

**Fall 2018**



Springfield College

# Counseling Psychology PsyD Program

- **December 14, 2018**  
Fall Town Hall  
Colloquium
- **February 15 & 22, 2019**  
Admissions Interviews
- **April 11, 2019**  
Spring Town Hall  
Colloquium
- **April 18, 2019**  
Supervisors' Appreciation  
Breakfast



Special Thanks to Our  
Contributors:

- Dr. Michael Cadaret
- Melissa Devencenzi
- Mary Iellamo
- Trevor Jaskiw
- Chris Praetzel
- Nikola Prpa

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To Our PsyD Community:

Greetings during this time of change and transition! We have moved through a semester of progress and changes and the weather appropriately moves with us. From a warm summer, to the bite of winter, our academic year may sometimes feel as though it mirrors the seasons outside. This past academic season saw students completing their first doctoral courses, others their first portion of a new practicum or internship. Students have put in applications, defended dissertations, wrote papers, and encountered novel and challenging clinical situations. The momentum and speed with which a doctoral education moves is a dialectical pull: the wish that it would hurry up so you can graduate and move on to the professional career you desire and the wish to slow down to absorb the many lessons being presented within your education. Yet, for my part in your journey, I have seen the transformation that time allows. New ideas emerge, clarity awakens, potential is achieved, or new deeper confusion settles (but now you have the reflective power to understand its purpose). We can choose to harness the tremendous power in our transitions, but it is not always easy. As the humanist psychologist Abraham Maslow said, "One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again."

In both growth and challenge, we often rely on our people. This may be partners, family, friends, or those who share your journey. There is no doubt, many lifelong friend-



ships have been forged in the arduous trek through graduate school! Thus, I encourage all of us over the next few months (and beyond to the next few years) to work together as a community of supporters, listeners, and problem-solvers. The challenges are inevitable, the fears are no stranger to us all, but the triumph and joys are best experienced together!

In the new year and in new opportunities, I wish you all many successes and hope we can all be a part of a community of support and encouragement as we embrace the constant changes during each \*season\* of your doctoral education.

Peace and progress,

Mike

## New Faculty Spotlight

*Meet Our New PsyD Faculty Member***Dr. Sean DeMartino, PsyD**

*Dr. DeMartino is a graduate of the Counseling Psychology PsyD program at Springfield College.*

*What has it been like to return to the Springfield College PsyD program as a faculty member?*

It has been a humbling experience to have the opportunity to return to the Psy.D. program as a faculty member. In many ways, it has helped me to recognize how much growth I experienced as a student in the program. One aspect that I have thoroughly enjoyed about this experience has been the opportunity to learn about students and their experiences as well as to see their passion for counseling psychology.

*What aspects of practicing counseling psychology resonate with you the most?*

The aspect of practicing counseling psychology that resonates the most in my work with clients is taking a strengths-based approach. Talking about their strengths is often one of the hardest things for many of the clients that I work with as they are used to hearing or thinking about what issues they have. The shift in focusing on their strengths has served as a way to empower my clients.

*Fun facts?*

I originally wanted to play right field for the New York Yankees growing up. Something tells me that I would not have beat out Aaron Judge for the position!



Introducing the 1st Year Students

## Kelsi Baker

What led me to Springfield College was the emphasis on social justice in this program and the class environment that lends itself to a comfortable and inclusive learning experience!



## Mary Iellamo

After visiting Springfield College for graduate information events, I was impressed by the breadth of studies within the PsyD program as well as the enthusiasm fostered by counseling and research endeavors. I could envision myself in no other environment after experiencing the atmosphere here.



## Charisse DelVecchio



Three things attracted me to this program: the emphasis on the intersection of social justice advocacy and counseling psychology, the willingness of the faculty to connect and collaborate on research and writing, and the over-

## Natalie Leger



I chose to pursue the PsyD program at Springfield College because I wanted to be trained to become a practicing psychologist from a counseling perspective. I want to promote and normalize mental health services in sport and performance settings. I also want to be an advocate for athletes and their mental health by providing a psychological perspective to athletic administrative settings that influence the human development of athletes.

Introducing the 1st Year Students

### Chen Liang

The PsyD program at Springfield College emphasizes on people's strength instead of pathology, and it values multicultural and social justice issues, which resonates with me. During my initial contacts with the faculty members, I felt that they care about students' professional and personal development. I believe that I can gain valuable experiences and warm support in this program.



### Nikola Prpa

Everyone during my application process sounded very polite, and delighted that I want to study here. That is a great encouragement to students who are not sure if the program is a good fit for them or not— incredibly open for communication and warm staff. I would like to pursue career in positive youth development, youth coaching and counseling as well as life skills teaching.



### Alyssa Shock

I first learned about Springfield College from an advisor and I pictured a close-knit community with amazing faculty and students. To find out if the picture I had in my mind was correct, I researched the school, and I started to get the idea that it was exactly as I imagined. I also liked the social justice emphasis of the counseling psychology program. I am extremely grateful to be part of the Springfield College community.



### Emily Tyler

I chose to pursue a PsyD at Springfield College because of the program's emphasis on multicultural counseling and social justice issues. I am aspiring to become a counseling and sport psychologist. I would like to work with young adults, college students, and adults on mental health and sport-related issues. I hope to work for a university athletic department and/or a professional sport team someday.



Introducing the 1st Year Students

Welcome to Our 7th Cohort!



*Left to Right, Back Row: Alyssa Shock, Mary Iellamo, Chen Liang, Kelsi Baker, Charisse DelVecchio. Front Row: Nikola Prpa, Emily Tyler, Natalie Leger.*



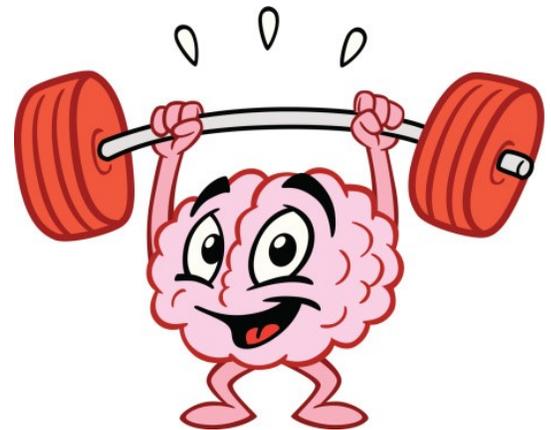
## Spotlight on Fitness

By Chris Praetzel

Fitness is an important aspect of physical and mental health. Exercise helps in the primary and secondary prevention of chronic health conditions such as diabetes, cardiovascular disease, and cancer among others (Warburton, Nicol, & Bredin, 2006). Exercise interventions have been found to be as efficacious as cognitive-behavioral therapy (Blumenthal, Smith, & Hoffman, 2012). Exercise and movement therefore should be included in healthy lifestyles.

While we all recognize the need to move, how much is enough? And what types of exercises should we do? According to the Department of Health and Human Services (2018) adults should get at least 2.5 hours of moderate intensity or 75 minutes of vigorous physical activity per week. The National Academy of Sports Medicine (NASM), a leader in personal training, and its Optimum Performance Training Model (OPT) consists of several exercise types designed to provide full-body workouts following a safe progression to provide increases in mobility, strength, balance, and movement. Here are some additional tips for exercising based on their recommendations:

Strength-based exercises utilizing free weights, machines, or other resistance modalities should provide adequate recovery from day to day. Individuals doing a full-body strength training session should provide at least one day rest between, or for those alternating body parts-the same muscle groups should not be done in consecutive days. Exercisers should aim for three sets of 12-20 repetitions with 60-90 sec rest between sets (more if needed) to allow for adequate oxygen recovery.



## Wellness

Flexibility is another important component of a full-body workout. Flexibility exercises include static stretches (traditional stretches creating tension in the muscle through holds), self-myofascial release (foam-rolling), active stretching (and practices such as yoga). Stretching after a workout is important (static or foam-rolling) as muscles overloaded can experience adhesions and knots which can create muscle imbalances and increase injury risk. Stretching should be conducted on most days, to provide improvements in range of motion and flexibility (Clark, Lucett, McGill & Sutton, 2018).



## References

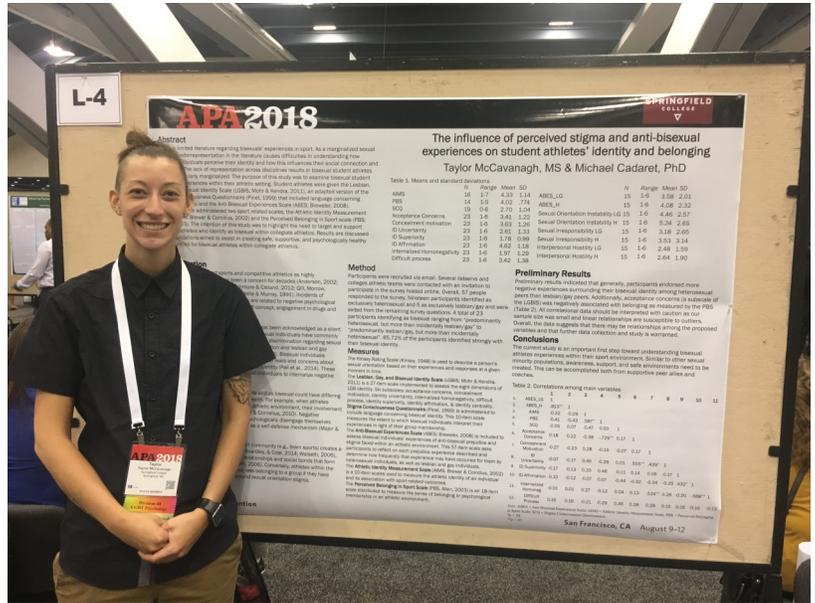
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The Conference Experience

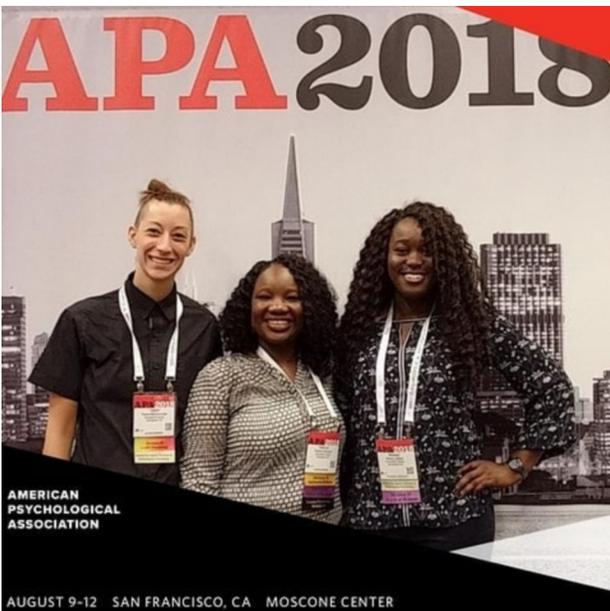
# American Psychological Association (APA) Conference August 9-12, 2018 - San Francisco, CA

## Taylor McCavanaugh

This conference was very overwhelming to go to. This was my first experience at APA and I was not prepared for how many different sessions would be happening at once. I made sure to prepare prior to the conference as to what sessions I wanted to attend. The people were very welcoming in each division and really wanted to develop connections with others to advance the field further. I presented a poster with Division 47 (Society for Sport, Exercise, & Performance Psychology) on a research project of mine titled "The influence of perceived stigma and anti-bisexual experiences on student-athletes' identity and belonging." In all, I enjoyed my experience very much and am looking forward to attending the next APA conference in 2019.

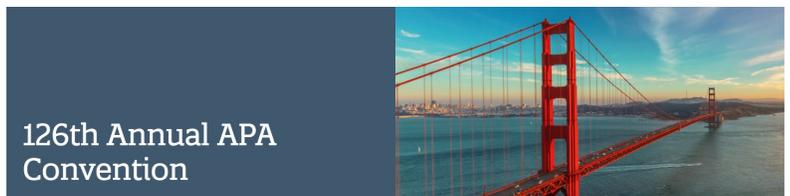


## Bassey Akpan



Bassey Akpan (far right)

In August, I attended APA (American Psychological Association) conference in San Francisco, CA where I was able to network with professionals and students in our field. I attended many division subgroup meetings where I was able to discuss ways to be more involved with APA as a doctoral student. It was a great experience because I was able to make connections with individuals who shared similar interests of mine as well as have conversations with other students regarding dissertation topics.



126th Annual APA Convention

## The Conference Experience

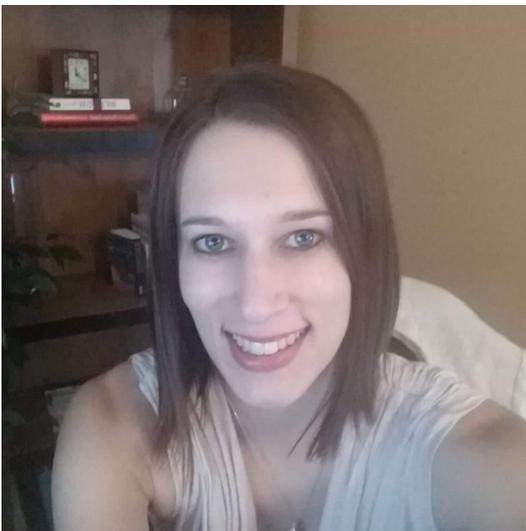
## Brin Goldman

I went to NECTOP/NEPA (New England Conference for Teachers of Psychology and New England Psychological Association). I presented a poster at the NECTOP portion of the conference titled "Arts-based activities can improve students' perceptions and retention in the college classroom." My poster outlined results from a study I conducted exploring the efficacy of arts based activities in a Health and Stress Psychology course at Southern Vermont College. The conference was small but there were a wide variety of educators from various colleges throughout the US. Deanna Lozyniak from our program came with me as well, and we ended up running into Matthew Brubaker on the second day (one of the professors from the psych department at Springfield!).



Brin Goldman (left) and Dr. Sarah Nosek (right)

## Rachel Bristol



Rachel will be attending a conference for the second time this coming March that is joint hosted by The Association for the Study of Play (TASP) and the International Play Association/ USA (IPA). She will be presenting about Child-Centered Play Therapy (CCPT) and its use in treating developmental trauma in children by providing a case example of a client that she is currently working with at Community Services Institute. The conference will be held at James Madison University in Harrisonburg, VA, from March 13th to March 16th, 2019.

## The Conference Experience

**Emily Tyler** On March 1-2, 2019, Springfield College will host its fifth annual Association for Applied Sport Psychology (AASP) Northeast Regional Conference. In collaboration with the Sport Psychology and Athletic Counseling programs, Counseling Psychology Psy.D. students have helped plan all aspects of this student-run conference. This is my first year co-directing (and attending) the conference and I am looking forward to meeting and learning from students and professionals in the field, conveniently, right here on campus! Overseeing the conference has been a unique experience and I am extremely grateful for the opportunity. Being able to have a leadership role during my first year has been extremely rewarding and a wonderful opportunity for me to grow professionally and personally. I have enjoyed organizing the ins and outs of the conference and am looking forward to executing a great conference weekend in March!

ASSOCIATION for APPLIED

**SPORTPSYCHOLOGY**<sup>SM</sup>

## Throwback Thursday

### Pride Talk: Ending the Cycle of Toxic Masculinity

Our program director Dr. Michael Cadaret gave a talk on toxic masculinity as part of Springfield College's Pride Talk series on September 25, 2018. He identified toxic masculinity as a branch of masculinity and discussed the concept of precarious manhood, sexual assault on college campuses, and society's ideological toxic male. Dr. Cadaret challenged his audience to create space for confronting the traditional image of masculinity and subsequently answer the question of what it means to be a man.



## Prevention Section Lifetime Achievement Award

## PsyD faculty member Dr. Sally Hage receives Division 17 (SCP) Prevention Section Lifetime Achievement Award



Springfield College Associate Professor of Psychology Sally Hage, left, was recently selected as the 2018 Division 17 (SCP) Prevention Section Lifetime Achievement Award in Prevention recipient by the American Psychological Association. At right, Erin Ayala, the current co-chair of the Prevention Section of the Society of Counseling Psychology of the American Psychological Association, presents Hage with this special honor.

## Practicum Spotlight

## Practicum Spotlight: Providence Behavioral Health Hospital — Clinical Stabilization Services (CSS)

Providence Behavioral Health Hospital- Clinical Stabilization Services is a 27-bed program serving clients diagnosed with substance use disorder and or co-occurring disorders. CSS is a program for individuals who completed medically assisted withdrawal service unit (detox) and still in need of services monitored detoxification. In the CSS participants will receive clinical interventions to stabilize psychological, behavioral and psychosocial components of addiction. CSS supports individuals in understanding the addiction through psychoeducational groups and Dialectical Behavior Therapy (DBT) interventions that facilitate adaptive skills assist in the alleviation of early recovery symptoms.



### Training Opportunities:

Practicum students are responsible for providing individual and group psychotherapy to individuals diagnosed with SUD and co-occurring disorders. Students will have the opportunity to be introduced to the DBT model, facilitate DBT skills groups, participate in DBT consultation groups, learn about medication assisted treatment, and develop a research-supported psychotherapy group. Students may have the opportunity to participate in a 3-month assessment rotation. Practicum students must have previous practicum experience or be in their 2nd or 3rd year and be able to commit 24 hours per week to meet service requirements to apply. Students will receive weekly individual and group supervision from a licensed psychologist.



Contact: Dr. Edna Rodriguez, Psy.D.

Edna.Rodriguez@sphs.com



## Division 17

## APA Division 17: Society of Counseling Psychology

Founded in 1946, The Society of Counseling Psychology (SCP) unites psychologists and students through the shared mission of promoting development in vocational, academic, and public contexts. Division 17 strives to advance advocacy efforts and awareness of issues pertaining to diversity and social justice.



### Student Affiliates of Seventeen (SAS)



Student Affiliates of 17  
Society of Counseling Psychology  
American Psychological Association

Graduate and undergraduate students have the opportunity to join SCP's Student Affiliates of Seventeen (SAS). Members are encouraged to network with professionals in order to learn about leadership and mentoring in the field of counseling psychology.

Four pillars of SAS:

1. Scholarship, Engagement, and Collaboration
2. Multiculturalism
3. Social Justice and Advocacy
4. Prevention and Promotion in Mental Health

#### Division 17 Special Interest Groups:

- ⇒ Adoption Research and Practice
- ⇒ Child and Adolescent
- ⇒ Military
- ⇒ Older Adults and Aging
- ⇒ Organizational Counseling Psychology
- ⇒ PsyD Programs
- ⇒ Religious and Spiritual Issues in Counseling Psychology
- ⇒ Rural Practice and Scholarship

## APA Division 35: Society for the Psychology of Women

The Society for the Psychology of Women was founded in 1973 to promote the practice, education, and research of the psychology of women; feminist research; and the ongoing efforts of improving the lives of girls and women. Division 35 publishes the *Psychology of Women Quarterly* journal and *The Feminist Psychologist* newsletter.



### Division 35 Sections:

- ⇒ The Psychology of Black Women
- ⇒ Concerns of Hispanic Women/Latinas
- ⇒ Lesbian, Bisexual and Transgender Concerns
- ⇒ Psychology of Asian Pacific American Women
- ⇒ Alaska Native/American Indian/Indigenous Women

*Melissa Devencenzi is our Division 35 student representative. Please contact Melissa at [mdevencenzi@springfieldcollege.edu](mailto:mdevencenzi@springfieldcollege.edu) for more information.*

Upcoming Events

**Community**

- ⇒ *Acceptance and Commitment Therapy (ACT) for Body Image Dissatisfaction*  
March 11-12, 2019  
Baystate Health  
Hadley, MA
- ⇒ *Beyond Baby Blues: Applying the PTSD Paradigm to Childbirth Trauma*  
March 13, 2019  
McLean Hospital  
Belmont, MA
- ⇒ *30th Annual Victims' Rights Conference*  
April 11, 2019  
Baystate Health  
Holyoke, MA
- ⇒ *Addictions 2019 Conference*  
May 3-4, 2019  
McLean Hospital  
Belmont, MA

**Massachusetts Psychological Association**

- ⇒ *Mindfulness and Self-Compassion in Psychotherapy*  
February 7, 2019  
Dedham, MA
- ⇒ *Acceptance and Commitment Therapy: Learning to Thrive*  
March 2, 2019  
Dedham, MA



Upcoming Conferences

**36th Annual Winter Roundtable Conference in Psychology and Education**

February 22-23, 2019

Teacher's College, Columbia University

**90th Annual Meeting of the Eastern Psychological Association**

February 28-March 2, 2019

New York, NY

**Association for Applied Sport Psychology Northeast Regional Conference**

March 1-2, 2019

Springfield College, Springfield, MA

**31st Association for Psychological Sciences Annual Convention**

May 23-26, 2019

Washington, D.C.

**30th International Conference on Applied Psychology**

June 25-26, 2019

Paris, France

**51st Annual Association of Black Psychologists Convention**

July 24-28, 2019

Orlando, FL

**127th Annual American Psychological Association Convention**

August 8-11, 2019

Chicago, IL

**Association for Applied Sport Psychology Annual Conference**

October 23-26, 2019

Portland, OR

**New England Psychological Association and Northeast Conference for Teachers of Psychology Annual Meetings**

November 8-9, 2019

Southern New Hampshire University, Hooksett, NH



*Save the date!*

**Association for Applied Sport Psychology  
Northeast Regional Conference**  
March 1-2, 2019  
Springfield College

**Spring Town Hall Colloquium**  
April 11, 2019  
East Campus



## **Student Representatives for Each Cohort**

1st Year: **Natalie Leger**  
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3rd Year: **Rachel Bristol**  
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4th Year: **Daniel Fabian**  
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