

Springfield College ~ Spring 2020

Counseling Psychology Psy.D. Program



In This Issue:

- Message from the Director
- COVID-19 Updates
- Internship Match Spotlight
- Graduate Spotlight
- AASP Northeast Regional Conference
- Division 17

Special Thanks to Our Contributors:

- Dr. Scarlett Choi
- Anthony Carnevale
- Mary Iellamo
- Chen Liang
- Matt Monaco
- Nikola Prpa

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

I hope all of you and your loved ones are safe and well in this pandemic. This was an unprecedentedly challenging semester. Campus is closed, classes were moved online, and all social gatherings have been canceled, including our PsyD Social and Graduation Celebration. Practicum and internship training have been switched to online, temporarily paused, or even terminated. On the other hand, some trainees had to continue to provide in-person care to their clients on site in the face of the risks of COVID-19. Things are being changed every day, and, as always, the process of waiting for updated policies and guidelines and adjusting to the new systems is often accompanied with confusion and tension. Moreover, the global health crisis led to an economic crisis, which has added anxiety and concerns in our lives.



Despite these enormous challenges, I continue to be in awe of our Springfield College PsyD community as we all work together with great adaptability, resilience, perseverance and the never dying spirit of Humanics. The time is tough, but we are tougher. Our students continue to demonstrate the same dedication to their learning, development, and clinical practice as ever before. They have risen to the challenges presented in their training and have kept making strides forward, advancing in their training as they prepare themselves for new experiences ahead.

Please join me in congratulating our current interns on their upcoming graduation. I am especially thankful to the current interns as each of them closely communicated with me about their internship sites' progress in their responses to the crisis situation.

Please join me congratulating our students who will go on internship this summer. A total of thirteen students in our program applied for APPIC internships for the year of 2020-2021, and all of them (100%) have been matched!

Please join me welcoming our incoming students and a new faculty in fall 2020. We had a great number of highly qualified applicants, among which nine students will be joining us in the fall. Also, we hired a new tenure-track faculty member who is going to join our program in the fall. Thank you all who assisted with the hiring and recruiting process.

For more information about our program's accomplishment, please check out the most recently updated outcomes and data of our program on the College's [webpage](#). Also, please visit and like our [Facebook page](#). While we remain apart from one another to ensure health and well-being, we can still maintain our sense of community with the help of technology. We will benefit greatly from remaining connected as we move forward in this time of uncertainty. I wish a safe, healthy summer to all and I look forward to meeting together in person soon!

Best,

Scarlett



COVID-19 Updates

Hello, Springfield College Psy.D. community. We hope that you all are feeling healthy and safe during this time of uncertainty and ambiguity. It certainly has been a tumultuous time for many of us and those around us. Questions surrounding training have abounded as a result of protective measures established to prevent the spread of COVID-19. Below are resources to help answer any questions you may have during this difficult time. Again, we wish everyone good health and safety as we move forward.

Official Statements & Updates

[American Psychological Association \(APA\) COVID-19 Information and Resources](#)

[American Psychological Association \(APA\) Office of Program Consultation and Accreditation](#)

[Association of Psychology Postdoctoral & Internship Training Centers \(APPIC\) Guide to Tracking Teleheath Hours](#)

[Council of Chairs of Training Councils \(CCTC\) Statement](#)

[Springfield College Coronavirus Updates](#)

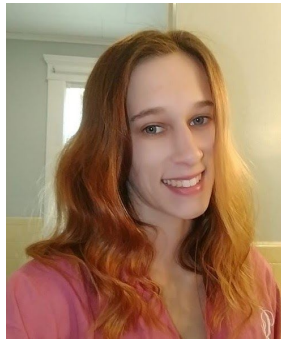


Internship Match Spotlight

Meet our students heading off to their internships this fall!



Scott Anderson
*North Memorial Health-
University of St. Thomas*



Rachel Bristol
*The Village for Families &
Children, Inc.*



Melissa Devencenzi
Utah State University

Internship application advice from Rachel Bristol...

“Start early on writing practice cover letters and essays and have them edited. Also, something that people don't often know before the interviewing stage is that a lot of sites ask that you bring a picture of yourself to the interview so they can attach it to your application file, so it's not a bad idea to get a professional headshot done, just in case.”



Marcus Dumas
*Florida Atlantic
University CAPS*



Stanley Gajda
*VA Central Western
Massachusetts
Healthcare System*



Julie Freedman
Wake Forest University



Phil Imholte
University of St. Thomas



Trevor Jaskiw
*Edith Nourse Rogers
Memorial VAMC*

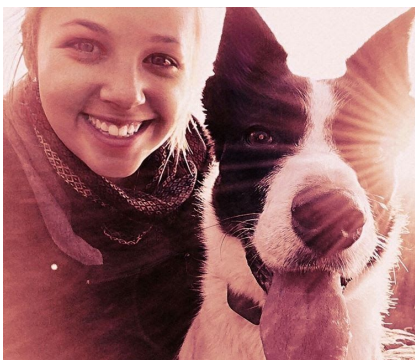


Meghan Krasnow
Appalachian State University



*Congratulations to all!
We wish you all the best!*

Shawn Saylor
*North Carolina State
University*



Virginia Schwager
Wheeler Clinic



Denis Uka
*Aspire Health
Alliance (South
Shore Mental
Health)*

2020 Graduate Spotlight

Congratulations and best of luck to all of our 2020 graduates! Learn more about their upcoming plans, and check out some advice on the internship application process.



Sedale Williams



Tiffany Truesdale

Tiffany has accepted a postdoctoral fellowship at Boston Behavioral Medicine.



Taylor McCavanaugh

Taylor has accepted a postdoctoral fellowship at Georgia State University.



Jacob Schlierf

Jacob has accepted a postdoctoral fellowship at the University of South Florida Counseling Center.

→ *Advice from Taylor McCavanaugh:*

“Find a place where you feel that there is a mutual fit. Of course we are all trying to match and attain an internship/post-doc site, but you need to make sure you interview them just as much as they are interviewing you.”

**Alexandra Lucey**

Alexandra has accepted a postdoctoral fellowship at the Keene State College Wellness Center.

Advice for the internship application process:

→ “Really consider whether or not you could live where your internship is located. Look at the stipend vs. cost of living in that area. Also, consider the type of environment that you would be successful living in.

→ Many internships have opportunities for you to meet with current interns at your interview; have questions prepared specifically for the interns related to their experience so that you gain a better understanding of the site.
→ Start your internship essays as soon as possible; it takes longer than you'd think to condense everything you want to say.

**Adam Landry****Danny Fabian****Tracy Ennis****Patricia Elisnord**

Patricia has accepted a postdoctoral fellowship at the Bedford VA.

**Clare Devine**



Jeff Bentley

Jeff has accepted a position at Utah Valley University's Counseling Center.



Bassey Akpan

Bassey has accepted a postdoctoral fellowship at Pepperdine University.



Kyrsten Belini

Kyrsten has accepted a postdoctoral fellowship at Brooklyn Minds.

Words of wisdom from Kyrsten:

"This next chapter of your doctoral journey is going to be extremely challenging, yet, rewarding, exciting, and so surreal and there are going to be so many things that happen that are out of your control, like a global pandemic. Too often we underestimate the power of a smile, a listening ear, a kind word, a thoughtful compliment, or the smallest act of caring and kindness, which ALL have the potential to turn a life around!! During my internship experience, one thing I am forever grateful for is the self-reflection I have been able to embark on and the

personal and professional experiences that have changed my life. Here are some survival tips for all my peers who will be starting internship soon!

- Enjoy the ride, trust the process and remember your internship is getting you to where you want to be.
- Your mental health and well-being are vital; please make sure you take care of yourself, so you can fully serve those around you!
- When you are asked tough questions, realize it's because people believe you know the answer and are willing to help.
- Practice within your limits and don't be afraid to ask for help.
- Please use your days off/sick time/vacation time wisely and make sure you reward yourself with a vacation because you deserve it. But in all honesty, please never forget that – if you choose your path to make someone else happy, you will have a job, but if you choose what makes you truly happy, you will have a passion for life!! Never doubt your abilities, your purpose in life, what fuels your passion, and most importantly never doubt yourself because you are capable of amazing things. Good luck, and remember at the end of this you'll finally be a DOCTOR OF PSYCHOLOGY!!!"

6th Annual Association for Applied Sport Psychology (AASP) Northeast Regional Conference

Springfield College hosted the 6th Annual Association for Applied Sport Psychology (AASP) Northeast Regional Conference from March 6-7, 2020. Emily Tyler (right), a second-year Counseling Psychology Psy.D. student, co-chaired the conference with Gabrielle Salvatore, a second-year Sport and Exercise Psychology Ph.D. student.





Emily, who also serves as the program representative for the Division of Counseling Psychology's (Division 17) Student Affiliates of Seventeen (SAS), presented her research "International Student-Athletes' Perceptions of Belonging and Inclusion During Their First Year at a NCAA Division I Institution" at the conference.



AASP Northeast Regional Conference 2020

Division 17

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.



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



Student Affiliates of 17
Society of Counseling Psychology
American Psychological Association

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

Emily Tyler is the Springfield College SAS representative. Contact Emily at etyler3@springfieldcollege.edu for more information on Division 17.

Stay healthy and safe!



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