



**PsyD Counseling
Psychology Program
Springfield College**

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DATES TO REMEMBER

November 30

Fall Town Hall Colloquium
@East Campus Pueblos

January 18

Soup with Substance:
Dr. Martell

April 12

Spring Town Hall Colloquium
@Townhouse

**Special Thanks to Our
Contributors!**

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Message from the Director of Counseling Psychology PsyD Program, Dr. Sally Hage, Ph.D.

Dear PsyD Community,

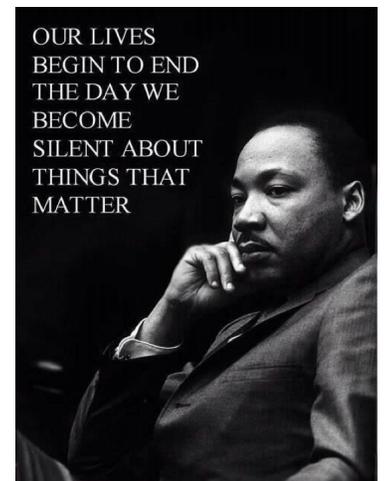
I want to welcome you to our Fall 2017 newsletter! Many thanks to the dedicated team of PsyD fellows who wrote and edited this fall edition. Their ongoing service is greatly appreciated! In these brisk days of early winter and in the midst of this busy end of the academic season, I invite you to pause for a moment and consider the words of Dr. Martin Luther King Jr., who addressed psychologists at APA's convention a little more than 50 years ago. The year was 1967, a time of significant social and political change, not unlike our time, and his words still ring true. He urged psychologists to embrace "the opportunity to serve in a life-giving purpose...a humanist challenge of rare distinction." He further pressed psychologists to grapple with the "brutal facts" of racism that has "poisoned" America, particularly White America "to its soul," and urged psychologists to "tell it like it is." His words were meant as a "call to action." On the one hand, he called for "penetrating, massive scientific study" of the problems of racism, discrimination and lack of "integration" and for the "creation of a decent human society for black and white."

In addition, Dr. King summoned psychologists to engage in a second area of scientific examination, which is an exploration of the benefits of "political action." He addressed those whose views he felt were "erroneous," those who doubted whether political action work would truly reap social justice. He ended his talk with a challenge to psychologists to join him in confronting the "greater complexities" of our time and in finding the "answers to all forms of social change." He noted that social change is not "a simple progression of upward change," but includes "setbacks" and periods when "pessimism is rife." Finally, he urged us to tenaciously embrace the long haul in our work: it is the very act of "survival" in the path to social change that provides the "inner resources to master contemporary problems" and "create a decent human society."

Dr. King's words provide inspiration during a time of seemingly endless tasks to get done and when our own political climate is so turbulent. His words remind us of the broader vision that is necessary in our training community, that is, active efforts in pursuit of research and practice to effectively address societal challenges and to promote social justice.

Warm thoughts and best wishes for a wonderful holiday break and a very happy new year. May the closeness of friends/family and home renew your spirits before we return in January.

-Sally



SPOTLIGHTS



Meet the psychology department's newest faculty member, Dr. Danielle Geigle

What aspect of your role as assistant professor of clinical mental health do you enjoy the most?

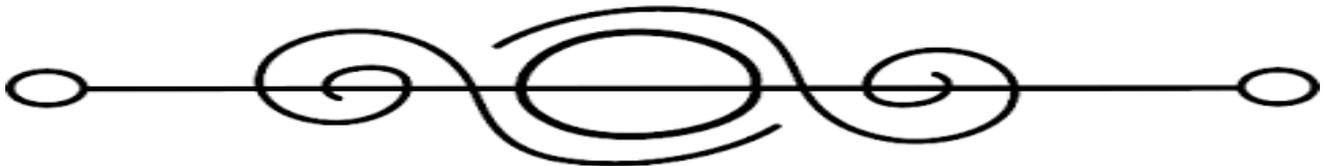
Helping students professionally has always been my greatest passion, so teaching the practicum course and watching students develop their professional counseling skills from the beginning to the end of the semester has been particularly enjoyable.

Are there any random facts you would like to share?

I love to travel alone, which some people find unusual, but I find it to be an exciting and meaningful experience.

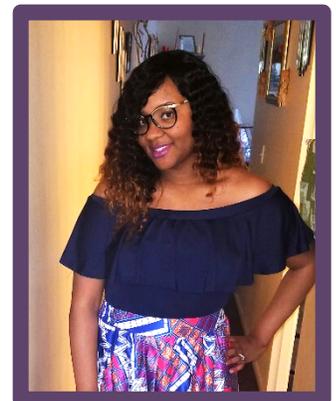
What do you like to do outside of Springfield College?

I love to spend time outdoors hiking and kayaking with my pup, Kya.



First year students on why they chose Springfield College's PsyD program...

Jaleesa Marshall: I chose Springfield College because of the one on one interaction with faculty, the small classes and the sense of community I felt as soon as I arrived on campus. I was also intrigued by all that the PsyD Program had to offer, as well as the many opportunities available and the collaborative environment.





Denis Uka: There are various reasons as to why I chose to attend Springfield College. Before I began the application process, I spent a lot of time researching APA accredited doctoral programs across the country that specialized in counseling psychology. When I learned that Springfield College was one of them, I began exploring their PsyD program a little deeper in terms of their overall model, curriculum, clinical practice and research. I was pleased to know that the program implemented a strong emphasis on social justice, which perfectly matched my interests and career goals. The importance of multiculturalism, diversity, and social justice has been my driving force behind the career path that I have chosen. I found the PsyD program at SC to be very unique in comparison to other programs because it utilizes a great balance between theory, clinical skills and research, ultimately enabling students to become licensed psychologists. Finally, the program fosters cohesion and unity among students and faculty members, which highlights a welcoming and supportive environment. So now looking back as I complete my first semester, I am very happy with my choice of attending the PsyD program at Springfield College.



Sesooter Ikpah: I chose Springfield College, in particular the Counseling Psychology program, for its steadfast commitment to social justice and supportive staff. During my decision-making process, every e-mail was answered swiftly and I rarely had to wait to have my questions answered! I truly had a sense that staff were inclusive and genuine in their desire to help students thrive and successfully achieve their goals.



Amy Myers: I chose Springfield College because it provided a great opportunity for me to integrate my Master's degree into my Doctoral studies and build upon my experience and education. I loved the opportunity to be able to have a focus on research and clinical practice, without having to sacrifice one for the other.



THE PSYD PROGRAM WELCOMES ITS 6TH COHORT OF STUDENTS!



Left to Right, *Back row*: Scott Anderson, Chris Praetzel, Nick Sitro, Shawn Saylor, Jaleesa Marshall, Deanna Lozyniak, LaToya Vice, Denis Uka *Front Row*: Sesooter Ikpah, Brin Goldman, Amy Myers, Elena Cela, Melissa Devencenzi, Julie Freedman

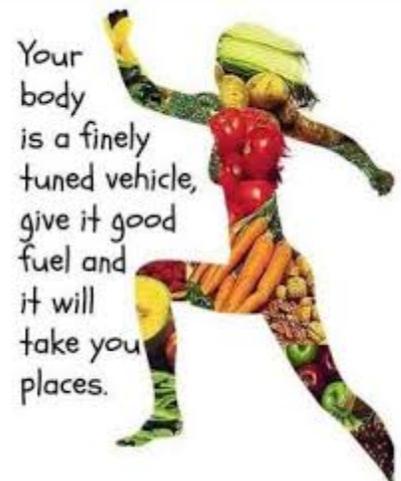
WELLNESS CORNER



When we talk about self-care for psychologists, we often focus on the psychological, such as taking time to rest or engaging in pleasant activities. However, what we eat also impacts how we feel. While foods high in processed sugar may give a temporary rush in energy, the eventual crash can leave us feeling more sluggish and tired than before. Similarly, coffee and other caffeinated beverages may give an advantage in cognitive functioning, but if consumed in excess can cause anxiety, reduced sleep quality, and insomnia (Chawla, 2017).

Here are some tips from the U.S. Department of Agriculture...

1. Magic and super foods **do not** exist. Foods that are sold as such may have health effects that are overstated. An attempt to eat healthier should have a holistic focus, and not seeing one side or item as a panacea.
2. **START SMALL.** Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now-and in the future. For example, substitute one unhealthy snack with a healthy one.
3. Make half your plate **fruits and vegetables:** Fruits and vegetables provide many of the vitamins and minerals we need. Aim for a variety of colors. No single fruit or vegetable will have all of the nutrients we need, so it is important to eat some of each.
4. **Eat** whole grains more often-Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



Presenting at National Conferences: Students' Perspective

SHAWN SAYLORS- This year the Association for Applied Sport Psychology (AASP) conference was held in Orlando, FL and I had the opportunity to present some of my past research on the coach-athlete relationship. In particular, I spoke about what is called the pre-relationship phase of the coach-athlete dyad and what are some of the expectations that would facilitate a fruitful relationship between the coach and the athlete. It was a great experience to present something I am passionate about and I would recommend to everyone to present at a conference. Not only does it allow you to grow professionally, it allows others to see the fruits of our labor and further strengthen the Springfield College name.



LEANNE PRICE -I was so pleased to be able to join my peers and colleagues in presenting on a topic that is so timely, and in many ways necessary for those of us in higher education to discuss with one another. I enjoyed being able to discuss my views and my interests surrounding the political and social experience and identity of Black women in the wake of a tumultuous election year, and what we not only as professionals but as just human beings should be doing to keep this conversation relevant, open, safe and ultimately transformative. I am grateful for how well the whole presentation has been received by our SC community, and the discussions that we as a program can help to promote on campus. I am appreciative of Dr. Peiwei Li and Dr. Mike Cadaret for chairing the presentation and giving us [Sedale, Stephanie and I], a platform to discuss an issue that affected all of us in many different ways, but also managed to bring us together.



KYRSTEN BELINI- When called upon, to be part of a collaborative group of women (Dr. Sally Hage, Stephanie, Tatum and Natalie Porter) to present a symposium at APA this summer I was honestly shocked, but humbled! Presenting at APA is as much of a responsibility as it is an honor. For myself, it was a very new, valuable, fulfilling, and life changing professional experience. It seemed a bit of a rite of passage between being a doctoral student and a developing psychologist.

When I was introduced, I realized this was an opportunity for me to share with others the story not only of my research passion, but also of what I believed to be a vital piece of the larger body of research with respect to the topic of the “unique lived experiences of women with bipolar disorder.” My dissertation will be focusing on how bipolar disorder has impacted their quality of life and how these women have found meaning in life and especially their illness.

I am appreciative of Dr. Sally Hage for chairing the presentation and giving us the opportunity to discuss an area that may impact individuals in many different ways. I am also appreciative of Dr. Hage for lighting a fire within me that gave

me the confidence to use my voice to discuss a topic I’m so passionate about!

I want to end by highly encouraging those offered to apply to APA or any other conference to present a symposium, lead a round table, or present a poster to seize the opportunity and embrace it! One of my personal quotes from my presentation that will forever have a lasting impact on me personally and professional is, “in my world mental illness or bipolar isn’t a flaw in anything any more than a broken leg or the flu - it’s an illness and needs whatever help works for the individual, for that is what we are: ALL INDIVIDUALS.



SEDALE WILLIAMS- It was a great opportunity being a part of a symposium at APA this past August 2017. At first it was overwhelming considering the location of the conference; but after receiving such positive feedback, I've been more motivated to challenge myself and others. Since the conference, I co-facilitated a workshop at the 17th Annual Boston College Diversity Challenge, presented to first year Springfield College school counseling students and I continue to make meaningful connections throughout the city. I look forward to APA 2018 in San Francisco, which is exactly 50 years since a group of pioneer Black psychologists went to advocate for social equity and better representation in our field.



STEPHANIE STEELE-WREN- Over the summer, I was fortunate to present 3 different times. In July, I presented on my dissertation, which focuses on women with breast cancer and depression, at the International Society for Critical Health Psychology Conference (ISCHP) in Loughborough, England. I learned a great deal about qualitative health psychology methods and was exposed to studies conducted around the world. I was grateful to meet a colleague from Jamaica who is doing wonderful work there to help minimize the stigma of mental health that exists in her home country. It was amazing to connect with her and share our personal stories for our own research studies.

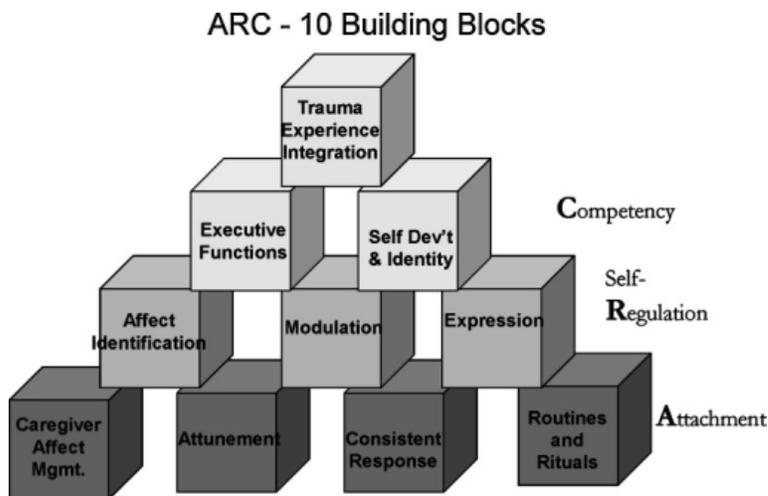
Then, in August, along with SC faculty and classmates, I attended the APA convention in Washington D.C. for the first time. I again presented on aspects of my dissertation in a symposium chaired by Dr. Sally Hage, which focused on the unique mental health needs of women. I also presented on the aftermath of the recent presidential election from my own identity and its implications for clients and mental health reform in a symposium chaired by Dr.

Peiwei Li. Both presentations went well and sparked interesting conversation from other attendees and possible future collaborations. APA also has so many resources and activities for students and early career psychologists to connect, which classmates and I enjoyed exploring. In addition, being able to experience the National Museum of African American History and Culture in downtown D.C. with a colleague was shocking and powerful. Also, being able to hear APA presidential elect, Rosie Bingham, speak about her experiences as a Black female in the field of psychology years ago to this day, was very intimate and stunning. There is an overwhelming amount of things to do at APA, so I found it worthwhile to plan ahead and download their phone application to keep myself on schedule and take in as much as I could during the short time.

Although presenting is an often-intimidating experience, other professionals attending are supportive and happy to see the future of the psychology profession emerging and sharing work. I absolutely encourage all students to take the leap to present at a conference and gain this experience, as well as the chance to collaborate with others and receive feedback on your research.



Throwback Thursdays: Soup with Substance



The first talk of the 2017-2018 Soup with Substance series featured Dr. Mark Gapen. He spoke about his career, which started with his work in risk and resiliency factors of PTSD and led to a two-year post doctorate fellowship at the Trauma Center in Boston. Dr. Gapen discussed the ARC model (Attachment, Regulation and Competency) with the students and how the early effects of trauma can present later in life.

The second talk of the series was an alumni discussion titled “How I got this job or post-doc.” Alumni of the PsyD program discussed their journey as students applying to internships, post doctorates, and finally how they got their current job. Here are a few tips the alumni shared with us!

Erica Beachy '16 is currently working at the University of North Carolina, Chapel Hill and working in a private practice. **Tip:** Private practice is easier to develop if you are connected within the area you are going to practice.

Rachel Walker '16 started her post doctorate at Florida Atlantic working with eating disorders and sport psychology however she did not finish due to a job offer at the University of Delaware. **Tip:** Not all your decisions after graduation are black and white; it is okay to be in the gray.

Ron Ma '16 after completing his internship at San Jose State and post doctorate at the University of California at San Diego, Ron accepted a job at the University of Washington. **Tip:** Ensure you diversify your training at the beginning of your career and get outside your comfort zone.

Tatum Siebert '16 is currently working at Community Services Institute (CSI) here in Springfield, MA as the training director. **Tip:** It was helpful to get my LMHC license along the way because it enabled me to apply for student loan forgiveness programs, which forgive a substantial portion of your loans if you work in an approved high-need, underserved area. Another tip: Take advantage of the practice tests online for the EPPP licensure exam, they are extremely helpful.



PRACTICUM SPOTLIGHT

KEENE STATE COLLEGE- The primary focus of the training program at the Keene State College Counseling Center is to train and increase the professional confidence of ethical, multiculturally-competent, and environmentally-minded graduate students enrolled in a mental health field training program. Interns are expected to improve or acquire the skills and knowledge that will help them succeed as emerging mental health professionals within a college counseling setting or other facility providing counseling services.

Interns receive 1 hour per week of individual supervision with a senior staff member who is a Licensed Clinical Mental Health Counselor, Licensed Psychologist, or Licensed Social Worker (determined by home program

requirements), 1 hour per week of case consultation (with all staff), and 1 hour per week of peer supervision. Two of the interns will be selected (preferably by way of volunteering) to receive one hour per week of individual supervision during the spring semester around a single client from one of our predoctoral Interns (who will in turn be supervised by a senior staff psychologist). Interns also participate in weekly staff meetings, weekly program design meetings, and in a weekly didactic training seminar



with predoctoral interns that covers a variety of professional topics. Senior staff members are always available for consultation on an as needed or crisis basis. A thorough two-week orientation is provided prior to the start of the internship, helping interns adjust to the Center by getting to know the staff and becoming more familiar with relevant systems and procedures.

WORCESTER STATE RECOVERY CENTER AND HOSPITAL

The primary goal of the Advanced Practicum is to provide intensive supervised clinical training in evidence-based psychological assessment, consultation and treatment with adults with serious and persistent mental illness and a wide range of co-occurring psychological and medical disorders. The delivery of professional psychological services is embedded within a recovery-oriented, person-centered culture of care in a public service (state hospital) setting. Trainees develop a range of clinical skills and competencies providing supervised assessment and treatment of adults in individual and group contexts, consultation to multidisciplinary teams, and participation in one or more treatment program consultation groups (e.g., Cognitive Enhancement and Restructuring program, Dialectical Behavior Therapy program). The training program includes a minimum of two hours of weekly individual supervision, an integrated weekly didactic seminar program to support development of setting-relevant knowledge and skills, a weekly year-long Rorschach Comprehensive System Seminar, and the opportunity to attend various grand rounds lectures at WRCH and/or the neighboring University of Massachusetts Medical Center (individual schedules permitting).



The clinical needs of our adult patients inform a range of assessment and treatment approaches, including motivational enhancement interventions, cognitive behavior therapies (DBT, CBT for psychosis, CBT for insomnia), relapse prevention work, social skills development, and a unique computer-assisted cognitive training program. The clinical and risk assessment needs of patients give trainees the opportunity to gain experience in assessing risks for violence, suicide, sexual behavior issues and fire-setting in addition to providing psycho-diagnostic consultation, substance use, trauma, admissions and annual assessments, and psychological and neuropsychological testing.

On all units, trainees benefit from participation in multidisciplinary rounds and treatment teams. Trainees increase their knowledge base with regard to the nature of public-sector health care and systems issues as they bear upon community placement, service development and integration, and organizational communications and change. The Advanced Practicum is consistent with the American Psychological Association's (2014) Recovery to Practice initiative: it is designed to train developing psychologists in recovery-based principles and practices and psychosocial/psychiatric rehabilitation.

Division 17: Society of Counseling Psychology

Founded in 1946, The Society of Counseling Psychology aims to encourage individual, academic, professional, and group adaptation in diverse settings. Student Affiliates of Seventeen (SAS) membership is accessible to undergraduate and graduate students in the counseling psychology field. As a member, students will have access to the SAS Newsletter and receive relevant and upcoming information on licensure, conferences, conventions, award opportunities, and information about applying to internships. Every three years a host institution is named to execute the work of SAS. Ball State University is the current host institution for the 2016-2019 term. The four pillars they have chosen to focus on as the foundation for this SAS term include: multiculturalism (Pillar I), scholarship, engagement, and collaboration (Pillar II), social justice and advocacy (Pillar III), prevention and promotion (Pillar IV). Membership terms span from January 1st to December 31st of each year. Prerequisites to becoming a member require students to be a student affiliate of APA. This section, SAS/SCP, will then be added onto your membership. This can be done online at: <https://join.apa.org/divisions>. Students will also have the opportunity to become involved in the SAS and Division 17 community through becoming a Program Representative and recruitment opportunities to serve on SCP committees. If you are interested, contact Dr. Sally Hage shage@springfieldcollege.edu.



Division 35: Society for the Psychology of Women



Founded in 1973, the Society for the Psychology of Women aims to make available an organizational base for all feminists that are interested in teaching, research, and practice with regard to the psychology of women. Members receive the *Psychology of Women Quarterly* journal and the *Psychology of Women Newsletter*. A previous APA membership is not required. As a graduate student, you may apply to become the Springfield College Campus Representative and Graduate Student

Representatives. If you are interested, contact Dr. Sally Hage, shage@springfieldcollege.edu. Division 35 is launching a free membership campaign where new members can join for free. To become a member, go to Division 35's website at <http://www.apadivisions.org/division-35/membership/index.aspx> and click on the "JOIN DIV. 35" option.

Licensure Mobility: Banking Your Credentials

As a psychologist in training one of the best things you can do to prepare for a flexible and successful career is to bank your credentials. The credentials banking movement grew out of the experience of psychologists trying to get licensed in new jurisdictions, and who faced challenges in locating a supervisor or an internship site many years later. This process involves putting all of your education and training credentials into one place. You can begin this process with your first doctoral practicum. Even if you never move your license between jurisdictions or states, banking your credentials means not having to track down your internship or postdoc supervisor five or even twenty years later to obtain proof of training. Two organizations currently offer credentials banking for psychologists: [The National Register of Health Service Psychologists](#) (National Register) and [The Association of State and Provincial Psychology Boards](#) (ASPPB).

The National Register of Health Service Psychologist (NRHSP)

- **What credentials are banked with NRHSP?** Final transcript, internship, postdoctoral training, and licenses.
- **How do I apply?** First, [contact the National Register to request the appropriate application](#), which is dependent upon your training status. Second, submit all the required documents. Third, once the National Register verifies your credentials and you are licensed, complete an attestation form and pay the registration fee.
- **What are the fees?** If you are a student/trainee, the cost is \$50 for the National Register to verify each of the following: internship, education requirements (transcript), and postdoctoral training. It will cost \$150 to register. Fees increase if you are already licensed. A yearly fee exists to maintain your credentials (\$180; \$160 during the first three years of licensure) and you also reattest at this time. If you allow your credentials to lapse for less than two years, an additional reinstatement fee applies. After two years, you must reapply. Transferring credential information to another jurisdiction is free.
- **What scholarships exist?** The National Register offers scholarships for trainees and early career psychologists to cover these fees.
- **What are other benefits of NRHSP?** The National Register offers free continuing education through [e-psychologist.org](#). You can also have a profile on [FindaPsychologist.org](#) and you gain access to a *branding kit*, which allows you to use the National Register logo on letterhead and business cards. Registration with the National Register means that some licensing application requirements may be waived.
- [Learn more about the National Register »](#)

The Association of State and Provincial Psychology Boards (ASPPB)

- **What credentials are banked with ASPPB?** Transcripts, EPPP score, syllabi, course catalogs, oral or jurisprudence exam scores, internship and postdoctoral supervision forms, licensure information, work experience, and advanced or specialty training.
- **How do I apply?** Create an account through the ASPPB Psychology License Universal System PSY|PRO portal. Complete the required sections for demographics, education (including submission of a transcript), courses, internship, and conduct (personal and professional). The examination section is also required, but will likely be automatically completed since ASPPB administers the EPPP and can upload your score. You may also include information about jurisdictional and board certification examination, licensure, practicum, postdoc and post-licensure work experience. You must also declare areas of intended practice including populations served and services provided.
- **What are the fees?** Credentials' banking is free. Participation in the mobility programs costs \$200 (\$100 for early career psychologists, defined by ASPPB as first five years of licensure). Additionally, fees ranging from \$25-50 apply for transferring information through one of the mobility programs, annual renewals, and certificate replacement.
- **What are other benefits of ASPPB?** A reduced fee for EPPP score transfer and some application requirements are waived.
- [Learn more about the ASPPB »](#)





Helpful Tips

FROM CURRENT INTERNS...

Pace yourself and enjoy the ride!

Work in different agencies if you can; having different experiences helped me feel more prepared for internship.

I highly recommend, if you can, finish your dissertation before going on internship. It will make your life so much easier! Also, make sure that you take care of all of the paper work that needs to be completed for Springfield College before you go on internship.

-Manjunath, '18

Still apply to some sites that are a perfect match for you but you may feel like you don't qualify for. You never know what might catch someone's eye!

Have everyone you can think of read your essays. I had some old professors, friends, current professors, and supervisors read mine. They all gave me different, and at times, conflicting feedback. In the end, I took the pieces that I felt described me the best as a person and put them all together.

The process of applying for internships might have been one of the most stressful and time consuming things I have gone through. That said, cut back on all the extra responsibilities you can and use that time to prepare. Also, changing your thinking relating to the match might be helpful. What helped me was to create a plan of what I would do for an extra year if I didn't match anywhere. Knowing what the worst-case scenario might look like helped to take off some of the pressure.

-Annamarie '18



35th Annual Winter Roundtable on Cultural Psychology and Education

February 23-24, 2018

Teacher's College, Columbia University

AASP Northeast Regional Conference

March 2-3, 2018

Springfield College

29th International Congress of Applied Psychology (ICAP)

June 26-30, 2018

Montreal, Quebec Canada

Association of Black Psychologists Convention (ABPsi)

June 27-July 1, 2018

Oakland, CA

126th Annual APA Convention

August 9-12, 2018

San Francisco, CA

Enjoy Your Winter Break!



Happy Holidays!