



UNC
UNIVERSITY OF NORTHERN COLORADO

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COUNSELING PSYCHOLOGY DOCTORAL PROGRAM FALL 2017 NEWSLETTER

Since the last newsletter, Spring 2017, many things have happened in this nation. Many people have been impacted by natural disasters, shootings, and other tragedies. Many of them are still being impacted by the events that happened recently. Some of our graduates have volunteered to assist with recovery and also one of our retired faculty members. Our hearts and thoughts go to those who have been impacted. It is events like these that remind us that we are connected and the importance of community.

In regard to our program congratulations to our graduates and best with their postdoctoral journey.

Our students on internship are doing fine work. Those who are on external practica are offering their services to the community while learning valuable skills.

This past fall we welcomed our largest cohort of 12 students. They have brought good energy and vitality to our program.

Many of our students presented their research work at APA this past summer and the tradition of collaboration between students and faculty in research has continued.

Best wishes to those students who had weddings this past summer and shared their pictures with us.

We appreciate the updates and pictures from our alumni, pictures of weddings and babies. It is a happy time to see our graduates going forward with their lives both personally and professionally.

Last but not least, we are delighted to welcome out new faculty member Dr. Ken Parnell who brings new energy and ideas to our program.

Dr. Wright, the Training Director, in addition to everything else is very focused on pre-accreditation tasks.

Please continue to send Christy JersinWoods or myself any of your news and accomplishments.

Lia Softas-Nall Ph.D. Professor
Counseling Psychology

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Bringing
education
to life.

UNIVERSITY of
NORTH COLORADO

Congratulations 2017 Summer Defense and Summer Graduate!



Liesel Christoe-Frazier

Dissertation: The effects of interrelated goals, anxiety, and mindfulness on somatic symptoms
Committee: Dr. Rings, Dr. Johnson, Dr. Helm, Dr. Larkins

Current Position: Liesel is currently working at MindSights Psychological Testing and Assessment Services in Portland, Oregon, specializing in child assessment as a postdoctoral fellow.

Congratulations 2017 Summer Graduates!

Caroline Hicks

Dissertation: The impacts of sexual minority stress on degree of perceived burdensomeness, thwarted belongingness, and suicidal ideation
Committee: Dr. Rings, Dr. Softas-Nall, Dr. Cardona, Dr. Moore.

Current Position: Caroline is currently at Virginia Tech for a 1-year appointed full-time staff position at their counseling center.

Summer 2017 Graduates Continued

Barry Motter

Dissertation: “Love is gender blind”: The lived experiences of transgender couples who navigate one partner’s gender transition

Committee: Dr. Softas-Nall, Dr. Rings, Dr. Cardona, Dr. Moore.

Current Position: Barry recently relocated to Seattle, Washington.

Sarah Breseke

Dissertation: The experience of parents and adolescents with the medical care for the condition of cleft lip and palate: A phenomenological study

Committee: Dr. Softas-Nall, Dr. Athanasiou, Dr. Rings, Dr. Clukey.

Current Position: Sarah is currently working at a private practice and is also working at La Luna in Fort Collins, CO.

Julie Barritt

Dissertation: The effects of self-compassion and shame on the relationship between perfectionism and depression

Committee: Dr. Softas-Nall, Dr. Wright, Dr. Helm, Dr. Dunn.

Current Position: Julie is currently working at the North Florida/South Georgia Veteran Affairs Medical Center as a geropsychology postdoctoral fellow.





Liesel ringing the bell after
her dissertation defense

CONGRATS AGAIN!



From left to right: Dr. Barry Motter,
Dr. Jeff Rings, Dr. Caroline Hicks, Dr.
Julie Barritt, Dr. Brian Johnson, Dr.
Basilia Softas-Nall, Dr. Liesel Christoe-
Frazier, Dr. Sarah Breseke



Congrats again to our Students on Internship

*It was a 100% match rate. Students matched with sites that are all
APA Accredited.*

Sarah Hofmann
UC Davis Medical Center –
CAARE Center,
Sacramento, CA

Rachel Haug
University of North Dakota
Counseling Center,
Grand Forks, ND

Nicole Justice
Fargo VA Health Care System,
Fargo, ND

Chloe Hinton
Colorado State University
Counseling Center,
Fort Collins, CO



External Practicum Placement

Below is a list of students enrolled in external practicum (Fall 2016-Spring 2017) and the sites at which they are placed.

Megan Martinez
University of Northern Colorado
Counseling Center
Greeley, CO

Abigail Kimm
University of Northern Colorado
Counseling Center
Greeley, CO

Austin Hamilton
Colorado State University Health Network
Day Program
Fort Collins, CO

Jennifer Geiman
Colorado State University Health
Network
Fort Collins, CO

Jeffrey Paul
Regis University
Counseling Center
Denver, CO

Christy Jersin Woods
Platte Valley Youth Services Center
Greeley, CO

Deon Hall
Denver Veteran Affairs (VA)
Denver, CO

Sarah Zwetzig
Kaiser Permanente
Greeley, CO

Kaitlin Ohde
Emerge Professionals
Denver, CO



WELCOME NEW CP 2017 DOC STUDENTS

Name: **Nathan Landers**

Degree: BA

Fun fact: My mom banned me from calling RadioDisney when I was 8 because I went over the allotted 100 calls in a 24-hour period.

Name: **Hunter Montoya**

Degree: BA

Fun Fact: I delivered flowers for 10 years and pizza for 3, and I'm a single father of a long haired wiener dog named Chewbacca.

Name: **Erin McEvoy**

Degree: MA

Fun Fact: The combination of red hair and blue eyes is the rarest in the world. It occurs in less than 1% of the human population. I'm basically a unicorn of human beings.

Name: **Nathaniel Burrow**

Degree: MA

Fun Fact: I have lived in 6 other states.

Name: **Johni Mitchell**

Degree: MA

Fun fact: My favorite board game is Settlers of Catan.

Name: **Tiana Johnson**

Degree: BA

Fun Fact: I actually prefer Taco Bell over Chipotle and Qdoba...controversial, I know.

Name: **Emili Pickenpaugh**

Degree: MA

Fun fact: I have swum in Loch Ness.

Name: **Adam Zhao**

Degree: BA

Fun fact: I'm really into singing Lorde in the car with the windows down while making uncomfortably prolonged eye contact with others at red lights.

Name: **Sydney Cople**

Degree: MA

Fun fact: I was a second degree black belt in Tae Kwon Do.

Name: **Jordan Martell**

Degree: BA

Fun fact: I could have coffee and Reese's peanut butter cups for every meal.

Name: **Mackenzie May**

Degree: MA

Fun Fact: I love live music and I try to go to as many concerts as I can!

Name: **Kady Barthelemy**

Degree: BA

Fun Fact: Since moving to UNC five years ago, I have seen campus underground all the way up to 17 stories high.



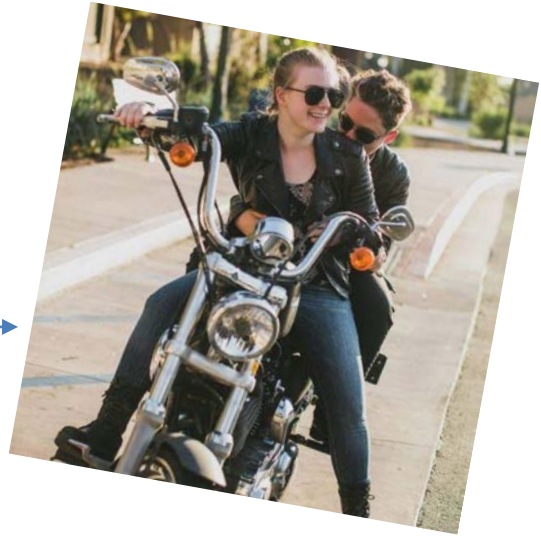
Fall 2017 Entering Cohort

Left to Right: Mackenzie, Sydney, Nathan, Tiana, Hunter, Nathaniel, Jordan, Emili, Kady, Erin, Johni, and Adam

- Cohen, M. L. (PhD 2016), & Wright, S. L.** (2017, August) Adolescents' Experience of Happiness Within the Family: Bridging Multiple Perspectives. *Poster presented at American Psychological Association annual convention*. Washington, DC.
- Hofmann, S.A.** (2017). Ethical treatment of psychologists. *Child & Youth Services*. <http://dx.doi.org/10.1080/0145935X.2017.1297703>
- Hofmann, S. A., Eberle, K. M., Swanson, N. M., Paul, J. A., & Steeves, T. M.** (2017, August). Gender, ethnicity, and response to treatment: An empirical look at a Rocky Mountain region training clinic. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Jersin Woods, C. & Larsen, A. D.** (2017, August). Therapist Comfort Talking about Sexual Issues: Implications and Future Directions. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Jersin Woods, C., Larsen, A. D., Martinez, M., & Zwetzig, S. E.** (2017, August). A Qualitative Exploration of Barriers for Clinicians-in-Training in Discussing Client Sexual Issues. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Kimm, A. & Wright, S.** (2017, August). Synthesizing training competences: A conceptual framework. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Northart, D. (PhD 2014), Johnson, B. D., Turner, S., Paul, J. Larsen, A., & King, C.** (2017, August). Forgiveness as a mediating variable between attachment style and adult love relationships. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Nyline, B. (PhD 2016), Softas-Nall, B., Peterson, E., Peake, M. & Jersin Woods, C.** (2017, August). Facial Emotion Recognition Issues in Male Domestic Violence Offenders. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Parnell, K.J., Scheel, M.J., Klentz-Davis, C., & Black, W.W.** (In Press). An investigation of couples' help-seeking: A multiple case study. *Contemporary Family Therapy*.
- Paul, J. A., Kimm, A., & Ohde, K.** (2017, August). "Soul-searching": Religious and spiritual experiences of LGBQ Christians. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Pote, S. (PhD 2016), Wright, S., Lyon, A.** (2017, August). Evaluating anticipatory grief as a moderator of life and marital satisfaction for spousal caregivers. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Sones, J. R. (PhD 2016), King, C. K., Turner, S. J., Martinez, M. N., Johnson, B. D.** (2017, August). Exploration of intergenerational ambivalence, parenting practices, and the impact on grandparenthood dimensions. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Tian, L. & Heppner, P.P.** (In press). Development and validation of proactive coping inventory among Chinese college students. *International Perspective in Psychology: Research, Practice, Consultation*.
- Turner, S. & Wright, S.** (2017, August). Nature Connectedness and Well-being: A meta-analysis. *Poster Presented at American Psychological Association annual convention*. Washington, D.C.
- Wright, S. L., Firsick, D. M (PhD 2015), Kacmarski, J. A. (PhD 2016), & Jenkins-Guarnieri, M. A. (PhD 2014)** (2017). Effects of attachment on coping efficacy, career decision self-efficacy, and life satisfaction. *Journal of Counseling & Development*, 95, 445-456. doi:10.1002/jcad.12159
- Wright, S. L.** (2017). Attachment and self-efficacy of career search activities: A structural model. *The Career Development Quarterly*, 65, 98-112. doi:10.1002/cdq.12085
- STUDENT TRAVEL AWARDS**
- Christy Jersin Woods** received a Graduate Student Association Research Grant for \$600.
- Amanda Larsen** received a Graduate Student Association Research Grant for \$600.

Current Student Congratulations!

Congrats to Jenn Geiman who was married to her partner Ann in July!



Congrats to Sydney Cople who was married to her partner Treslie in August!

Congrats to Kiersten Eberle who was married to her partner Joe in September!



Welcome Dr. Ken Parnell!

Get to know our newest faculty member below

Dr. Ken Parnell is our newest Counseling Psychology faculty. Originally from Cupertino, CA, Dr. Parnell received his PhD in Counseling Psychology (APA accredited) from the University of Nebraska and he previously taught at the University of Kentucky. Dr. Parnell has specialized in couple therapy, assessment, and training issues. His primary research interests are in the areas of help-seeking, intimate relationships, and psychotherapy process and outcome research. He has lived in California, Colorado, Utah, Michigan, Maryland, Nebraska, Arizona, and Kentucky.



BA in Psychology, Brigham Young University

MA in Couples and Family Therapy, University of Maryland – College Park

Predoctoral Internship, Arizona State University Counseling Center

PhD in Counseling Psychology, University of Nebraska – Lincoln

In an interview, Dr. Parnell shared what led him to pursue counseling psychology. He stated, “Like most of us I’m interested in people—what they think and feel, why they do what they do. In college I studied history and psychology and decided to pursue psychology in grad school because I felt the desire to serve others, and because I thought there would be more employment options. I chose Counseling Psychology because of the systemic, strengths-based approach.”

While his graduate training and previous teaching experiences offered him the opportunity to travel throughout the United States, he always imagined he would return to Colorado to raise his family. The opportunity arose for him to return to Colorado, when our program began to search for a new faculty member. Dr. Parnell stated the program attracted him because it is, “strong; with clear organization, college support, good leadership, engaged students and staff, and a training clinic. In my (Dr. Parnell’s) experience, it is rare to find all of these in one place.” While at UNC, he has taught Sexuality Counseling over the summer and is currently teaching Diagnosis and Treatment Planning, Practicum in Individual Counseling, and Advanced Methods in Couple and Family Therapy at the Denver campus. In the Spring he plans to teach Practicum in Individual Counseling and Cognitive Assessment.

Dr. Parnell’s Favorites:

Book – “This is an impossible question. Depends on the day. I’m a big fantasy/Sci Fi nerd. Pierce Brown, Megan Whalen Turner, Patricia McKillip, Robert Jordan, Ursula Le Guin, Brandon Sanderson, J.K. Rowlings, Tolkien, Jim Butcher. I also love history books. Just finished a great book on the Wright Bros and now enjoying one on Sam Houston called The Raven.”

Movie – “Again, impossible question... Stranger Than Fiction, Midnight in Paris, Star Wars, Butch Cassidy and the Sundance Kid, E.T., Bill Murray movies, Harry Potter, The Sandlot, Fiddler on the Roof...”

TV Show – “I give up...”

WELCOME DR. PARNELL!

Campus Connections

Campus Connections is a therapeutic mentorship program that pairs UNC students with local community youth ages 11 through 18 years old. The program is aimed at providing social skill development, academic support, and career and academic planning for youth in Weld County. Campus Connections meets once per week as a course for undergraduate and graduate students who receive training in topics related to the issues facing the youth of the local Greeley community. Additionally, students are taught skills for working with youth, families, and utilizing community resources. After a few weeks of training, each mentor in the program is matched to a youth for a semester so that they may work together on developing and working toward goals for the youth.

A typical night of Campus Connections entails continued training for the mentors, followed by greeting the youth and touring different buildings on the UNC campus to provide exposure to university life. Youth and mentor pairs then work on academic and career goals, such as completing homework, exploring career options, or reading books checked out from the Campus Connections library. Next, mentor and youth pairs eat dinner with their Campus Connection “family,” which is composed of a small group of other mentor-youth pairs. All food is provided by the Weld County food bank, which serves as a major resource providing hot meals to all of the youth in the program. After dinner, the youth choose two activities to engage in for the night. Activities are run by the mentors, with the help of their youth, and can include anything from karaoke to baking, to kickball, to Jeopardy. After engaging in activities, the night ends and mentors regroup to process events of the day and acknowledge the accomplishments that occurred that day.

The mentor experience in Campus Connections is unique, as it involves students connecting with one another as well as with youth and other community members. Mentors have the ability to interact with students from a wide array of academic programs, including undergraduate psychology, criminal justice, graduate psychology and counseling degree programs. Many students utilize Campus Connections as an opportunity to gain experience working with youth, connecting with the local community, and gaining further exposure to social justice issues. Mentors have also used their experiences in the program to help them specify their own career and academic interests.

For those who are interested in more information about Campus Connections or would like to get involved, please feel free to email Dr. Brian Johnson.



Counseling Psychology Student Organization (CPSO)

Greetings CP faculty and students! It has been a pleasure to get to know everyone at the various events this Fall, and we hope this semester is off to a positive start! Also, thank you to everyone who voted in the election for the new CPSO Vice President. We have officially welcomed Natalie Sachs to the CPSO board as our Vice President.

CPSO is planning even more exciting events for this semester, including comps and external practicum meetings, with “after-parties” for socializing. We are in the process of organizing future events related to specialized training/speakers to support the professional development of our students. Please email any ideas or topics you would like for us to research to Susannah Turner (turn2473@bears.unco.edu) or Natalie Sachs (sach6591@bears.unco.edu).

If anyone is interested in learning more about CPSO, please feel free to reach out to a board member with any questions/concerns you may have, or stop by a meeting and see what it is all about! Meetings are open to ALL CP students and are generally held every other Tuesday at 5pm in room 282. Please reach out to a CPSO board member to see when our next meeting is. We hope to see you there!

President: *Susannah Turner*; **Vice-President:** *Natalie Sachs*;
Secretary: *Sarah Zwetzig*; **Social Chair:** *Callie King*;
Treasurer: *Austin Hamilton*



Psych Services Clinic (PSC) Update



Psychological Services Clinic at UNC
serving the Greeley community for over 50 years

Clinic Staff for Fall 2017:

Clinic Director: Dr. Brian Johnson

Assistant Clinic Director: Kiersten Eberle

Clinic Technology Graduate Assistant: Abigail Kimm

APCE 793 Staff: Jennifer Geiman, Yuge Guo, Deon Hall, Austin Hamilton, Christy Jersin Woods, Abigail Kimm, Callie King, Natalie Sachs, and Susannah Turner

****This semester, there are 11 practicum courses and over 75 clinicians enrolled!****

The clinic has reached over 1,100 students and community members through outreach and psychoeducation presentations.

New this semester in the clinic:

- The clinic is currently working on marketing changes, including creating a new and unique PSC logo.
- Over the summer, the clinic moved to motion-activated recording in clinic rooms, adapted wording in paperwork to improve inclusivity, updated the clinic website (a huge thank you to Diane Knight!), and data collection in Titanium to track demographic information more easily.

Clinic Data Reports from Spring 2017

During the spring semester of 2017, the Psychological Services Clinic (PSC) at the University of Northern Colorado (UNC) provided services for a total of 144 clients and conducted approximately 825 sessions (individual counseling, child/adolescent counseling, play therapy, couples/family therapy, group counseling and psychological assessments). Below is a summary of information pertinent to our services at the PSC.

UNC Students and Northern Colorado Community Members:

- 39% were community members/non-UNC students
- 61% were UNC students

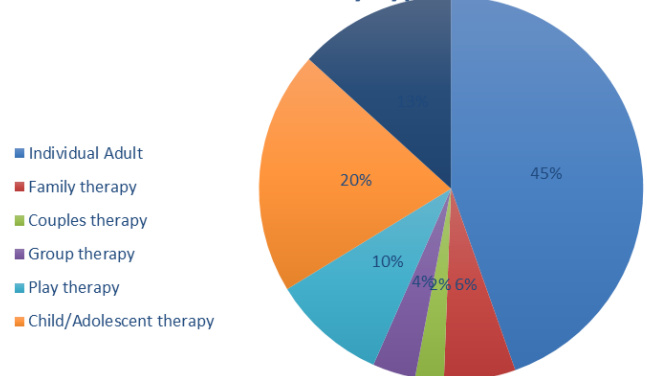
Gender Identification:

- 44% identified as men
- 46% identified as women
- 6% identified as trans, genderfluid, or another gender category

Sexual Orientation:

- 58% identified as heterosexual
- 42% identified as gay, lesbian, bisexual, pansexual, asexual, or another identity

Sessions By Type

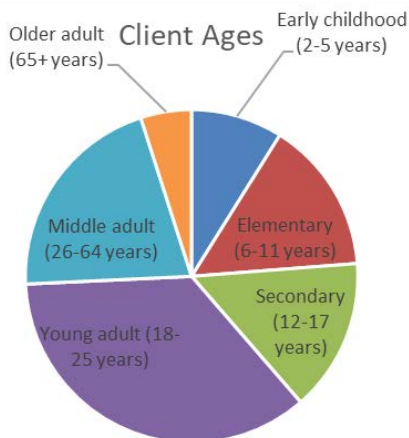


Client Ethnicity:

- 44% Caucasian/European Origin
- 25% Hispanic/Latino
- 7% Multiracial
- 8% African American
- 7% Asian American
- 4% American Indian

Referral Sources

- 19% Personal
- 28% School
- 6% Presentation
- 5% Website
- 7% Community Agency
- 7% Physician



Alumni Updates and Congrats!

Dr. Chaitra Wirta-Leiker (PsyD 2011) is part of a group practice specializing in adoption-related services located in Littleton, CO. See a recent interview with her that was featured in the APA Monitor
<http://www.apa.org/monitor/2017/05/building-families.aspx>

Dr. Geri Tien (PhD 2014) is working at the Asian Pacific Development Center in Aurora Colorado, teaching at UNC as an adjunct professor, and has a small practice specialized in couple's therapy and supervision. She and her partner, Justin welcomed a baby girl, Tyvin in July. See pictured below. Congrats!

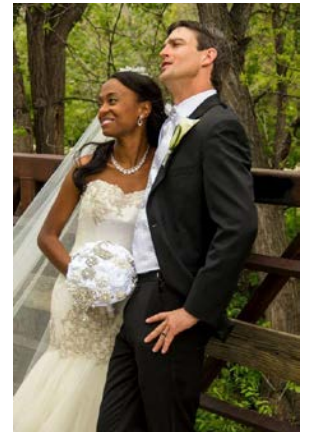


Dr. Blair Nylind (PhD 2016) was married in September! Congrats! (we hope for pictures soon)



Dr. Annette Peters (PhD 2015) and her partner, Ben recently welcomed a baby girl, Claire. See pictured to the left. Congrats!

Dr. Meagan Walters (PhD 2014) was married! Congrats!
 Pictured to the right. She is licensed in CA and works as a Staff Psychologist at Stanford University providing supervision to post-doctoral fellows and is teaching with the Stanford School of Medicine. Next January she will start her private practice in Palo Alto.



Dr. Jeff Roche (PhD 2014) was licensed in WI and works as the group/career coordinator at Marquette University's Counseling Center. He and his partner, Jennifer also welcomed a baby girl, Iris. Congrats! Pictured below.



Alumni Updates and Congrats!

Dr. Steven Pote (PhD 2014) passed the EPPP in April, finished his postdoc in geropsychology in August and started his current job as a pain psychologist at the Boise VAMC the very same month, and is now a fully licensed psychologist.

See below for a recent photo of **Dr. Michael Jenkins (PhD 2014)** and his family.



Dr. Melissa Horne and Dr. Aaron Wallis (PhD 2014) opened a new branch of the Metis Center for Psychological Services in Durango, CO. Melissa is now licensed in Utah and Colorado. Aaron is facilitating a large team at Open Sky Wilderness in Boulder, CO.

Dr. Denise Lucia (PhD) and her husband Joseph welcomed a baby, Dominic James Lucia. Denise is currently working as a health psychologist for the department of defense at Peterson Air Force Base in Colorado Springs, CO. See below for a photo of their family.



Dr. Dylan Firsick (PhD 2014) is now a Staff Sport Psychologist and Clinical Assistant Professor of Psychiatry and Behavior Sciences at Keck School of Medicine at University of Southern California. He recently passed the CPLEE and received his CA license at the end of July.

Dr. Riley McGrath (PsyD) recently started a new position as the Director of Counseling Services at the University of Wisconsin Eau Claire.

<https://www.uwec.edu/news/counseling-services/riley-mcgrath-named-director-of-uw-eau-claire-counseling-services-2481/>

Dr. Michael LeBlond (PhD 2014) is practicing independently with two agencies in Sarasota, Florida and is running a website called <http://www.webpsychology.com/> which is a self-paced, evidence-based computer-cognitive behavioral therapy for individuals with depression.

FALL 2017 COUNSELING PSYCHOLOGY POTLUCK



Callie King and Natalie Sachs



Sydney Cople, Susannah Turner and other CP students and their partners



David Gretz and Sarah Zwetzig



The CP Faculty (minus Dr. Rings who is on sabbatical leave) from left to right: Dr. Softas-Nall, Dr. Tian, Dr. Johnson, Dr. Wright, and Dr. Parnell

Thank you to everyone who helped organize and came to our annual Fall picnic!



If you have any information you would like to include in the newsletter please contact Dr. Lia Softas (basilia.softas-nall@unco.edu) and/or Christy Jersin Woods (jers2805@bears.unco.edu)

Many thanks to Christy and to Dr. Softas for putting the newsletter together!

Counseling Psychology Doctoral Program

For more information visit: <http://www.unco.edu/cebs/counspych/index.html>.

For more information regarding program accreditation, contact the APA's Office of Program Consultation and Accreditation, 750 1st Street NE, Washington, DC 20002-4242 or at (202) 336-5979 or at www.apa.org/ed/accreditation/.

