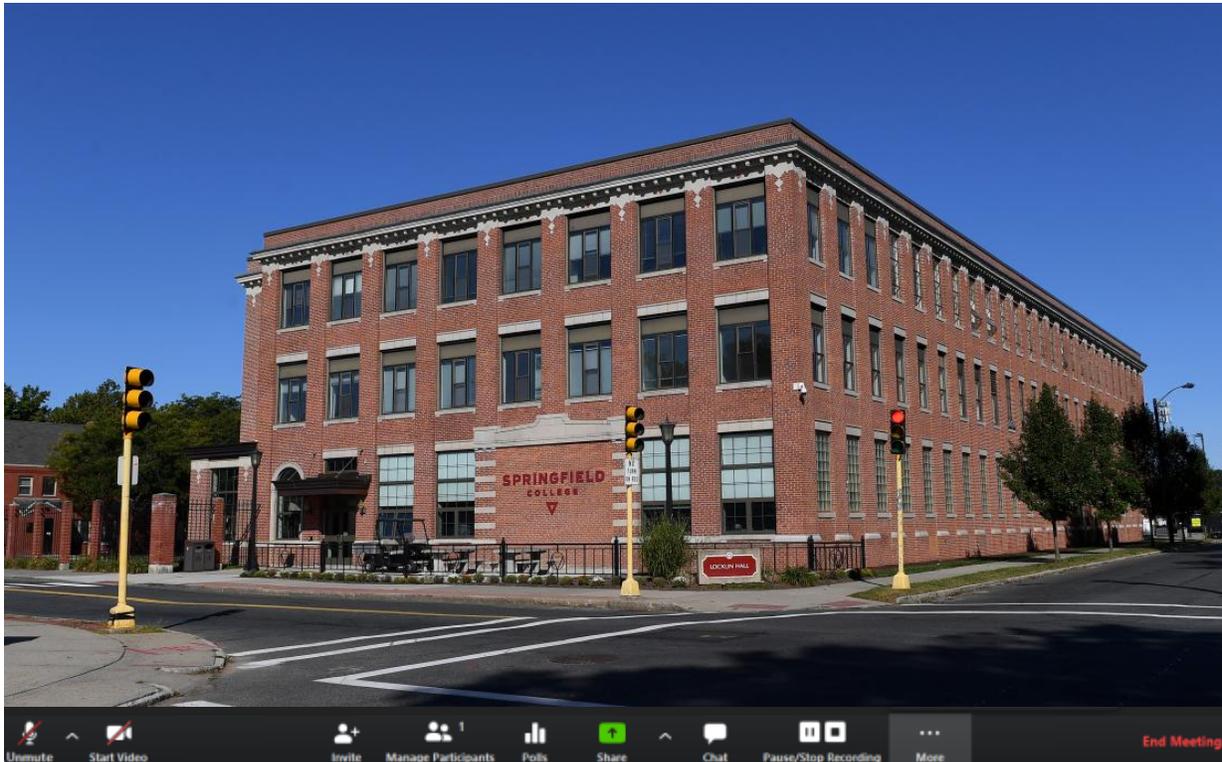


Springfield College ~ Fall 2020 Newsletter

Counseling Psychology Psy.D. Program



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- Dr. Scarlett Choi
- Anthony Carnevale
- Connor Croan
- Alex Lerner
- Matt Monaco

Message from the Director of the Counseling Psychology Psy.D. Program, Dr. Scarlett Choi



As the unprecedentedly challenging year of 2020 is winding down, let us take time to reflect on the hardships we have faced and how we have risen to face it with courage and care. The pandemic has endangered the lives of the people we know and love and has changed every part of our lives. While everyone has suffered, we recognize that people of racially, socially, and economically vulnerable communities have been disproportionately affected by the pandemic. The Black Lives Matter protests have challenged the terrible systemic racism faced by racial minorities in this country. In addition, the unstable political climate and the stress we faced during the election left many feeling fearful for our future.

Indeed, as we acknowledge the challenges of our past year, we acknowledge our unique identity as helpers in our community and for each other. I am proud of how resilient each and every one of you remains despite these challenges. In every zoom call I see faces eager to overcome and at every meeting I hear faculty and students who are finding ways to help. We participated in the APA 2020, we hosted social justice dialogues like SEAT at the Table, our students made their positions known and stood in protests on campus and in the community. As psychologists we are empowered and responsible to make a positive impact on challenges facing our society. We can use our abilities as psychologists to help heal the wounds of systemic injustices.

Most of all, this is a time when we need to take care of ourselves, each other, and our communities. Please be patient and kind to yourself and each other. During your winter break, I hope you engage in self-care, rest, and recharge following this year. Extend this care to those around you this break to take care of one another as well as yourself.

I want to take this moment to express my gratitude to my fellows, Anthony Carnevale, Matt Monaco, Connor Croan and Alex Lerner for their incredible work. I also want to take this moment to congratulate our newest cohort for joining our stellar program along with our newest faculty member Dr. Tatiana Gray. I also want to thank all my wonderful colleagues with whom I have had great pleasure in working with.

I look forward to meeting with you all at the upcoming PsyD Social on December 9th and hope you take the time to meet some new faces and spend time with some old ones.

Have a wonderful and safe winter break,

Sincerely,

Scarlett

New Faculty Spotlight: Dr. Tatiana Gray

1. First of all, tell us what aspect of Springfield College moved you to join us?

I was initially drawn to Springfield College by its clear commitment to social justice and holistic understanding of human flourishing. The more I come to know the students and faculty at Springfield College for the brilliant, committed, and compassionate people that they are, the more certain I am that I have found my true academic home.

2. With your first semester coming to a close, what are your impressions of the program?

I have to say I continue to be incredibly impressed by the quality of the students that our program attracts. They are deeply thoughtful scholars, and inspiringly committed to being of service to the field, their clients, and the world at large. I have also been delighted by the thorough attention and consideration that the program takes to ensure that we are providing our students with the most comprehensive and cutting-edge training.

3. Tell us about your passion for Counseling Psychology, what are your goals in the field?

Currently, I am most excited to continue my work in the area of relationship health and wellness. In particular, I am hoping to begin a program of preventative relationship healthcare for couples living with a cancer diagnosis.

4. Any wisdom you want to share about thriving in the quarantine?

I am a firm believer in the healing properties of snuggling dogs, yoga, snuggling dogs, hydration, snuggling dogs, nostalgic movies, and snuggling dogs.



Student Engagement Fall 2020

2020 has proven difficult in many senses and because of this the students and faculty of Springfield College have demonstrated resilience and adaptability. Students continue to be resourceful in their activism, their outreach, and their research. This section is dedicated to some of the projects that have been ongoing during this fall semester.

Mindfulness at Brookings Elementary

Presentation hosted by David Tverskoy and Dr. Sally Hage in conjunction with the TAP research team about Mindfulness, mindfulness training, and how to support adolescent students to develop these skills.



The purpose of the mindfulness program at Brookings Elementary School is to increase positive self-esteem and assist students with being in the present moment through evidenced based mindfulness activities for social and emotional engagement with healthy adult role models from the community. The program supports a holistic approach when working with children to enable mental health, well-being, and positive environments. Researchers are evaluating the mindfulness program using a mixed methods design, including a teacher survey, focus groups with teachers and parents, and archival data from 3rd through 5th graders, along with data from a comparison school.

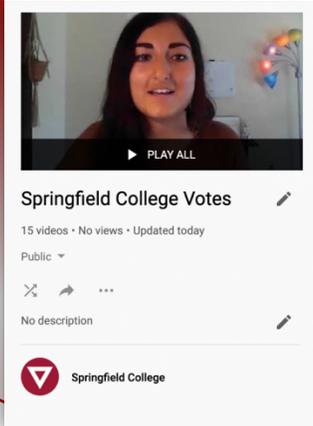


With the Presentation we were able to receive dozens of completed surveys that contained data our quantitative portion of our research as well as received a list of people who were interested in meeting with us at a future time for focus groups to discuss our mission to help the kids further with mindfulness and have a more detailed conversation about the topics touched upon in the survey.

APA 2020

In August, PsyD faculty members Dr. Sally Hage and Dr. Sean DeMartino and PsyD students Natalie Léger, Charisse DelVecchio, Sesooter Ikpah, Chen Liang, Mary Iellamo, and Denis Uka presented a Symposium at the American Psychological Association Annual Convention. The symposium, titled, "Empowering Diverse Students in College: Creating Policies and Preventative Interventions that Matter," included primary research from the program's Trauma and Prevention lab, and independent student and faculty research and scholarship. The symposium included presentations on community engagement, social justice education, acculturation, bias intervention and prevention, adverse childhood experiences, and athlete resiliency development as these relate to college students and campus settings.





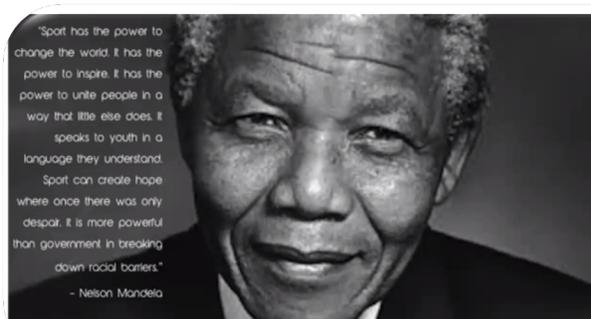
2020 Vision

2020 Vision was a bi-weekly program led by Charisse DelVecchio that ran from September 2019–November 2020. The program was designed to educate participants, especially first-time voters, on issues relevant to voting and the positions of candidates running for president. The program provided an educational space for members of the Springfield College

community and the City of Springfield. 2020 Vision helped participants to make informed voting decisions, get registered to vote, and know their rights as voters regardless of their party affiliation.



SEAT at the table



People



In October, PsyD students facilitated workshops for Springfield College's inaugural (S)ocial justice, (E)quity, (A)ccountability, (T)ransformation at the Table Week. SEAT at the Table Week was organized by PsyD student Charisse DelVecchio as a conference that offered educational experiences across media, pedagogies, and practices, dedicated to deconstructing oppressive systems, liberating educational spaces, and transforming our community toward equity for all. Students Natalie Léger, Jonathon Perlow, and faculty member Dr. Elizabeth Morgan lead sessions on the dehumanization of athletes, meditation and hip-hop, and inclusivity for LGBTQIA+ athletes. See recordings from their sessions on Springfield College's YouTube page.

Sedale Williams Division 17 Award

Sedale Williams, a recent graduate from the program (Class of 2020), received the Division 17 Social Justice and Liberation Award. Sedale said in response:

“It was humbling to be recognized by Division 17 and receive the Social Justice and Liberation award! I value being a part of a group of students and emerging professionals who are dedicated to paying it forward. The main thing the award showed me was that the work doesn’t stop there.



Currently, I am a Postdoctoral Resident at the Edith Norse Rogers Memorial Veterans Hospital in Bedford, MA. I am working on the Interprofessional Mental Health Track (Program Development) with a focus on program development and education. This year I will be trained in Cognitive Processing Therapy for Post-Traumatic Stress Disorder (CPT-PTSD) and co-constructing a yearlong quality Improvement project with other trainees. In the future, I plan to get into consulting, specifically organizational development and nonprofit management.”

SCAID Leadership Position Hunter Soens



Recently, Hunter Soens, a first year in the PsyD doctorate program secured a position as a student representative with the Standing Committee on Advocacy, Inclusion, and Diversity (SCAID) within the council of Counseling Psychology Training programs (CCPTP).

CCPTP is a council of APA accredited program directors to ensure that the quality of training is consistent across programs. SCAID is a committee that pursues increasing social justice awareness, and activism within APA accredited programs. This is the first year that SCAID is offering a student leadership position. As a student representative, Hunter will provide his student perspective into how to best promote social justice within APA accredited programs and will assist SCAID faculty members.

Through the process of applying for the position Hunter has already learned so much, and it has given him new avenues in which he wishes to hopefully grow in this position. Hunter hopes that this position will be a gateway for him to become more comfortable being in the room with racial issues. Ultimately, Hunter hopes to gain knowledge on how he can be the best ally he can be and how he can make an impact in his future endeavors on multicultural lines.

Good News Spotlight

Avoiding the word, “struggle,” when describing 2020 is difficult. Although, despite the challenge that this year has presented, here is some good news from the program! There is brightness within this year that is worth celebrating. Please feel free to share your good news with us in the future!

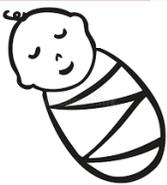


Rachel Vadney (Bristol)

Rachel, who is now on internship had this to say:
 “Though 2020 has thrown me for a loop, as it has for us all, I got to marry my best friend on October 9, 2020. I hope you can all reflect on 2020 and notice some of the good things that may have happened!
 Love, Rachel Vadney (Bristol)” . Congratulations Rachel!

Latoya Vice

We want to send our congratulations to LaToya Vice who is a fourth-year student in the program and recently got engaged to her partner!
 Congratulations LaToya!



Jaleesa Marshall

We also want to send congratulations to Jaleesa Marshall, a fourth year student, who recently gave birth to her new child! Congratulations Jaleesa!

Anthony Carnevale

Second-year Anthony Carnevale and his Partner Nicole adopted a dog over this summer. Their dog's name is Millie. She is a Border Collie/Heeler mix and is one-year old. They could not be happier with their decision to adopt Millie!



Marley Balasco and Anthony Carnevale

Finally, we want to give a shoutout to second year students Marley Balasco and Anthony Carnevale who competed in a local 2-man scramble in Springfield this November and won first place in their division!

Stay Safe and Healthy!

Do not forget to join us on December 9th for our PsyD social!
We are looking forward to seeing everyone there!

SPRINGFIELD COLLEGE



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Happy Holidays and Have a Restorative Winter Break!
