan, and California.

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

I double majored as an undergraduate, earning both my B.A. in languages (Spanish, Japanese, and Mandarin) and my B.S. in psychology at the University of California at Riverside. Before attending graduate school, I took four years off in which I worked in a variety of settings. I was employed as the director of a Sylvan Learning Center, a substitute teacher (kindergarten through 12th grades), and a research assistant in a cultural psychology lab at the University of California at Santa Barbara (where I did my own research project). For graduate school, I earned my Ph.D. in social psychology from the University of Wisconsin at Madison.

What led you to social psychology?

As an undergraduate, I talked to my advisor about wanting to attend graduate school in the future, but not really knowing what area of psychology I wanted to study. My advisor recommended that I go home, look through all of my psychology textbooks and notes, circle the concepts and topics that interested me, and see where the majority of them lay. It just so happened that most of what I circled was related to social psychology; I was always very interested in the field and topics, such as the power of the situation (i.e. Milgram's obedience study, the Stanford Prison experiment, etc.). As for cultural psychology, I was always interested in learning about new cultures and languages. I studied Spanish in high school, had the highest grade in my class, and earned the opportunity to live and study abroad for one year in the country of my choice [through an exchange program]. I chose to go to Spain and absolutely loved being immersed in the culture and investigating the cultural differences. Because my interest in cultures and cultural differences continued as an undergraduate, I chose to major in languages. I had to choose three languages to study, and aside from Spanish, I studied Japanese and Mandarin because they both were so different from anything I had learned before. Also while in undergrad, I lived with a Japanese roommate and we had a challenging time communicating with one another due to missing a lot of information between our exchanges and our differing belief systems. I eventually ended up specializing in cultural psychology because it seemed like the perfect way for me to combine my interests in social psychology and culture/cultural differences.

What brought you to Ball State?

Considering my research interests straddle the line between social and clinical/counseling psychology, I found this position [of a social psychology professor within a counseling psychology department] to be very unique. My research interests in Eastern philosophy and emotion also closely matched those of other faculty members in the department, which I hope will result in an opportunity to collaborate.

Please describe your role within the department.

I am an assistant professor and the Director of the Social Psychology Program. In addition to teaching, I will also be mentoring the social psychology graduate students by helping them discover their interests, conduct original research, and prepare them for whatever path they choose after graduation, whether it's an applied position out in the field or going to doctoral school. Another one of my goals while at Ball State is to become somewhat of the specialist in Eastern/Western cultural differences within the department. Coming from a cultural psychology background, I think that I can bring a more anthropological viewpoint to the study of cultural differences and how they affect our emotions.

What are your research and teaching interests?

My passion when it comes to research (and teaching) is emotions; more specifically, the experience and regulation of emotions. During graduate school, I had the fortunate opportunity to live and conduct research in Kyoto, Japan, for four months. While there, some of my colleagues introduced me to zazen meditation, which I really liked. That experience ignited a passion in me and gave me a deeper understanding of how different cultures and religions deal with emotions. This topic frequently plays a role in all of my classes. In particular, I have become interested in how cognitive differences across cultures cause differences in the way people experience and regulate their emotions.

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

Aside from teaching and research, I enjoy running, being outdoors/in nature (e.g. biking, hiking, beautiful scenery), and traveling. My next travel destinations (hopefully) will be: Tibet, Nepal, India, Thailand, Southeast Asia, and returning to Japan.

If you could have one superpower, what would it be?

I would want to be able to heal anyone (mentally, physically, and/or emotionally) just by being with them or thinking about them.

Faculty Interview: Dr. Chris Modica, Lecturer

Where is your hometown? Wheaton, Illinois

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

I earned my B.A. in psychology from Judson University (near Chicago, Illinois) in 2005, and my M.S. in clinical-counseling psychology from Illinois State University (in Normal, Illinois) in 2007. I then earned my Ph.D. in counseling psychology from Ball State University in 2012.

What led you to counseling psychology and academia?

Honestly, I had a bit of difficulty in undergraduate school knowing what I wanted to do with my life. I had a friend who was a psychology major, who really enjoyed it, and so, my senior year I enrolled in a counseling theories class and loved it! I thought it was fascinating that people had studied treatments for mental illnesses. As for academia, I always knew that I wanted to teach and conduct research.

What brought you to Ball State?

Dr. Bowman had a lot to do with my decision; we work together in private practice. I had previously taught as an adjunct and felt this position was the natural next step in my career development. I think this department is a great place! I really appreciate the freedom we have to explore whatever interests us (i.e. research). I also really admire Dr. Spengler; he is such an enthusiastic psychologist and does great work in all three domains of psychology (practice, research, and teaching).

What are your research/teaching interests?

I am generally interested in psychopathology, psychotherapy, DSM diagnoses, and counseling theories/techniques. I would really like to teach (advanced) counseling theories at the graduate level. As for research, my three main interests are: eating disorders, risk and protective factors associated with eating disorders, and MMPI.

What are you hoping to accomplish during your first year at Ball State?

During my time at Ball State, I am hoping to get some research done and get involved with the students. I have a couple of studies that I have been working on that I would like to get published, and I would like to continue working on research. I also really enjoy working with students; it's one of my passions. I enjoy collaborating with them, helping them, and providing them with experiences that will aid them in their careers.

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

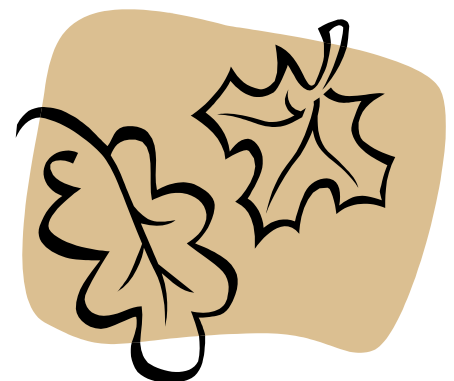
When I'm not teaching, practicing, or doing research, I enjoy exercise (swimming and running), music (playing guitar), and bird watching (in the spring, summer, and fall).

If you could have one superpower, what would it be?

I would love to be able to hold my breath forever and swim really well (like a fish). I definitely would not want the ability to fly because I am afraid of heights.

Favorite Book: anything by J.R.R. Tolkien, especially The Lord of the Rings.

Favorite T.V. Show: Battlestar Gallactica [Dr. Modica is "really into science-fiction"]



Student Interview: Kevin Cannon (M.A., dual — Social Psychology and Clinical Mental Health Counseling)



Where is your hometown? Hudson, New Hampshire (about 45-55 minutes north of Boston).

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

I obtained my B.A. in psychology (Honors degree) from the University of New Hampshire (in Durham, New Hampshire).

What led you to counseling and social psychology?

Taking a counseling course in undergraduate school really opened my eyes to what psychotherapy can do for people. I was also fascinated by the research being conducted on the neurological effects and benefits of psychotherapy. While the University of New Hampshire did not have a clinical psychology program, I found work as a research assistant in the Self and Interpersonal Processes Lab on campus. I worked with Dr. Edward Lemay on several projects and conducted my own thesis research. My experience in Dr. Lemay's research lab established my interest in social psychology and research.

Why did you choose Ball State?

When it came to graduate school, I was really conflicted between solely social psychology and clinical/counseling psychology programs. I found the dual track master's program [in social psychology and clinical mental health counseling] at Ball State to be unique and addressed my interests in both research and clinical practice.

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

My experience as a master's student so far has been great. I really like the faculty members in our department. They are very open, supportive, and always willing to work with students personally and professionally.

What are your research interests?

I have research (and clinical) interests in people with severe mental health disorders. Particularly, I am interested in Borderline Personality Disorder.

What are your future plans and career goals?

Similar to my research and clinical interests, I would like to end up working in a hospital setting with patients presenting with severe disorders. I also would like to end up teaching in my future career.

What are some of your favorite activities and interests?

Outside of school, I enjoy woodworking [Kevin has built his own Monticello-style bookshelf], playing piano [Kevin is self-taught and has been playing for about six years], reading, and working out.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be?

I would love to have dinner with Christopher Hitchens [writer, intellectual] and/or Oscar Wilde.

If you could have one superpower, what would it be?

I would want to be immortal so that I could have more time to learn and "stockpile a bunch of Ph.Ds."

Favorite book: *Money* (by Martin Amis)

Favorite movie: Close tie between *Beginners* and *A Beautiful Mind*

Student Interview: Georgiana Sofletea (Ph.D., Counseling Psychology)

Where is your hometown? I would consider Fagaras, Romania, and New York City, to both be my “hometown.”

Where did you earn your bachelor’s and master’s degrees, and what were your majors?

I earned my B.A. in English from the Ohio State University, where I also minored in biology, Romanian, and creative writing. At the graduate level, I actually earned two master’s degrees in two years, a M.A. and a Ed.M. (master’s of education), in psychological counseling from Columbia University—Teachers College, in New York City.



What first interested you in counseling? After finishing my undergraduate education, I realized that I did not want a career in English, writing, or medicine, but that I was very interested in working with refugee and immigrant populations. While in Columbus, Ohio, I had the opportunity to volunteer with two non-profit organizations, Community for Refugee and Immigration Services (CRIS) and International Neighborhood Coffee Hour (INCH), which served those populations. I helped to teach English, career skills, and adaptation/acclimation mechanisms to people from all over the world; I was fascinated by their strength and ability to adapt to trauma and stress. Being involved in those two organizations made me realize how much I wanted to help people in my future career. Around the same time, I was employed as a coordinator in the emergency room department at the Ohio State University Medical Center, helping to coordinate services for trauma, emergent, and psychiatric patients. Because I was an OSU employee, I took classes for free. It was during my psychology courses that I realized I could utilize counseling psychology as a means of providing psycho-education, counseling, support, and advocacy to diverse populations.

Why did you choose Ball State? Short answer: Dr. Sharon Bowman. Long answer: While presenting at the 2011 APA conference, I had the pleasure of attending one of Dr. Bowman’s symposiums on disaster and trauma mental health, in which I also have an interest. Afterward, I met and spoke briefly with Dr. Bowman about her presentation and research. Over the next year, I maintained contact with Dr. Bowman and we met again at the following APA conference. Dr. Bowman was kind enough to invite me to the Ball State dinner at the 2012 APA conference and I had the opportunity to meet and speak with other CPSY faculty members and current students. I was most attracted to the multidisciplinary nature of the department. I love that there are different people each working on different areas that they are passionate about, such as: disaster and trauma mental health, international psychology, social justice, and multicultural psychology. This cemented my interest in the BSU counseling psychology department and the fact that it was a good match for my educational aspirations.

What do you think of your experience at Ball State as a doctoral student so far? Coming to Ball State for doctoral school has been challenging and a big adjustment for me. I am continually learning about small town life, culture, and ethics. I started working in the CPSY Practicum Clinic during the summer so that has helped me to adapt to Muncie, Ball State, classes, and working with clients from a small town. I am looking forward to working with the diverse populations of Muncie and surrounding areas.

What are your research interests? In broad terms, I am interested in minority issues, social justice, multiculturalism, refugee and immigrant populations, and disaster/trauma mental health. More specifically, I am interested in identity negotiation in the face of stigma and discrimination, issues regarding victims of (sex) trafficking, raising psycho-educational awareness of (sex) trafficking, practicing psychology in an international context, and developing support groups for disabled individuals [Georgiana has all ready begun establishing support groups with some of her colleagues]. Recently, I just joined the STOP—Sexual Assault, Trauma, and Violence Prevention Outreach Team at the BSU Counseling Center (in Lucina Hall). I feel it is of the utmost importance to connect education, scholarship, and research with outreach and social advocacy in order to help the populations it is intended to serve and more importantly, to give back to the community.

What are your future plans and career goals? My dream job would be to work for the United Nations in a mental health capacity, whether it may be with trafficking victims or victims of violence, mass trauma, and/or disaster populations. Additionally, I would like to work for a non-profit organization that deals with at-risk populations and cultural minorities.

What are some of your favorite activities and interests? I love anything that involves music and dancing, I love to dance, especially Latin dancing! I also enjoy live music and the arts. During the warmer months, I enjoy spending time outdoors—hiking, camping, and exploring nature.

If you could have dinner with one person (dead or alive, fictional or nonfictional), who would it be? I would love to have dinner with Mother Theresa. I would like to know how she managed to overcome all of the political and social boundaries and just simply provide help and advocacy to those in need.

If you could have one superpower, what would it be? I would like to be able to speak all the languages of the world!

Recent Publications

Hess, R. (2013). Smoking on school property as a risk factor for substance use among adolescent smokers. *Journal of Psychology: Interdisciplinary and Applied*.

Recent Presentations

Adams, D. F., Davis, E. M., Goncalves, O., Hess, R. A., Howell, D., Lefdahl-Davis, E., McConnell, J., Oliveira-Silva, P., Perrone-McGovern, K. M., & Simon-Dack, S. (2013, August). *Psychological and physiological correlates of romantic relationship satisfaction*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.

Ægisdóttir, S., Gerstein, L. H., Holland, K., & Hurley, E. J. (2013, August). *Looking inward: International competencies, psychological services, and Asian international students*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.

Armstrong, A., Hawley, C., Keck, P. S., & Kim, T. S. (2013, August). *Positive trait assessment of rehabilitation clients*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Division 22, Honolulu, Hawaii.

Blom, L. C. & Gerstein, L. H. (2013, August). *Sport for peace programs with U.S. and international youth and adults, sport for peace and development outreach programs: Assessing effectiveness, and teaching conflict resolution skills through sport and physical activities*. Symposium accepted for the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.

Button, C., Gregerson, M., Jackson, M., Rasmussen, W., & Walton, H. (2013, August). *Military, veterans, and their families*. Symposium accepted at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.

Crehan, B. & Adams, H. L. (2013, May). *Chronic illness complexities of exploring succumbing, resiliency, and thriving in different life domains*. Paper presented at the International Congress of Qualitative Inquiry, Champaign, Illinois.

Crehan, B. & Adams, H. L. (2013, May). *Exploring visual representation of data*. Paper presented at the International Congress of Qualitative Inquiry, Champaign, Illinois.

Fernelius, S. A., Jackson, M., Krowel, A., Sandozi, N., & Young, L. M. (2013, August). *Counseling students' perspectives on military special interests: Current and future trends*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Division 19, Honolulu, Hawaii.



Recent Presentations continued

- Gerstein, L. H.** (2013, August). *Promotion and prevention in counseling psychology* — Andy Horne's Presidential Initiative. Symposium accepted for the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Gerstein, L. H. & Hutchinson, A. N.** (2013, August). *Social justice approach to international work in supervision*. Symposium accepted for the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Gerstein, L. H., Lester, E., & Nicholas, D.** (2013, August). *Disparities in predicting adherence to post-bariatric nutrition guidelines*. Symposium accepted for the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Gerstein, L. H. & Singh, A. A.** (2013, August). *Promotion of nonviolence — a critical role for counseling psychologists*. Symposium accepted for the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Gerstein, L. H. & Singh, A. A.** (2013, August). *Promotion of nonviolence and counseling psychology*. Symposium accepted for the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Jackson, M., Krowel, A., Moravec, M., & Swanson, M.** (2013, August). *Counseling challenges providing mental healthcare to the military, veterans, and their families*. Symposium accepted at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Jackson, M. & Sandozi, N.** (2013, August). *Exploring mild cognitive impairments in the veteran population*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu Hawaii.
- Jackson, M. & Sandozi, N.** (2013, August). *Help-seeking intentions in ROTC students: An intervention*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Krowel, A. & Young, L. M.** (2013, August). *Military culture: A viable faction of the multicultural umbrella*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Kruczek, T. A. & Kwon, H.** (2013, August). *Effects of accepting self and partner's behavior in young adult dating*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Kwon, H., Kruczek, T. A., Prater, A. R., & Young, L. M.** (2013, August). *Counseling interventions, strategies, and treatment*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Kwon, H., Kruczek, T. A., Prater, A. R., & Young, L. M.** (2013, August). *Mental health and well-being*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Kwon, H., Kruczek, T. A., Prater, A. R., & Young, L. M.** (2013, August). *Resiliency, assessment, and treatment of trauma*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Oliveira-Silva, P., **Perrone-McGovern, K. M.**, & Simon-Dack, S. (2013, August). *Role of conflict resolution and empathy in relationship satisfaction*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Perrone-McGovern, K. M.**, Stocker, D., & Zanardelli, G. (2013, August). *Career transition needs of women veterans*. Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.
- Perrone-McGovern, K. M. & VanNatter, A. B.** (2013, August). *Do generational status and financial stress influence students' efficacy?* Poster accepted for presentation at the 121st Annual Convention of the American Psychological Association, Honolulu, Hawaii.

Fall 2013 Calendar Information

November 27-December 1 — Thanksgiving Break, no classes

December 9 — Last meeting day for regular classes

December 10-13 — Final Examination Period

December 13 — Fall Semester ends

December 15-January 5 — Semester Break

January 6 — Spring Semester begins



Attention: Graduating Master's Students!

You must apply for graduation at the Graduate School by the deadline in the semester you intend to graduate. Please see the Graduate School's website at www.bsu.edu/gradschool for forms and more information.

Fall 2013:

November 13 — Deadline to submit research papers, creative projects, theses, & dissertations

December 14 — Commencement

Spring 2014:

February 3 — Upcoming graduation application deadline



International Visitors say THANK YOU!

As some of you will recall, last spring we welcomed two visitors to our department. Dr. Enver Sari, Chairman of the Department of Educational Science at Giresun University in Turkey, came to campus from March through June 2013. He was interested in studying our school counseling program with the plan to develop a school counseling program at his campus. Dr. Sari attended various CPSY classes, visited the school counseling practicum and internship sites, and attended some English language classes. He reports that he enjoyed his time in Muncie and Indiana, felt welcomed across the board, and learned a lot about our training model. He went home with many ideas to implement on his campus. He did miss his family (wife, Huri, and teenage son, Toktamiş) though!

Our other visitor, who was here from March through August 2013, was Gumporn Suwannachim (or Will, as he is known). Will is the Chair of the Department of International Business at Rajamangala University of Technology Phra Nakhon (RUMTP) in Thailand. He came to BSU as a Fulbright Junior Scholar, however, to work on his dissertation in counseling psychology from Assumption University, also in Thailand. His research compared Thai and U.S. students' stress levels and coping strategies regarding careers when the economy is unstable. He conducted 12 structured interviews in three days, and our own **Ali Hiron** spent time this summer transcribing his data. Will learned about American approaches to food, finance, and education; he also traveled (via Greyhound!) from one end of the country to the other to speak on other campuses or visit friends. He even attended BSU's first football game of the season! He also ended up in Boston right after the marathon bombing, and was on lockdown during the final day of the manhunt for the suspects. He, too, went home with many stories about his visit to Muncie, and about the wonders of our country in general.

Thank you to everyone who helped in making our visitors feel welcome!

Upcoming Workshops & Conferences

Indiana School Counselors Association

Fall Conference
November 1-2, 2013
Marriot East Hotel
Indianapolis, Indiana

Indiana Psychological Association

Annual Fall Conference
November 8-9, 2013
Marten House Hotel and Lilly Conference Center
Indianapolis, Indiana

Diagnosis in the DSM-5 and Beyond

November 15, 2013
Murray State University
Murray, Kentucky

The National Conference on LGBT Equality: Creating Change

January 29-February 2, 2014
Hilton of the Americas
Houston, Texas

2014 National Association for Women in Psychology Conference

The Personal is Political: The Lived Experience of Disability
March 6-9, 2014
Columbus, Ohio

2014 Counseling Psychology Conference

Counseling Psychology in Action: Future Opportunities and Challenges
March 13-16, 2014
Hilton Atlanta Hotel
Atlanta, Georgia
[Dr. Bowman's conference!]

Indiana Counseling Association

Annual Conference
March 21, 2014
Grace College
Winona Lake, Indiana

American Counseling Association

2014 Annual Conference and Exposition
March 27-30, 2014
Honolulu, Hawaii

Keep in Touch!

We are always very curious about what our current students and alumni are up to, so keep those announcements coming! The Keep in Touch Form is now online at www.bsu.edu/counselingpsychology.

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



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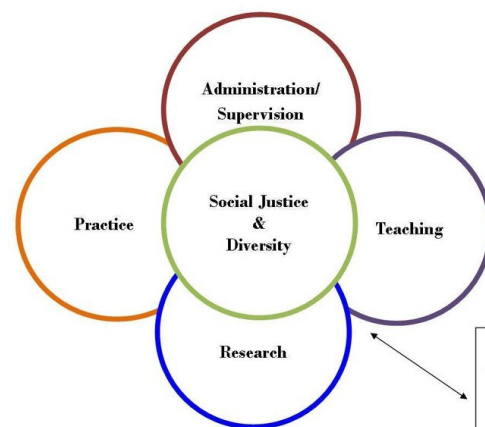
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