

COUNSELING PSYCHOLOGY NEWSLETTER

The latest news and accomplishments of current doctoral students.



FIRST YEAR REFLECTIONS

What were your expectations coming into your first year and how did they line up with your experiences?

Before starting the program I worked closely with faculty member Dr. Varghese, and I had friends that were current students. For this reason, my expectations of the course load were pretty accurate! I knew the first year was going to entail classes that largely reflected what I had learned in my undergraduate studies. Everyone told my cohort and I to enjoy the first year as it gets more intensive the farther we progress into the program. As expected, some classes were a little more challenging than others, but overall nothing was too surprising from the courses.

However, there were definitely some unexpected challenges that arose. One of those being the global pandemic known as COVID-19. That definitely was not expected to happen in my first year of graduate school. Moving classes online came with some positives and negatives. I was pretty excited that I did not have to physically go to class every day, but that was also one of the biggest negatives. I was, and still am, worried that an online classroom might result in a lack of mastery and competency in skills and education. One of my largest concern still revolves around how this change in classroom setting is going to affect my abilities as a future psychologist, but the faculty in our department have taken every step possible to make sure we are receiving a quality education. There were definitely some hiccups along the way, but I am proud of our department and how they are striving to meet these new challenges.



HEATH BRAZIEL,
1ST YEAR DOC STUDENT

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STUDENT SPOTLIGHT

2020 APA DIVISION 18 PSYCHOLOGISTS IN PUBLIC SERVICE STUDENT AWARD

Sydney Skaggs was awarded the 2020 APA Division 18 Psychologists in Public Service Student Award on August 8th 2020.

This is a national award open to all graduate psychology students.

"I was nominated by Dr. Bihm and Dr. Varghese for my dedication to justice-involved persons, both in research and clinical training."



*SYDNEY SKAGGS,
2020 APA Division 18 Psychologists
in Public Service Student Award*

Some of those projects include health initiatives for people with severe and persistent mental illness with Arkansas State Hospital, providing counseling services to people on parole or probation through Arkansas Community Correction with Dr. Varghese, and my dissertation which is on a brief cognitive intervention to reduce impulsivity in justice-involved persons. I've also participated in trainings with the hospital since 2017 and have been a practicum student there providing counseling and assessment.

PUBLICATIONS & PRESENTATIONS

Publications

Cobb, C. L., Branscombe, N., Meca, A., Schwartz, S. J., Xie, D., & Cecilia-Zea, M., Molina, L., Martinez, Jr., C. (In Press). Toward a positive psychology of immigrants. *Perspectives on Psychological Science*.

Schwartz, S. J., Meca, A., Ward, C., Szabo, A., Benet-Martínez, V., Lorenzo-Blanco, E., Sznitman, G. A., **Cobb, C. L.**, Szapocznik, J., Unger, J. B., Cano, M. A., Stuart, J., & Zamboanga, B. (In Press). Biculturalism dynamics: A daily diary study of bicultural identity and psychosocial functioning. *Applied Developmental Psychology*.

Varghese, F. P., **Nolan, J.**, Ali, S. R., Anderson, E., & **Southerland, R.** (2019). Vocational Psychology and the Future: The Role of Telepsychology in Shaping Research. *Journal of Career Development*. <https://doi.org/10.1177/0894845319831081>

Xie, D., Kong, N., **Skaggs, S.**, & Yang, A. (2019). An ecological perspective on youth career education in transitioning societies: China as an example. *Journal of Career Development*. Advance online publication. doi:10.1177/0894845318824673

Presentations & Posters

Bogoslavsky, M., Adair, L., & Marlin, M. (2019, April). *Sexploitation: The Nature of Women's Romantic Exploitative Tactics*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Bull, C., & Adair, L. (2019, April). *Predicting Experiences of Psychological Abuse in Females*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Pickard, M., **Baca, L.**, & **Swinson, D.** (2019, April). *An Exploration of Emotional Intelligence and Ruminating Cognitions*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Pyle, J., **Nolan, S.**, & Adair, L. (2019, April). *Female Perpetrator's Sociosexual Orientation & Sexual Exploitation Relationship to Intimate Partner*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Skaggs, S., & Baldwin Gracey, B. (2019, April). *Token Economy Contribution to Patient Weight Gain in Acute Inpatient Psychiatric Settings*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Taylor, A., & Sobel, K. (2019, April). *Introducing the Journal of Psychological Inquiry as an outlet for undergraduate research*. Paper presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

Taylor, A., Soto, A., & Marlin, M. (2019, April). *Adapting Culture to Treatment: Two Meta-Analytic Reviews*. Poster presented at the annual meeting of the Southwestern Psychological Association, Albuquerque, NM.

APA INTERNSHIP MATCH

Mattie Bogoslavsky

University of North Florida
Counseling Center
Jacksonville, FL

Robyn Hunter

Alaska Psych Intern
Consortium/Norton Sound Health
Nome, AK

POSTDOC

Dr. Amy Hufstedler

VA Pacific Islands Healthcare System
Specialty emphasis:
Military Sexual Trauma and Women's Health, and learning
leadership and program development in the VA system

AMAZING ALUMNI

Dr. Cindy Mikeal

"I'm currently living in Finland.
Last year I accepted a contract to work with a nonprofit (Samaria Group)
here as a consultant/trainer on trauma and human trafficking.
I also provide support services to the staff when experiencing burnout or
vicarious trauma. It's been interesting to work not only in a safe house for
women and children but in a very multicultural context. Most of our clients
are from outside of Europe and have experienced various types of trauma
related events."