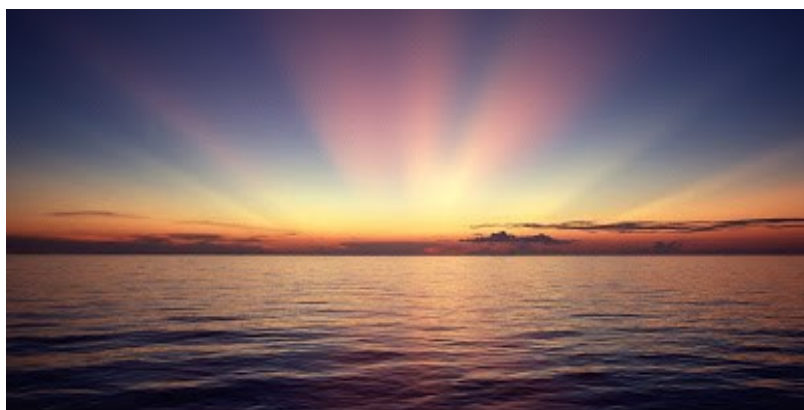




# Counseling Psychology Newsletter

## Program News



Cleveland State University's Counseling Psychology Doctoral Program is pleased to celebrate the many recognitions, awards, scholarships, and scholarly contributions of its faculty and students. Furthermore, we want to welcome the incoming Counseling Psychology students of Cohort XXX, as well as congratulate the recent graduates of our APA-accredited program!

---

*Questions related to the program's accreditation status should be directed to the APA Commission on Accreditation:*

*Office of Program Consultation and Accreditation  
American Psychological Association  
750 1st Street, NE, Washington, DC 20002  
Phone: 202.335.5979 / Email: [apaaccreditation@apa.org](mailto:apaaccreditation@apa.org)  
Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)*

### In This Issue

- Message from the Training Directors, p. 2
- Welcome to New Students, p. 3
- Meet our Faculty, p. 4
- Welcome to our New Faculty Member, p. 5
- Current CP Students, p. 6
- Dissertations Defended, p. 6
- Donald E. Super Fellowship Recipient, p. 7
- SAS Reflections, p. 8
- Student Organizations, p. 10
- Brown Bag Lunch Series, p. 11
- Lecture from Dr. Louise A. Douce, p. 11
- Community Partnerships, p. 12
- Students Reflect: *Finding Your Practitioner Voice*, p. 13
- Faculty / Student Scholarships, Awards, and Grants, p. 16
- Student and Faculty Publications, p. 17
- Student and Faculty Presentations, p. 18

## Message from the Training Directors



**Dr. Donna Schultheiss**



**Dr. Julia Phillips**

As Co-Directors of Training, we are very pleased to welcome all of you to Fall Semester 2016. We warmly welcome our new faculty member, Dr. Kelly Liao, and our new cohort of three students, Laura Fogarty, Chieh-Yu Liao, and Steven Sanders.

Last year we celebrated many student and alumni successes. Two students graduated and several alumni were licensed and/or passed the EPPP. In addition, four students matched at APA-accredited internships and one student matched at an APPIC-affiliated internship. These students are now on internship in university counseling centers and community agencies. Students also continued to earn local and national awards for their dissertation research in 2015-2016. Furthermore, we finished our third year as the host institution for the Student Affiliates of Seventeen (SAS) of the American Psychological Association Division 17. CSU students gained valuable leadership experience on the national level in SAS, other APA Divisions, and the Ohio Psychological Association. Students continued their partnerships with other student leaders in the American Psychological Association of Graduate Students (APAGS) to provide forums for students to advocate regarding social justice issues (e.g., violence against communities of color and LGBTQ communities, marriage equality for same sex couples). We are proud of our students!

This year we began practicum partnerships with two new agencies, thus broadening the opportunities for students to work with veterans and older adults. We will be continuing our Student/Faculty Brown Bag Lunch Series and plan to hold a colloquium on the intersections of diversity and disability as a follow-up to a successful colloquium held last April when we hosted Dr. Louise Douce, former member of the APA Board of Directors, as a means of further exploring the social justice implications of the Hoffman Report.

Finally, we note with mixed emotions that our program faculty is undergoing transition. After one year as Chair of the Counseling, Administration, Supervision and Adult Learning Department, Dr. Justin Perry accepted a position as the Dean of the College of Education at the University of Missouri – Kansas City. We wish him well in his new position and his legacy lives on at CSU in the excellent work that continues at the Center for Urban Education. In addition, Dr. Donna Schultheiss will be transitioning out of the role of Co-Director of Training in the Fall Semester as a result of her role as Interim Dean of the College of Graduate Studies. She is a tenured Professor in CASAL and will continue to serve on students' dissertation committees during this period. Her service in directing the Counseling Psychology program has been invaluable and she will remain an important contributor to our program as we move forward.

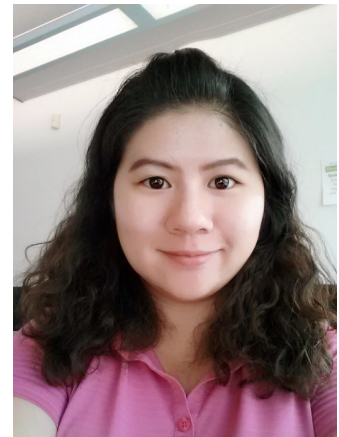
## Welcome to our New Students



**Laura Fogarty** graduated from Cleveland State University with a Master of Arts in clinical psychology, and also holds a Bachelor of Arts in psychology from Ursuline College as well as an Associate of Science in human services from Lakeland Community College, where she recently returned to teach psychology and sociology courses part-time. Her past clinical experiences include her internship at MetroHealth, specializing in substance abuse treatment, victim advocacy through the Lake County ADAMHS Board, and case management for an outpatient mental health facility. She recently served as an Investigations Coordinator at the Housing Research & Advocacy Center, where she conducted testing to identify patterns of local housing discrimination.

Through her work there, her awareness of social justice issues with a diverse population deepened, and guides her research interests in the area of unique challenges faced by others, with a focus on sexual and gender-variant minorities.

**Chieh-Yu Liao** completed her M.A. in Counseling Psychology from Western Michigan University (WMU) in 2014, where she interned in the Borgess Medical Center Adolescence Partial Hospitalization Program in Michigan for her Master's field practicum. During that time she provided individual counseling, facilitated psycho-educational groups, co-lead group sessions, and assisted in developing and implementing treatment plans in collaboration with other professionals. After graduating from WMU, she briefly worked at HomeLife Inc., a specialized residential adult foster care home in Michigan, and volunteered at Gryphon Place, a 24-hour HELP-Line center. Chieh-Yu's research interests include trauma in adolescence, the well-being of diverse populations, work-life balance, and migration and acculturation.



**Steven Sanders** is originally from Dayton, Ohio. He completed his M.S. in Clinical Psychology at Alabama A&M University in 2013 and also holds a B.A. in Sociology from the same institution. He served as a Graduate Research Assistant and Teaching assistant for two years, focusing on teaching 300 level undergraduate psychology courses and research focusing on personality traits. He gained clinical experience through the Nova Center in Huntsville, Alabama working with children affected by sexual trauma and substance use and abuse, as well as at Longwood Psychological Center conducting disability evaluations and Intelligence Testing. His research interests include personality theory, racial components of depression and anxiety, and racial biases in academic achievement.

## Meet our Faculty



**Dr. Julia C. Phillips** is an Associate Professor in Counseling, Administration, Supervision, and Adult Learning (CASAL) and Co-Training Director of Cleveland State University's Counseling Psychology Program. Dr. Phillips received her doctoral degree in Counseling Psychology from The Ohio State University in 1992. She is a psychologist, licensed in the State of Ohio, with an employment history including 21 years as a practicing psychologist in university counseling centers. Additionally, she was extensively involved in supervision and training during this time, including ten plus years as the training director of an APA-accredited internship. Dr. Phillips has research and scholarship interests in the areas of diversity, training, and professional issues. Her most recent scholarship has been published in journals such as *Training and Education in Professional Psychology*,

*Journal for Social Action in Counseling and Psychology*, *Counseling Psychology Quarterly*, and *Psychology of Women Quarterly*. She also contributed a chapter to the third edition of *The Handbook of Sexual Orientation and Gender Diversity in Counseling and Psychotherapy* (Debord, Fischer, Bieschke, & Perez, 2016). Dr. Phillips has a history of professional service and leadership in the field. She is currently the President-Elect Designate for the Council of Counseling Psychology Training Programs (CCPTP). She was the 2015 Hospitality Space Committee Co-Chair and the 2013 and 2014 Co-Chair of the Leadership Committee in Division 17 of the APA Society of Counseling Psychology; SCP. She is a Fellow of the American Psychological Association and received the 2016 Woman of the Year Award from the SCP Section for the Advancement of Women and the 2013 Outstanding Training Director Award from the SCP Supervision and Training Section.

---

**Dr. Donna Schultheiss** is currently a Professor and Co-Director of Training in Counseling Psychology. Dr. Schultheiss is also serving as the Faculty Advisor to Student Affiliates of Seventeen (SAS) of APA Division 17. She earned her Ph.D. in Counseling Psychology from the University at Albany, State University of New York. Dr. Schultheiss was recently awarded the John Holland Award for Outstanding Achievement in Career and Personality Research by Division 17 of APA, and the award for the Most Outstanding Research Contribution to Career Development Quarterly by NCDA. She is a Fellow of APA Division 17 (Society of Counseling Psychology), and has served as Chair of the Society for Vocational Psychology (Section of Division 17 of APA). Dr. Schultheiss currently serves on the editorial boards of *Journal of Counseling Psychology* and *Journal of Vocational Behavior*. Her research interests include the interface of work and relationships, international issues in vocational psychology, women's work, and childhood career development.



## Meet our Faculty



**Dr. Graham Stead** is Director of the Doctoral Studies program in the College of Education and Human Services. He is licensed as a Counseling Psychologist and as a Research Psychologist with the Health Professions Council of South Africa. He has co-authored two editions of a research book and one statistics book, and co-edited two editions of a career psychology book. The third edition of *Career Psychology in the South African Context* has recently been published. In addition, he has published thirty-two book chapters, forty-six articles, and presented at many conferences in the USA, Canada, Europe, Australia, and South Africa. His field of interest is career psychology with special interests in social constructionism, discourse analysis, critical psychology, childhood career development, culture, psychometrics (instrument development), and meta-analysis. Dr. Stead is also a consulting editor

for the *Journal of Career Development*, the *International Journal for Educational and Vocational Guidance*, and the *Journal of Psychology in Africa*, and has served on the editorial boards of *The Career Development Quarterly* and the *Journal of Occupational and Organizational Psychology*. His extramural interests include music and photography.

## Welcome to our New Faculty Member

**Dr. Kelly Yu-Hsin Liao** is an Assistant Professor in Counseling, Administration, Supervision, and Adult Learning (CASAL). She obtained her Ph.D. in the APA-accredited Counseling Psychology program at Iowa State University (ISU) in 2011. During her time at ISU, she also earned a Graduate Certificate in Quantitative Psychology. She completed an APA-accredited internship at the University of Missouri-Columbia Counseling Center. Dr. Liao is currently a licensed psychologist in the State of Missouri. Prior to joining the faculty at Cleveland State University, she was a research scientist at the Culture and Health Research Center at the University of Houston. She was also an Assistant Professor in the Department of Counseling and Family Therapy at the University of Missouri-St. Louis from 2011 to 2015. Dr. Liao's research interests are in the areas of coping with minority-related stress (e.g., acculturative stress, discrimination) among racial/ethnic minority (e.g., African American, Asian American) and sexual minority individuals, Chinese international students' adjustment issues, positive psychology (e.g., self-compassion, gratitude), and mental health in Chinese breast cancer survivors. She has published in journals including *Journal of Counseling Psychology*, *Journal of Clinical Psychology*, *Cultural Diversity and Ethnic Minority Psychology Journal*, and *Asian American Journal of Psychology*. Dr. Liao has served as the Finance Officer for Asian American Psychological Association and the faculty advisor for Taiwanese Student Association. She currently serves on the editorial board of *The Counseling Psychologist*.



## Current Counseling Psychology Students

Michelle Barron-Wearsch	Laura Fogarty	Iva L. Musa	Radinka J. Samardzic
Lindsey Bisgrove	Stephanie Garcia	Sara Nardone	Steven Sanders
Heather Bonnett	Basak Khamush Kacar	Ashley Oliver	Eric Wallace
Brittany Carbaugh	Anil Lalwani	Lela Pickett	Erica Wiley Whiteman
Adam Cusner	Jason Lawrence	Sneha Pitre	Tiffany Williams
Brittan Davis	Chieh-Yu Liao	Ashley Poklar	
Brian Fitts	Dean Malec	Keelan Quinn	



Counseling Psychology Doctoral Student Organization Bi-Weekly Meeting  
From left to right: **Laura Fogarty, Anil Lalwani, Dr. Julia Phillips, Erica Wiley Whiteman, and Steven Sanders**

## Dissertations Defended

Please join us in congratulating the following students who successfully defended their dissertations during the past academic year!

### **Irina Bransteter**

Title: Bosnian refugees' understanding of their health and well-being in a U.S. context

Date defended: July 11, 2016

Chair: Dr. Kathryn MacCluskie

### **Kelly Martincin**

Title: The impact of caregiver variables on psychosocial outcomes of veterans with dementia

Date defended: June 29, 2016

Chair: Dr. Graham Stead

---

# Donald E. Super Fellowship Recipient

by **Brittan Davis**

After having spent the majority of my graduate training nurturing my vocational psychology line of research, receiving the Donald E. Super Fellowship Award for my dissertation on the work-life interface of LGBQ workplace discrimination and microaggressions is truly an honor. As a cornerstone of counseling psychology, career development and counseling has been incredibly influential in my own professional development and identity. And the work of Donald E. Super has served as an important basis for my theoretical, practical, and lived understanding of work.

As a feminist, multicultural and relational-cultural researcher and practitioner, I have long been interested in the multitude of ways individuals construct meaning and their lives within various relational contexts across the lifespan. It is, therefore, no surprise that I was academically moved by Super's life-span approach to career choice, as it was a significant theoretical contribution in its recognition of the interaction of contextual, social, and developmental perspectives of career. Despite my constructionist approach to understanding the work-life interface, I recognize Super and the many previous recipients of the Donald E. Super Fellowship as greatly contributing to my development as a researcher and practitioner in counseling psychology.

My graduate training in the Counseling Psychology Program at Cleveland State University has supported a strong vocational psychology theoretical basis in both breadth and depth. Having faculty who are noted scholars in both vocational psychology and multicultural issues, I have been able to weave together my primary lines of research. As I am committed to the theory and praxis of social justice, I have been very interested in the work-life experiences and the various ways in which meaning is constructed across diverse social identity groups. This melding of knowledge and training has allowed me to identify the absence of sexual minorities within work-life scholarship as a major gap in vocational psychology research. As such, I am honored that my dissertation on the relationship between sexuality-based workplace discrimination (i.e., heterosexism and microaggressions) and various work-life outcomes (i.e., work-life interference, and job and life satisfaction), and social support as a moderator, is recognized as a significant contribution to the field through the receipt of the Donald E. Super Fellowship Award.

I am honored to have had the opportunity to be trained under noted scholars in counseling and vocational psychology while at CSU. My dissertation chair, Dr. Donna Schultheiss, also deserves much recognition for my receipt of this award, as she is one of the only faculty in the nation to have had two students receive this award – Basak Kacar Khamush (Cleveland State University) won the Donald E. Super Award and Fellowship in 2015. I am also grateful for the support and guidance of my dissertation committee, Drs. Graham Stead, Julia Phillips, Justin Perry, and Michael Horvath, all of whom contributed greatly to my research program and professional development as a counseling psychologist.



**Brittan Davis (L) and Dr. Donna Schultheiss**

# Student Affiliates of Seventeen Reflections

by past SAS Co-Chairs Ashley Oliver and Erica Wiley Whiteman



Ashley Oliver



Erica Wiley Whiteman

Being involved with SAS over the last three years has been a unique and challenging experience. It afforded us the opportunity to develop our leadership skills as well as network with established leaders within our field. We are grateful for the unique experiences we've had as leaders, including the opportunity to travel to several important national conferences, including American Psychological Association Conventions, Council of Counseling Psychology Training Programs Midyear Meetings, SCP Midyear Meetings, and the National Multicultural Conference and Summit. In these conferences, we were a part of important discussions on accreditation of counseling psychology programs at the masters and doctoral levels. We participated in initiatives that focused on the values of social justice and diversity inherent in counseling psychology. And, we were able to assist in developing policies that will increase the voice of students within SCP.

Notably, we were able to learn from other counseling psychology graduate students throughout the country about implementing change within our field. We learned a great deal about ourselves and learned the importance of staying focused on the guiding values of an organization. SAS was a rewarding experience in that we were able to appoint numerous students to leadership positions within SAS and SCP over the last three years, furthering the leadership pipeline. We look forward to expanding our involvement and continuing to be leaders in the future.

by previous SAS Presidents Brittan Davis and Sneha Pitre

Having headed the charge to propose to become the host institution of SAS in 2011-2013 and formally stepping into the role of SAS Co-Chair in August 2013, SAS has been a significant part of all five years of my doctoral studies at Cleveland State University. Serving as Co-Chair for the first two years of our three-year term, I had the privilege of meeting, collaborating with, and being inspired by counseling psychology students, Early Career Professionals (ECPs), and professionals far beyond the confines of our own academic institution. Such engagement in leadership, advocacy, and professional and personal relationships can best be summarized in the following four areas: (a) development of an e-mentoring program for students with marginalized identities, (b) interdivisional advocacy initiatives around social injustices, (c) advocacy to address student loan debt, and (d) student programming at national professional conferences.

*(continues next page)*





Sneha Pitre

First, we created an e-mentoring program for counseling psychology graduate students with marginalized identities. We recognized that existing mentoring programs primarily focused on professional issues and development and did not explicitly attend to diversity of intersecting marginalized identities. Thus, this program matched students with mentors according to social identities and professional issues that were most salient to their experience within counseling psychology programs and Division 17.

Second, Ashley Oliver and I were two of the founding members of the interdivisional Grad Students Talk: Psychology Graduate Students Invested in Social Justice. As part of this collective, we held difficult dialogues following identity-related injustices and encouraged social justice initiatives within each of our respective universities (i.e., holding “Die-Ins,” BLM marches, holding similar difficult dialogues within graduate programs, etc.). Additionally, we organized the First Do No Harm t-shirt and button campaign at the 2015 APA Convention to stand in solidarity with those affected by the actions of APA described in the Hoffman Report. Our collective recently published an article in the *Journal of Diversity in Higher Education*.



Brittan Davis

Third, we worked closely with the Division 17 Vice President for Education and Training to organize efforts to raise awareness and challenge systems that increase student loan debt of counseling psychology students. Such efforts encouraged students and faculty of counseling psychology programs to advocate for the following: (a) more assistantships that reduce the loans needed by students, (b) for predoctoral internship to be considered full-time student status to allow continued deferment of already accrued debt, (c) more funding for student travel to professional conferences, and

(d) negotiating paid practicum sites. Although we were able to make only a small dent in this effort, I was granted the opportunity to attend the 2015 Education Leadership Conference where I met with members of the United States Congress to advocate for the restoration of the Federal Direct Subsidized Loan Program for graduate and professional students.

Finally, over the course of three years, we held over 20 hours of student programming at national professional conferences (i.e., American Psychological Association Annual Convention and the 2014 Counseling Psychology Conference), and we co-chaired three symposia at the APA Annual Convention that featured student presenters from various counseling psychology programs across the U.S. We also held a mentoring social at each of the national conferences to bridge the gap between students and ECPs, which will help to address the goal to maintain Division 17 membership post-graduation. Lastly, during our term as the SAS Host Institution, we hosted the 2014 Great Lakes Regional Counseling Psychology Conference at Cleveland State University. This conference featured symposia by some of the most prominent scholars in Division 17 and included a presentation by then President of Division 17, Dr. Sharon Bowman.

## Student Organizations

CSU recently finished our three-year term as the host institution for the Student Affiliates of Seventeen (SAS). Students invested significant time and energy in leadership and service for SAS. Our attention now turns inward as we focus on revitalizing our three student groups, the Counseling Psychology Doctoral Student Organization, the Urban Education Doctoral Student Organization, and the International Student Alliance.

### **Urban Education Doctoral Student Organization**

The Urban Education Doctoral Student Organization provides a unique outlet for graduate students, faculty, and professionals across six specializations to collaborate, network, and offer support. Our events aim to foster a sense of community for doctoral students in the Urban Education Ph.D. program and bridge connections between individuals of varying specializations. A primary goal of the Urban Education Doctoral Studies Student Organization is to cultivate a sense of community and fulfill the needs of doctoral students. Accordingly, we encourage graduate students to become involved, attend organization events, welcome new members, provide feedback, and offer suggestions for upcoming events. We are sincerely looking forward to embarking on another exciting year of forming connections, networking, and hosting events through the Urban Education Doctoral Student Organization! If you would like to get involved or have any additional questions, please do not hesitate to contact [Lela Layne Pickett at lalapickett@uky.edu](mailto:lalapickett@uky.edu)

---

### **The International Student Alliance**

The International Student Alliance is an unofficial student group that serves to connect international and immigrant students in the Counseling Psychology program. However, the group is open to everyone who is interested in cross-cultural learning. Our goal is to enhance the program experience for all members through forming connections, socializing, and becoming more culturally sensitive by learning about each other's cultures. The International Student Alliance provides members with opportunities to network and collaborate with each other, both on a personal and academic level. If you have any questions, or if you are interested in joining, do not hesitate to contact [Anil Lalwani at a.lalwani57@vikes.csuohio.edu](mailto:a.lalwani57@vikes.csuohio.edu)

---

### **Counseling Psychology Doctoral Student Organization**

We have officially re-established the former Counseling Psychology Doctoral Student Organization (CPDSO), which had been dormant since 2010! The purpose of our organization is to foster student connection and support as well as collaborate on community and program outreach. We are very excited to announce our initiatives for the year which include: Dissertation Dropbox support, brown bag lunches, annual fall gathering, student recruitment assistance, and community outreach.

Although our organization will be considered a "flat" leadership hierarchy, we are grateful to the following individuals for volunteering their time and effort to serve as leaders when needed: Erica Wiley Whiteman (President), Chieh-Yu Liao (Vice President), Steven Sanders (Secretary), Laura Fogarty (Treasurer), and Dr. Julia Phillips (Faculty Advisor). Please contact [Erica Wiley Whiteman at e.d.wiley@vikes.csuohio.edu](mailto:e.d.wiley@vikes.csuohio.edu)

## Brown Bag Lunch Series

The brown bag lunch series provides a wonderful opportunity for connection between faculty and students. In bi-weekly meetings, we discuss issues pertinent to our education, growth, and persistence. In addition to helping students with getting through their doctoral programs, we meet to openly exchange our thoughts and experiences. Topics are collaboratively chosen in advance to allow student needs and concerns to be equally prioritized with faculty guidance. Each session provides important information for all individuals, from first year students to those in the dissertation and internship process. Our meetings address diverse topics including creating your best curriculum vitae, marketing yourself for practicum and internship, and how to be a researcher/clinician in school. Psychologists from the community occasionally join us as honored guests to engage students in meaningful dialogues. This Fall Semester, some of our topics included: conducting doctoral level research, attending and presenting at professional conferences, engaging in professional service and leadership, and preparing for practicum/internship interviews. This staple of the program has united our counseling psychology doctoral community as we grow and bond over our shared need for experience and knowledge.

### Dr. Louise Douce Discusses Social Justice and the Hoffman Report



The CSU Counseling Psychology program was privileged to host Dr. Louise A. Douce in April of 2016 for the Student/Faculty Brown Bag Lunch Series. She discussed the Social Justice Implications of the Hoffman Report, engaging students in a nuanced conversation on the events leading to the report, the complex ethical considerations detailed throughout the document, and how it impacts psychology today. Later in the day, Dr. Douce shared insights about Leadership in Higher Education with students and faculty from the CP Program and the Adult Learning and Development Program at CSU.

Dr. Douce's passion in collegiate mental health is reflective of her active roles on campus and in the American Psychological Association (APA). She is currently a Special Assistant to the Vice President of Student Life and an adjunct Professor at The Ohio State University. Besides teaching, she is a pioneer in university threat assessment, and has been diligent to provide crisis support for college students for more than twenty-five years. Her research interests include career development, GLBT cultural competency, supervision and training, and women's issues.

Dr. Douce has participated in APA governance and developed her leadership on a national level. Currently, she is the Vice President for Communications in the Society of Counseling Psychology (APA Division 17). Previously, she served on the APA Board of Directors, as past President of the Society of Counseling Psychology, and on the APA Council of Representatives. Her leadership has been recognized with major awards at the national level, including the APA Education Advocacy Distinguished Service Award from the Association of University and College Counseling Center Directors and the Lifetime Achievement Award from the Commission of Counseling and Psychological Services of the American College Personnel Association. Thank you, Dr. Douce for visiting CSU!

## Community Partnerships

The Counseling Psychology Program is dedicated to playing an active role in the CSU Community as well as in the community of Northeast Ohio. Here is a listing of many of our community partnerships.

**Northeast Ohio Medical University (NEOMED):** Students instruct first year medical students on clinical interviewing skills and how to foster empathetic physician-patient relationships.

**Introduction to University Life (ASC 100):** Doctoral students provide instruction and support to first semester college students to balance their academic responsibilities and campus life at CSU.

**Cleveland State University Counseling Center:** Practicum trainees and graduate assistants serve a diverse student population by providing individual therapy, group therapy, and outreach services.

**Baldwin-Wallace College Health & Counseling Services:** Practicum trainees provide individual therapy and group therapy for the BW community.

**Applewood Centers, Inc.:** Practicum trainees work within a community mental health setting to provide individual therapy, group therapy and psychological assessment to children and adolescents aged three to eighteen, and their families.

**University of Akron Counseling and Testing Center:** Practicum students provide individual therapy, group therapy, and outreach programs. They have the opportunity to learn biofeedback.

**Oberlin College Counseling Center:** Practicum trainees provide short-term therapy, outreach, and psychological assessment to students at this liberal arts college.

**Portage Path Behavioral Health:** Practicum students collaborate with other mental health professionals and provide outpatient individual therapy, group therapy, couples therapy, and psychological assessment to a diverse population in this community mental health agency.

**OhioGuidestone:** Practicum trainees work with a diverse population of children and adolescents in a community outpatient setting, provide assessments and write reports using complex trauma model.

**Bellefaire, JCB:** Practicum students work in a community mental health setting with children, adolescents, and their family. Students engage in psychological assessments and group therapy.

**Connections, Inc.:** Practicum students engage in individual therapy and provide psychological testing services for children and adults in a diverse community mental health setting.

**Cleveland Clinic Foundation Pain Clinic:** Advanced practicum students work in an intensive outpatient hospital setting, where students provide short term individual and group therapy to clients.

**Cleveland Clinic Foundation Pediatric Behavioral Health Center:** Advanced practicum students work in a medical setting to treat children and adolescents using empirically supported therapy practices.

**Louis B. Stokes Cleveland VA Medical Center:** Advanced practicum students work with veterans with spinal cord injuries, provide psychological assessments, and engage in individual and group therapy.



# Students Reflect:

## *Finding Your Practitioner Voice*

by Stephanie Garcia



“Therapy is a journey, not a destination.” This is the phrase written on the wall of my current practicum supervisor’s office. Although these words ring true for clients, they hold equal weight for student practitioners. Prior to engaging in doctoral work, you are expected to have a general sense of your theoretical orientation and the population you may want to work with. Although this general direction is important, it should not preclude you from an openness to explore your values and develop a voice for your work as a therapist.

Entering into doctoral education, I had a sense of my therapeutic style and who I wanted to serve. However, I did not anticipate the strong transformational nature of the personal growth I

would experience. I strongly benefit from critical introspection, independent research on psychotherapy, and outside support from peers and supervisors. As I navigate through my early experiences as a therapist, I have found that being a strong clinician is not an end point, rather it is an ongoing process of growth.

Introspection is a process that is important to learn and embrace in the field of counseling psychology. I have found that thinking deeply about myself and being critical of my work in the therapy room is an essential aspect of growth. Journaling about my values, general experiences, and perspective has helped me engage this process more deeply. This practice has helped me better understand my assumptions about the world and think about how they affect my therapeutic practice.

My introspective style has driven me to seek out further information and learn different perspectives from other practitioners and researchers. Independently seeking out more resources and information beyond classroom instruction has been essential to furthering my general knowledge. One of my most meaningful experiences within this program was reading Irvin Yalom’s, *The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients*. As I read through this iconic therapeutic literature, I reflected about my work as a therapist with candor and openness. It allowed me to recognize my areas for growth and provided me with a constructive direction towards building my practice.

Although self-reflection is important, I have found my experiences with listening to feedback from others is equally if not more important. As a result, maximizing my time in supervision has helped me become a better clinician. In addition to obtaining support, my supervisor gently challenges my assumptions about therapy and helps me question my therapeutic choices. Her experience provides me with perspectives and potential concerns that I may have never otherwise considered. I believe that engaging this relationship with openness to receive positive and negative feedback helps me obtain the maximum benefit from training.

Doctoral education is a challenging and stressful experience. Still, I find that there is tremendous room for growth and transformation. Trying to work as a psychotherapist without an openness to self-exploration and feedback from supervision will lead to stagnation. Actively seeking out growth will help keep you focused throughout the journey.

# Students Reflect: *Finding Your Practitioner Voice*

## Student Suggestions and Resources for Becoming a Stronger Student Practitioner

from **Adam Cusner**... “Using the Division 12 website has been an invaluable resource and tool in ensuring that clients receive the highest level of care.”

from **Anil Lalwani**... “The DVD on Culture-Centered Counseling from the APA series on multicultural practice has been an excellent resource for my work as a therapist. It provided a good overview of how to address clients' lived socio-cultural experiences in a respectful and competent manner.”

from **Sara Nardone**... “The thing that has most impacted my ability to be a good practitioner is as simple as me taking time for myself each day. I have learned that it is almost impossible for me to effectively help others when my own needs are not met. Practicing consistent self-care has been extremely valuable to my work with clients as well as my personal well-being.”

from **Erica Wiley Whiteman**... “Supervision has been invaluable in the development of my clinical skills. I believe it is also important to know what you want out of supervision. Having an idea of what supervisory structure works best for you will help you maximize your supervision experience.”

from **Brian Fitts**... “I think it's important to find a balance between overestimating your abilities and underestimating your skills and everything you bring to the therapy room.”

from **Brittany Carbaugh**... “The Therapist Aid website has been a tremendous help for me. I think that it is always refreshing and helpful to find different interventions and approaches to best help clients.”

from **Radinka Samardzic**... “The Division 12 Research-Supported Psychological Treatment website has been very helpful throughout my experience in graduate school. It is so important to have a strong understanding of the treatments that have been shown to provide help for clients.”

from **Lindsey Bisgrove**... “One concept that has been helpful for me to learn and incorporate into my work is self-compassion. The literature by Rachel Neff and her website [self-compassion.org](http://self-compassion.org) has provided me with great insight and understanding.”

from **Dean Malec**... “One resource that has provided me a stronger conceptualization and treatment of certain disorders is Edmund Bourne's publication *The Anxiety & Phobia Workbook*. It is a highly recommended resource.”

from **Ashley Poklar**... “Throughout my career, I have worked with many children who have experienced trauma. The TF-CBT online course from The Medical University of South Carolina has helped me further my knowledge greatly in working with my clients.”

from **Lela Pickett**... “Since my focus is with youth populations, I have had to find resources very specific for their developmental needs. I found the Coping Cat resources on anxiety from the California Evidence-Based Clearinghouse for Child Welfare to be very helpful.”

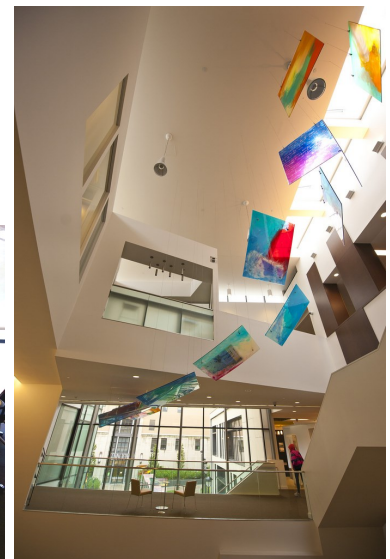
# Students Reflect: *Finding Your Practitioner Voice*

## References for Becoming a Stronger Student Practitioner

- American Psychological Association Society for Clinical Psychology. (n.d.). Research-Supported Psychological Treatments. <https://www.div12.org/psychological-treatments>.
- Bourne, E. J. (2010). *The anxiety and phobia workbook* (6th ed.). Oakland, CA: New Harbinger Publications.
- Coping Cat. (2009, May). California evidence-based clearinghouse for child welfare. Retrieved from <http://www.cebc4cw.org/program/coping-cat/detailed>.
- Craske, M. G. (2010). *Cognitive-behavioral therapy* (1st ed.). Washington, DC: American Psychological Association.
- Culture-Centered Counseling* [Motion picture on DVD]. (2008). United States: American Psychological Association.
- Granello, D. H. (2010, July). The process of suicide risk assessment: Twelve core principles. *Journal of Counseling & Development*, 88(3), 363-370. doi:10.1002/j.1556-6678.2010.tb00034.x
- Hayes, S. C., & Smith, S. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications.
- Linehan, M. (2015). *DBT skills training manual* (2nd ed.). New York: The Guilford Press.
- Medical University of South Carolina. (2005). Trauma-Focused Cognitive Behavior Therapy - Home. Retrieved from <https://tfcbt.musc.edu>.
- Neff, R. (n.d.). Self-Compassion. Retrieved from <http://self-compassion.org>.
- Society of Clinical Child & Adolescent Psychology (2015). Effective child therapy. Retrieved from <http://effectivechildtherapy.org>.
- Therapist Aid. (n.d.) Therapy Worksheets, Tools, and Handouts. Retrieved from <http://www.therapistaid.com>
- Yalom, I. D. (2002). *The gift of therapy: An open letter to a new generation of therapists and their patients*. New York, NY: HarperCollins.



(r) Inside Julka Hall  
(l) Doctoral Laboratory



## Faculty/Student Scholarships, Awards, and Grants

### **Irina Bransteter**

- 2015-2016 Dissertation Research Award - Cleveland State University

### **Brittan Davis**

- 2016-2017 Dissertation Research Award - Cleveland State University.
- 2016 Donald E. Super Fellowship - Division 17 of the American Psychological Association

### **Stephanie Garcia**

- 2015 Clinic Solutions- Mini Case Competition Finalist - Cleveland Clinic
- 2016 Lewis and Janice Patterson Scholarship - Cleveland State University

### **Basak Khamush Kacar**

- 2015-2016 Dissertation Research Award - Cleveland State University
- 2016 Graduate Student Research Grant Award - National Career Development Association

### **Dr. Yu-Hsin Liao**

- Service Award from Asian American Psychological Association for being a Finance Officer from 2013-2015.
- Citation Abstract Winner (2016) for the submission *Mediators in the Personality-Adjustment Link among Chinese Cancer Survivors*. Society of Behavioral Medicine's 37th Annual Meeting Washington, D.C.

### **Ashley Oliver**

- 2016 National Psychologist Trainee Register Credentialing Scholarship - The National Psychologist Trainee Register of Health Service Psychologists

### **Dr. Julia Phillips**

- 2016 SAW Woman of the Year Award - Section for the Advancement of Women, Division 17 of the American Psychological Association
- 2016-2017 Faculty Scholarship Initiative, Cleveland State University. Actual Versus Self-Reported LGB Competencies of Graduate Students in Mental Health. Fully funded, \$7475.40.

### **Erica Wiley Whiteman**

- 2016 Lewis and Janice Patterson Scholarship - Cleveland State University

### **Tiffany Williams**

- 2016 Dissertation Research Award - Cleveland State University
- 2016 Ford Foundation Fellowship Honorable Mention – Dissertation Competition - The National Academies of Sciences, Engineering, and Medicine





## Student and Faculty Publications

- Bagaka's, J.G., Badillo, N., **Bransteter, I.**, & Rispinto, S. (2015). Exploring student success in a doctoral program: The power of mentorship and research engagement. *International Journal of Doctoral Studies, 10*, 323-342.
- Davis, B. L.**, & **Oliver, A.** (2016). 2015 report: Student Affiliates of Seventeen (SAS). *The Counseling Psychologist, 44*, 109-113. doi: 10.1177/0011000015620018
- Langrehr, K. J., **Phillips, J. C.**, Melville, A., & Eum, K. (2015). Determinants of nontraditional student status: A methodological review of the research. *Journal of College Student Development, 56*, 862-866. doi:10.1353/csd.2015.0090
- Lantz, M., Fix, R., **Davis, B.**, Harrison, L., **Oliver, A.**, Crowell, C., Mitchell, A., & García, J. (2016). Grad students talk: Development and process of a student-led social justice initiative. *Journal Of Diversity In Higher Education, 9*, 290-306. doi:10.1037/dhe0000033
- Liao, K. Y.-H.**, & Wei, M. (2015). Insecure attachment and depressive symptoms: Forgiveness and others as moderators. *Personal Relationships, 22*, 216-229.
- Liao, K. Y.-H.**, Henceroth, M., Lu, Q. & LeRoy, A. (2016) Cultural differences in pain experience among four ethnic groups: A qualitative pilot study. *Journal of Behavioral Health, 5*, 75-81.
- Liao, K. Y.-H.**, Weng, C.-Y., & West, L. (2015). Social connectedness and intolerance of uncertainty as moderators for racial microaggressions in Black individuals. *Journal of Counseling Psychology, 63*, 240-246.
- Liao, K.Y.-H.** & Kashubeck-West, S. Weng, C.-Y., & Dietz, C. (2015). Testing a mediation framework for the link between perceived discrimination and psychological distress among sexual minority individuals. *Journal of Counseling Psychology, 62*, 226-241.
- Lowinger, R. J., Kuo, B.C.H., Song, H.-A., Mahadevan, L., Kim, E., **Liao, K. Y.-H.**, Chang, C., Kwon, K.-A., & Han, S. (2015). Predictors of academic procrastination in Asian international college students. *Journal of Student Affairs Research and Practice.*
- Phillips, J. C.**, Parent, M. C., Dozier, V. C., & Jackson, P. L. (2016). Depth of discussion of multicultural identities in supervision and supervision outcomes. *Counselling Psychology Quarterly.* doi:10.1080/09515070.2016.1169995
- Pitre, S.**, & **Schultheiss, D.** (2016). Relational cultural career assessment: The case of an Indian immigrant first-year college student. In L. A. Busacca & M. C. Rehfuss (Eds.), *Postmodern career counseling: A handbook of culture, contexts, and cases*. Alexandria, VA: American Counseling Association.
- Stead, G. B.** & **Davis, B. L.** (2016). Culture and context in constructionist approaches to career counseling. In L. A. Busacca & M. C. Rehfuss (Eds.), *Postmodern career counseling: A handbook of culture, contexts, and cases*. Alexandria, VA: American Counseling Association.
- Stead, G. B.**, **Schultheiss, D. E. P.**, & **Oliver, A.** (2017). A review of assessment in child career development. In M. Watson & M. McMahon (Eds.), *Career exploration and development in childhood: Perspectives from theory, practice and research*. London, UK: Routledge.
- Vera, E. M., **Phillips, J. C.**, Speight, S. L., Brounk, T., Weathersby, D., Gonzales, R., & Kordesh, K. (in press). University counseling centers' outreach activities: A national survey. *Journal for Social Action in Counseling and Psychology.*
- Wong, C.C.Y., Mak, W.W.S., & **Liao, K.Y.-H.** (in press). Self-Compassion: A potential buffer against affiliate stigma experienced by parents of children with autism spectrum disorders, *Mindfulness.*

## Student and Faculty Presentations

- Bisgrove, L., & Stead, G. B.** (2016, August). *Career adaptability and career self-efficacy: Meta-analysis*. Paper presented at the American Psychological Association Convention, Denver CO.
- Davis, B., & Williams, T. R.** (2016, May). *Psychology of working applied to graduate students' work-life: Importance of relational mentoring*. Roundtable presented at the Society for Vocational Psychology Biennial Conference, Tallahassee, FL.
- Davis, B., & Williams, T. R.** (2016, May). *The application of evidence-based practice to qualitative career assessment*. Roundtable presented at the Society for Vocational Psychology Biennial Conference, Tallahassee, FL.
- Garcia, J., Sundaram, S., **Oliver, A., Davis, B.,** Fix, R., Mitchell, A., Lantz, M., Harrison, L., & Crowell, C. (2016, August). *Grad students talk (GST): A student-led response discussing power and privilege*. Symposium presented at the 2016 American Psychological Association Annual Convention, Denver, CO.
- Garcia, S. E.,** (2016, April). *Characteristics of work environment, perceived inequality, and life satisfaction*. Poster session presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IL.
- Jurosevic, R., & Phillips, J.C.** (2016, April). *Preliminary data analysis examining gender norm conformity, relationship maintenance behaviors, and relationship Satisfaction*. Poster session presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Liao, K.Y.-H.,** Lu, Q., Yeung, N., & Celia, W. (2016). *Personality and adjustment outcomes in Chinese breast cancer survivors: Positive reappraisal and hopelessness as mediators*. Poster accepted for presentation at 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C
- Malec, D. & Whiteman, E. W.** (2016, August). *Suggestions for effective and sensitive practice with gender non-conforming clients with eating disorders*. Poster session presented at the Division 17/CCPTP Student Poster Session at the annual meeting of the American Psychological Association, Denver, CO.
- Malec, D.** (2016, April). *The gender dyad in eating disorder therapy: A qualitative inquiry*. Poster session presented at the 29th Annual Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Phillips, J. C.** (2016, August). Invited to serve as discussant for **A. Oliver & E. Whiteman** (Co-Chairs) symposium, *Examining the complexities of privilege and power*. Symposium conducted at the annual meeting of the American Psychological Association, Denver.
- Phillips, J. C., & Fitts, B.** (2016, August). *Gender norm conformity, subjective gender stress, self-care, and burnout in male psychologists*. Poster session presented at the meeting of the American Psychological Association, Denver, CO.
- Phillips, J. C., & Villard, M.** (2016, April). *Self-care for graduate students in counseling psychology and clinical mental health care*. Roundtable discussion presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Pitre, S., & Schultheiss, D.** (2016, May). *The career development of international students*. Roundtable presented at the Society of Vocational Psychology Biennial Conference, Tallahassee, FL.
- Poklar, A. E.** (2015, September). *Addressing attachment in the SED classroom*. Paper presented at the annual Council for Children with Behavioral Disorders conference, Atlanta, GA.

## Student and Faculty Presentations

- Poklar, A. E.** (2016, March). *Healing through purposeful reading: A clinician's initial experience with bibliotherapy*. Paper presented at Great Lakes Regional Counseling Psychology Conference, Bloomington, IN
- Poklar, A. E.** (2016, August). *McNair Scholar experience impact on post-graduate career decision making: A qualitative pilot study*. Poster session presented at the 2016 American Psychological Association Convention, Denver, CO.
- Poklar, A. E.** (2016, September). *You deserve to be here! Imposter syndrome and how to combat it on your educational journey*. Invited workshop presented to McNair Scholars, Cleveland State University, Cleveland, OH.
- Poklar, A. E., Hurtado-Rua, S. M., & Stead, G. B.** (2016, August). *Effectiveness of burnout interventions: A meta-analysis*. Poster session presented at the 2016 American Psychological Association Convention, Denver, CO.
- Poklar, A., Hurtado Rua, S. M., & Stead, G. B.** (2016, August). *Effectiveness of burnout interventions: A meta-analysis*. Paper presented at the American Psychological Association Convention, Denver CO.
- Samardzic, R., & Phillips, J. C.** (2016, April). *Preliminary data analysis examining gender norm conformity, relationship maintenance behaviors, and relationship satisfaction*. Poster session presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Stead, G., & Bisgrove, L.** (2016, August). *Career adaptability and career self-efficacy: Meta-Analysis*. Poster session presented at the 2016 American Psychological Association Convention, Denver, CO.
- Swales, T. P., Tilley, J., Reidl, K., Kang, N., Tangen, R., Merrell, J., & **Lawrence, R. J.** (2016, April). *Practice of Psychology 102*. Workshop conducted at the Ohio Psychological Association Annual Convention, Columbus, OH.
- Villard, M., & **Phillips, J. C.** (2016, April). *Expressive movement in the classroom*. Poster session presented at the Great Lakes Regional Counseling Psychology Conference, Bloomington, IN.
- Whiteman, E. W., & Schultheiss, D.** (2016, August). (Co-Chairs). *Student voices: Examining the complexities of privilege and power*. Symposium conducted at the meeting of the American Psychological Association, Denver, CO.
- Williams, T. R., & Davis, B.** (2016, May). *Mitigating minorities' experiences of workplace microaggressions: A relational cultural perspective*. Roundtable presented at the Society for Vocational Psychology Biennial Conference, Tallahassee, FL.



**Ashley Poklar and  
Dr. Graham Stead**

# Cleveland State University Counseling Psychology Program is now accepting applications for Fall 2017!

## Applications are due



**January 15, 2017**

## For more information:

### Mailing Address:

C.A.S.A.L. Department, Doctoral Studies Counseling Psychology  
Cleveland State University  
College of Education and Human Services  
2121 Euclid Avenue  
Julka Hall 275  
Cleveland, OH 44115

### Co-Directors of Training:

#### Donna Schultheiss, Ph.D.

Phone: 216.687.5063

Email: [d.schultheiss@csuohio.edu](mailto:d.schultheiss@csuohio.edu)

#### Julia Phillips, Ph.D.

Phone: 216.687.5424

Email: [j.c.phillips6@csuohio.edu](mailto:j.c.phillips6@csuohio.edu)

## CALENDAR

### October 19th, 2016

Practicum Advice Brown Bag  
(JK 191)

### November 2nd, 2016

Leadership in Professional  
Affiliation Discussion (JH191)

### November 16th, 2016

Interviewing for Practicum  
Internships Brown Bag  
(JH 391)

### December 3rd, 2016

Social Event of CPDSO

### December 15, 2016

Practicum Applications Due

### January 4th - 6th, 2017

National Multicultural  
Conference and Summit

### January 15th, 2017

Application Deadline for Fall  
2017 Admission

### March 31st– April 1, 2017

Great Lakes Regional  
Conference

### April 14th, 2017

Educational Research  
Exchange

### August 3rd - 6th, 2017

2017 APA Convention

### Editors\*

Stephanie Garcia

Chieh-Yu Liao

### Dr. Julia Phillips

\* with assistance from  
Courtney Langenbahn