

CPGSO Newsletter

2008-2009 CPGSO Officers

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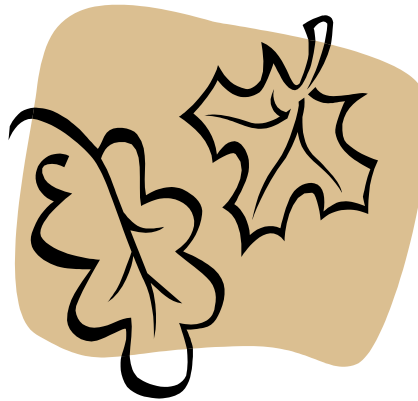
Inside:

- Meet the First Years!
- The Department of Counseling Welcomes Two New Faculty
- Upcoming Events and Important Dates

President's Corner by Liesl Glover

Happy Fall! It seems the seasons changed quickly this year, and we are already approaching the end of the semester. It's been a busy one for everyone, CPGSO included! We were fortunate to have Dr. Gary Sipps come speak to a large group of students about life after graduate school. He has worked in a variety of settings and was able to share valuable information about being a life-long learner. His parting sentiments to the group were to always be open to the opportunities around you, and to be driven in seeking out those that don't come on their own. His sentiment stretched beyond just being a graduate student and touched on more ways to live life. A valuable lesson indeed!

Speaking of being busy, we also have several events coming up that I hope you can all take advantage of! The comprehensive exam sharing event, fall social gathering, and food drive are all taking



place in the month of November. Congratulations are in order to the most recent group of comprehensive exam takers, with an incredible 100% pass rate! Good work, and way to set the bar high!

We are in the thick of our food collection drive. The students and faculty are going head-to-head one more time to prove who can donate the most food items. All contributions will be going to the Akron Canton Regional Food Bank in time for Thanksgiving. After our successful collection last spring and hearing that

the food bank ran out of provisions for the holidays last year, we knew CPGSO could rise to the challenge. I encourage everyone to give what they can and cheer on others to do the same. This holiday season is bound to be even more challenging for many than in past years, and this is an opportunity for us to really have an impact.

Lastly, we are in the process of adding to and updating our CPGSO website (www.uakron.edu/cpgso).

The board has collectively decided that a legacy of our work this year will be an expanded and more interactive site. We would love feedback on things you think would be helpful to include or suggestions for how to improve it most. We will continue throughout the year to add new and exciting information, and appreciate any contributions you would like to make.

Enjoy the rest of your semester, and have a happy and safe winter break!

Diversity Dialogues' Commitment to Multiculturalism

By Jennifer Wilson, 2008-2009 DD president

Diversity Dialogues is a student-run organization that is intended to extend the CPCP's commitment to diversity. Through increased exposure to issues of diversity, through various types of activities, and through open discussion, the aim of this

organization is to contribute to participants' development as multiculturally aware individuals, both personally and professionally.

We strive to bring together events and discussions on topics of diversity that are relevant to us as young professionals in the field of psychology. We also have topics

that are not immediately relevant to our profession that have the power to affect us as individuals. Discussion topics in the past have included the Survivor tv-show's race-based teams, Black History Month Events, the Guidelines for Psychological Practice with Girls and Women, and reactions to the GLBT conference. (Continued page 4)



*"Wherever my
education takes me is
where I will go!"
-Stephanie Judson*

Meet the First Years!

The CPCP has a bumper-crop of new faces this year. In addition to four new faculty, we also have an incoming cohort of twelve! So, if you haven't already, take a moment to meet the first years.

Ellen Bronder

Hometown: Butler, PA, but has lived in Cleveland area for last 10 years

Research interests: Depression and suicide in adults and older adults and caregivers of older adults. I am also interested in resilience as it relates to recovery from severe mental illness and future success in life.

Future plans: Currently exploring both practice and academics.

Hobbies & personal interests: Traveling, reading, playing cello, photography, and sitting on the couch watching the TV.

Zac Bruback

Hometown: Painesville, OH
Research interests: Conformity to masculine role norms and men's attitudes toward seeking professional psychological help. I would also like to look into multi-racial relationships and their effect on mental health, as well as various aspects of counseling psychology and how they apply to those in the sports world.

Future plans: Private practice or community mental health, adjunct or full-time faculty, and consulting in sports psychology. You can see that I do not know what will happen in the future. I can't quite plan that far ahead. Get back to me in six or seven years.

Hobbies & personal interests: Working out, playing basketball and football, boxing, writing, spending time with friends and family and watch-

ing sports (esp. the Buckeyes, Browns, Cavs, and Indians).

Robin Blusiewicz

Hometown: Atlanta, GA

Research interests: My research experience involves stereotyping and prejudice. I am interested in gender stereotypes; specifically, when and how they form, ways to alter established stereotypes, and how stereotypes interfere with performance in the work setting.

Future plans: Practitioner in a community mental health center or a practice. However, there is a long road ahead of me and those plans may change during my grad school experience.

Hobbies & personal interests: I am trying to learn how to cook and find my way around the kitchen. I also enjoy reading, running, and outdoor activities.

Molly Drilling

Hometown: Madrid, IA

Research interests: Spirituality and PTSD

Future plans: To secure a position where I will be able to do a combination of research and practice, such as a university counseling center, VA, or possibly with active-duty military.

Hobbies & personal interests: Dance, hiking, anything outdoors, traveling.

Jennifer Hardy

Hometown: Erie, PA

Research interests: Spirituality, existential issues (meaning in life, suicide, life death), and mental health in the schools.

Future plans: To spend time as a private practitioner, working with/for a school

system part time, or teaching at a university.

Hobbies & personal interests: Spending time with my family (husband & three children), jogging, and reading.

Stephanie Judson

Hometown: Mentor, OH

Research interests: Gender and sexual assault; specifically, males as victims.

Future plans: I don't have any plans set in stone; wherever my education takes me is where I will go!

Hobbies & personal interests: Baking, cooking, and hunting for beach glass on the beaches of Lake Erie. I spend most of my free time with my family, friends, and boyfriend.

Megan Kimbrell

Hometown: Cleveland, OH

Research interests: My research interests are quite varied, having worked in labs that have looked at everything from forgiveness to bipolar across the life span. I have really enjoyed working with the chronically mentally ill and am also interested in research that looks at those populations as well as ways to help returning veterans and their families

Future plans: Working in a larger agency or as part of a team in a hospital setting. I also remain open to the possibility of teaching and research.

Hobbies & personal interests: Spending time with nieces, nephews, and siblings, listening to music, reading, writing, movies, and game nights with families and friends. I also enjoy traveling and taking road trips and can usually be found at a coffeehouse or used bookstore on my days off.

Meet the First Years! (cont'd)

Betsy Lehman

Hometown: Monroe Falls, OH

Research interests: I haven't narrowed them down yet, but they include women's studies, Hispanic studies, and vocational psychology.

Future plans: Future plans are in the making. They've been changing even in the few months since I began the program.

Hobbies & personal interests: Hiking in the CVNP, fumbling around on the guitar, cooking, and contra dancing!

Teri Madura

Hometown: Greenville, PA

Research interests: Trauma, women's issues, assessment, and relationship issues.

Future plans: Providing individual therapy with adults, and to do some work with female veterans in the VA. Also, I hope to keep my foot in the academia doorway by working as an adjunct professor at a university.

Hobbies & personal interests: Exercising, being outdoors, and spending time with my friends and family. I also get pure enjoyment from watching mindless TV shows (i.e., Lost, Grey's, and Entourage)

Coda Pritchard

Hometown: Randolph, OH

Research interests: Eating disorders, especially binge eating, weight concerns, and body image.

Future plans: To one day conduct research as part of my career, while also being involved in applied aspects of counseling.

Hobbies & personal interests: Cooking, baking, exercising, and watching The Office.

Sara Sayre

Hometown: N. Canton, OH

Research interests: Health psychology and chronic illness; more specifically, in stress as it relates to physical health, anxiety, and depression, with a focus on multicultural clients.

Future plans: In the future, I would like to do a combination of part-time private practice counseling and part-time teaching and research.

Hobbies & personal interests: Spending time with family and friends, painting, reading, biking, and kayaking.

Russell Spieth

Hometown: Originally from SC, but lived in FL and NYC before moving to Cleveland

Research interests: Individual differences that moderate outcomes in "housing first" and supported employment programs. I am especially interested in those factors that seem to impact the nature of the therapeutic alliance and that may benefit people who have experienced long periods of homelessness.

Future plans: To practice at the VA or a prison with a special emphasis on PTSD, part-time training and consulting for community-based mental health organizations, conduct research related to CBT, housing first, and supported employment, and be an adjunct professor.

Hobbies & personal interests:

I have a wife, 3-year-old son, and a baby on the way which occupies a lot of my time. I also enjoy training for triathlons, walking my dogs, eating southern style BBQ and creating mix CDs.

The Department of Counseling Welcomes Two New Faculty

Dr. Kuldhir Bhati

Dr. Bhati received his Ph.D. in counseling psychology from the University of Wisconsin-Madison in 2008. Prior degrees include a B.S. from the University of Bombay, an MBA from Notre Dame, and an MA from Boston College. He completed his doctoral internship at the Counseling Center at Southern Illinois University-Carbondale and a post-doctoral fellowship at the Counseling Center at George Washington University. His research interests include the philosophy of science, ethics and issues related to research methods, the empirically supported treatment movement, and the acceptance and development of qualitative methods within the field of psychology. His previous publication outlets include *Journal of Counseling Psychology*, *Journal of Consulting and Clinical Psychology*, and *Professional Psychology: Research and Practice*. He enjoys spending his free time traveling, reading, seeing independent/foreign films, and discussing socio-political and economic issues. He currently teaches Group Therapy and Diversity.

Dr. Ingrid Weigold

Dr. Weigold received her Ph.D. in counseling psychology from Texas Tech University in December 2007, and joins us following a position as staff therapist at the Counseling Center at Texas Tech. She completed her pre-doctoral internship at the University of Houston's Counseling and Psychological Services. Prior degrees include two B.A.s, in psychology and English, from Rockhurst University, and an M.A. in general psychology from Texas Tech. Her research interests include college student development, human strengths, academic and personal growth, eating disorders, international student mental health, anxiety, career exploration, and general well-being. She teaches Research Design and Theories of Counseling & Psychotherapy. You may know her husband, Arne Weigold, who currently is teaching as a part-time faculty member in the Department of Psychology. Her main hobbies include reading (pretty much any kind of literature), watching movies (particularly horror), walking, trying different restaurants, and raising her pet hermit crabs.



MARK YOUR CALENDAR:

FALL SOCIAL EVENT

Westlake Dave & Buster's, 6 p.m. November 22nd

RSVP to Sarah Chessar (sac34@uakron.edu)

SEMI-ANNUAL FOOD DRIVE THROWDOWN

All items will be delivered to the Akron-Canton Food Bank to help keep them stocked through the Thanksgiving holiday. Be sure to drop your canned goods in either CAS or Fir Hill and give the faculty some competition!

CPCP PROFESSIONAL DEVELOPMENT DAY

Socioeconomic Status and Social Class in Counseling Psychology

Friday January 30th, 10am-4pm

**Be sure to check the CPGSO website for updates on future events and brown bags!!!

[www.uakron.edu/
cpgso](http://www.uakron.edu/cpgso)

Diversity Dialogues (from cover)

Speakers and presentations have included a conversation with Dr. Joe White, and Transgender and Counseling Issues. We also helped the department host our first Professional Development Day in Diversity on the topic of religion and spirituality.

We have had and continue to have ambitious plans for this year's events. This fall we held a discussion on "Flag Wars" and hosted a trip to the History Museum in Cleveland. Upcoming events include a current events discussion on cultural issues relevant to the recent presidential election on Monday, November 24th, and a diversity potluck meal planned for December. In January we are helping to organize another Professional Development Day in Diversity on the topic of Socio-Economic Status. Our goal is to make this event both personally and professionally meaningful. We also have committed to leading a "Face-to-

Face" discussion during Race Week on campus to explore the impact of microaggressions. We hope that you can join us at these events throughout the year; look for fliers advertising our events!

One purpose of our organization is to go beyond our coursework and actively pursue cultural knowledge, exposure and professional connection. If there are areas of diversity that you would be interested in discussing, or if you have an area of interest that you would be willing to present informally, feel free to talk with any of this year's Diversity Dialogues' board. Additionally, I welcome all to consider how you could contribute to the direction of this organization through a board position next year. Look for nomination forms in the spring!

Diversity Dialogues Board

Jennifer Wilson, president
Mike Andorka
Stephanie Cunningham
Amanda Ross
Christina Rummell,
Adrienne Sampson

Faculty Advisor:
Linda Subich