



# Counseling Psychology Newsletter

University of North Texas



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## Greetings from the DCT!

Dear Alums, Colleagues, and Friends of the UNT Counseling Psychology Program,

Greetings! I hope everyone is doing well and you all enjoy the wonderful Fall weather.

Our program is in the midst of the APA reaccreditation process; the self-study was submitted on May 1<sup>st</sup>, 2018 and the reaccreditation site visit has been scheduled on Nov. 8-9. This is the 40<sup>th</sup> year anniversary of receiving the APA accreditation as a training program (we were first accredited in the year of 1978). In the past 40 years, our program has overcome many challenges and continued to devote to training counseling psychologists to provide quality mental health services to various populations. Program faculty and students are looking forward to sharing with the site visitors our strengths, accomplishments, and plan to continue our growth. *Greetings from the DCT Continued on Page # 12*

## Department Chair Address

Dear Alumni,  
Greetings from the UNT Psychology Department! Our department has started a Peer Mentor program for our new freshmen this year, to address the focus on student retention discussed in the President's State of the University address. It is a great opportunity for juniors and seniors to serve as Mentors. We are also offering undergraduate psychology classes at the New College in Frisco, so there is the option of completing a psychology degree at Frisco.



We are fortunate this year to be searching for three faculty positions, one position for each of our graduate programs. Faculty and students will be busy with interviews later this fall and early in the spring. I am working with the Counseling Psychology program to bring in a speaker for our Bonney Endowed Chair Visiting Lecture Series in the spring, so stay tuned. And we will have our Graduate Student Award Ceremony at the end of the spring semester.

Our next event is our annual Research Fair on Friday October 26, 2018 from 11 AM to 1 PM in the Environmental Science building atrium. Many of our graduate students and faculty will be there presenting posters and discussing their research. We would love to have alumni stop by. Saturday October 27 is Homecoming, so a great time to come back to campus and visit Apogee Stadium!

Cordially,  
**Vicki Campbell, Ph.D.**  
Department Chair

## Faculty Updates

*Our faculty have been up to some amazing things this year!*

**Dr. Joshua Hook** and his Positive Psychology Lab had a busy year. “Jenn Farrell completed her clinical internship and graduated! My five other graduate students made good progress on their theses and dissertations. I continued working on two grants--one on humility in leadership and one on the intersection of psychology and church ministry. I kept busy writing--my latest book (co-authored with my wife) on faith-based support for adoptive and foster families is scheduled to be published in March 2019 (<https://www.templetonpress.org/books/replanted>). I continued my blog, which tries to disseminate helpful information from psychology to the layperson ([www.JoshuaNHook.com](http://www.JoshuaNHook.com)). On a fun note, my wife and I traveled to Europe over the summer and visited Spain, Switzerland, and Italy!”



Dr. Shelley Riggs continues to serve as Associate Chair of Program and Division 43 VP of Education. She assumed role of IRB Chair in June 2018 and won the CLASS Advisory Board Award for Graduate Teaching - Sept 2018. Her lab also had a productive year. One FAL student (Ashley Geerts) won a poster award at TPA 2017 and two of her students won poster awards at APA 2018 - Kendra Oosterhouse (Div 43) & Emily Raiche (APA People's Choice Award)!

**Dr. Trent Petrie** had a big year with many travels and new beginnings! “My son Braeden has entered his final year at UCLA and has been doing a variety of internships (actually paid!) at different production companies and talent agencies (including CAA). My daughter Kyla has started medical school at Texas Tech (good to have her back after her five year stint in MA). Lots of fun travels this year too...Hot Springs, AR (time out on the lake and in the boat), Ouray, CO (my favorite place and many hikes into the mountains), Kauai, HI (aaahhh, paradise for sure...and lots of fun hikes and outdoor adventures), San Fran (for APA), Toronto (for AASP), and just back from El Paso to visit with my friend Jeff (and we hike North Franklin Mountain while together). Oh yes, and great things continue to happen in our Center...from our sport psychology work with UNT Athletics to the many great publications and presentations in which the students are involved .”



## More Faculty Updates

**Dr. Vosvick** is taking a leave of absence from UNT in the 2018-2019 academic year while serving as the senior grant review coordinator in the National Institute of Health. Congratulations to Dr. Vosvick for the opportunity!

**Dr. Wang** offered the Cross-Cultural Psychology course this past summer which included a 19-day international field trip to Taipei, Beijing, and Hohhot in Inner Mongolia. Twenty students from UNT went on this trip to get some first-hand, cross-cultural immersion experiences while learning how various cultural factors affect people's psychosocial functioning. Dr. Sharon Jenkins from the Clinical Psy program was also on the trip. Dr. Wang plans to offer this course again in summer 2020.

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Dr. Wang's research lab organized a cross-cultural trip to Mexico City this past July. During the 6-day trip, a group of 10 individuals from UNT, including 4 graduate students from three programs in the department and 3 undergraduate Psychology students visited several historical spots such as Templo Mayor, Teotihuacan pyramids, and the Anthropology Museum and tried a variety of local foods and drinks. During the trip, the presidential election in Mexico took place on July 1<sup>st</sup> and the Mexico team was playing against Brazil at the 2018 World Cup on July 2. Everyone on this trip had a unique and unforgettable time

**Dr. Ed Watkins** delivered the keynote address --- "Psychotherapy Supervision: The Educational Practice of Hope, Promise, and Possibility" --- at the Supervision in Psychotherapy conference, held in Timisoara, Romania (June 22nd). Also, his article, "Convergence in psychotherapy supervision: A common factors, common processes, common practices perspective" (*Journal of Psychotherapy Integration*, 27, 140-152), recently received the Most Valuable Contribution in a Review Article or Theoretical Paper award by the Journal of Contemporary Psychotherapy (as part of its annual award celebration).

**After 45 years at UNT, Dr. Larry Schneider is retiring! Starting on page 4, Dr. Schneider takes a look back at his career and his experiences at UNT. Thank you Dr. Schneider for your dedication to UNT, you will be greatly missed! See his reflection on his time at UNT starting on page #4...**

# Faculty Spotlight: Dr. Larry Schneider

*After 45 years at UNT, Dr. Larry Schneider is retiring at the end of the 2018-2019 Academic Year. We are so grateful for his years of hard work and dedication towards making UNT the successful program it is today!*



## “What I’ve Been Doing”

The NEWSLETTER asked if I could write a biographic sketch about highlights of my experience at UNT. As I wrote it occurred to me that I could write a book about the Psychology Department and the counseling psychology program. . I guess I must apologize for getting carried away as far as I did. I had to remind myself a book was not the purpose of what I was asked to do. This article recalls some of the things that come quickly to

mind. . . . sort of like Stephen Colbert’s “Midnight Confessions”? . . . So here goes.

### IN THE BEGINNING

Some history. . . Psychology became a department at UNT in the fall semester, 1969. Up to that point, psychology courses were taught in the College of Education and had a College of Education acronym. Graduate Dean Robert Toulouse lobbied for creation of a psychology department. Several faculty in Education (Drs. Roy Bellamy, Merle Bonney, Sam Cox, Sid Hamilton, Jack Haynes, Harold Holloway, Ray Johnson (1<sup>st</sup> director of the counseling program), Kevin Kennelly, Earl Kooker, Don Whaley) migrated into the new department while several others decided to remain in the Counselor Education program. Initially the psychology department offered only 2 masters degrees (General-Experimental and Clinical). Dr. Toulouse helped organize the department and played a role in lobbying the powers in Austin to create the Federation of North Texas Area Universities. The Federation plan allowed the three member universities to pool resources to offer doctoral degrees. UNT was authorized to offer the PhD in clinical and in counseling, TWU and Texas A&M—Commerce were authorized to offer the PhD in educational psychology.

### STARTING A CAREER

I became involved with psychology, probably incidentally, when at the start of my junior year of college a Dean told me I had to pick a major right now. I had toyed with the idea of an English major. But having just completed an introductory psychology course during the summer, it sounded like an interesting topic and I had to declare a major on the spur of the moment with the Dean waiting to enter something. So I decided to declare psychology as a major. [Thinking about this choice often reminds me of a vocational theory which I think was briefly mentioned in one of Sam Osipow’s or John Holland’s career texts – the “accidental theory”. The theory has never received much development or research attention.] Only late in my junior year did the realization sink in that a graduate degree in the field of psychology was crucial. But it seemed that I had progressed too far down the road at that point to be able to switch undergraduate majors – and, if I did make a change, to what other major?

I completed my baccalaureate at St. Louis University and moved off to Southern Illinois University at Carbondale for graduate work in counseling psychology. I wondered if I had made a wise decision and whether I would even make it through the 1<sup>st</sup> year of graduate school; all the other entering grad psychology students in my cohort seemed a whole lot smarter. Well, with the funding provided I self-talked my way to think that at least it wasn’t going to cost anything to find out how I would fare. . .

While SIU was only 100 miles from St. Louis, life in a small college town was another world. Carbondale was situated in an area near played out strip coal mining fields, mostly abandoned with the **Continued on page # 12...**

# Student Spotlight: Adam Hodge, MS

My first year at UNT was overwhelming, to be honest, but I would not have had it any other way. The professors and my advisor, Dr. Joshua Hook, pushed me to my absolute limit. I knew that my doctoral training would be difficult, but I did not expect to learn and grow so much in the short nine-month year. I am married and have a two-year-old daughter at home, and there were times I struggled with feeling inadequate as a student because of the demands of my family.



While the first year was extremely challenging, as it ought to be in doctoral training, I can honestly say I have never felt so supported by a group of strangers that ended up becoming my Texas family. My cohort consistently checked in on my family and offered to help in any way possible (usually reminding me of the impending assignments). The upper year students were always excited to chat with me and answer any questions I had regarding the program, research, or how to survive the first year “boot camp”. My advisor made himself extremely available and approachable to discuss research and professional development goals. The other faculty members in the program also took their time to invest in me and learn about my family and goals for pursuing a PhD at UNT.

The community in the Counseling Psychology program is so caring, and I truly believe that we all want the best for one another. I have not felt a hint of competition among my peers, which I have heard is common at other universities. Additionally, I think that our program is moving to a place where we can have more open conversations surrounding diversity and inclusion. I will be the first to say that I walked into the program thinking I had a handle on multiculturalism, but I was so very wrong. The students and professors have challenged me to be more thoughtful about multicultural and systemic issues. I am grateful for the students who have boldly pushed our program in the direction of more strongly considering our identity as social justice advocates within the field of psychology. Beyond the knowledge I gained regarding multiculturalism, I truly believe that I am more capable of connecting, caring, and advocating for individuals who are culturally different than myself.

Starting my second year, I am excited to continue my own personal growth, while having a greater focus on disseminating and implementing the knowledge I gain. Beginning my training as a clinician the UNT Psychology Clinic will allow me the opportunity to immediately work clients as an advocate and partner. I plan to defend my master’s thesis this fall semester, which will hopefully result in a publication or two. Wanting to pursue a career in academia, I am so thankful to work with Dr. Hook who has invited me to work on so many exciting projects. The experience I am gaining and will continue to gain was truly unimaginable when I first applied to UNT.



# Student Spotlight: Erin Albert, MS

The long awaited internship process is finally here! This summer, I began working on my essays, cover letters, and list of sites for my internship applications. I will be applying to fifteen university counseling centers across the country and I'm excited about matching somewhere closer to my friends and family. All of the sites on my list offer great generalist training, multicultural development, provision of supervision, and opportunities for specialization. I'm looking forward to getting more experience with student-athletes as well as learning how to treat substance use concerns at the university level. I've been interested in substance use for a while given that it's incredibly prevalent in two populations I love to work with: athletes and college students. I went to Denver, Colorado last summer to work at an inpatient substance use recovery center with two UNT alums (Dr. Harlan Austin and Dr. Latisha Blader) and absolutely fell in love with the they did. I really wanted more hands-on experience but there weren't many external practicum sites that offered what I was looking for. I googled recovery centers in the DFW area and called around to see if any of them had a licensed psychologist on staff who would be willing to supervise me. Thankfully, one did, and I'm working at innovation360 this year, an outpatient recover center that offers individual and group counseling services to clients with mental health and substance use concerns.



Looking back, these last four years flew by but I remember those moments (especially during first and third years) when I wasn't sure how we would ever make it through six years. As excited as I am for internship and the next leg of my journey, I continue to feel a strong connection to the Counseling Psychology program and its students. I have been successful here because of the friends and support I've had while being in this program. One of the things that drew me to UNT was that students don't compete against each other; they support each other. Advanced students have been especially helpful by reminding me that things will work out and offering guidance and feedback with research, comps, practicum placements, IRC, and internship applications. I want to be a part of that tradition, giving back and helping out in whatever way I can. So if any of you have questions about anything, please reach out and ask! Even after we've matched (because we will) and left for internship, we're only an email, text, or call away. At the welcome back event before the semester started, Dr. Wang said we fifth years glow with our wisdom. I'm



not sure that's true, but we've made it this far so we have a couple things figured out. There's nothing wrong with asking for help We tell our clients that all the time, so we might as well take our own advice. It took some extra work to find a practicum site on my own, but it was worth it! If there's a population, presenting concern, or treatment modality you want more training with, make it happen! Feel free to reach out to faculty, supervisors, advanced students, and even alums to see what opportunities might be out there. Wherever you are in the program right now, everything will work out and you'll do great things! Everyone around you wants you to succeed, and ultimately you'll be in a place to offer some guidance and support to less advanced students. It's the circle of (graduate school) life :)

# Student Update:

## When East meets West and West meets East: Danna Bismar

This summer I had the privilege of traveling to Taipei, Beijing, and Hohhot with Dr. Wang, Laura Captari, and an incredible group of undergraduate students from UNT for an international field trip as part of the Cross-Cultural Psychology course. When we learn about cross-cultural psychology in the classroom, we



don't typically have the added depth of engaging in cross-cultural relationships; however, upon arriving in Taipei, we were warmly greeted by students (our cross-cultural buddies) and faculty from National Taiwan Normal University (NTNU). They would spend the next 10 days engaging with us in deeply personal and meaningful ways.

What struck me most about our time in Taiwan was not the beautiful sites and landmarks we got to see (though they were amazing!), but getting to see and learn about Taiwan in and through relationships with students from there.

By the end of our stay, it was overwhelmingly clear that we had devel-

oped bonds with our NTNU peers that were much more than surface level.

I will be forever grateful for the openness, graciousness, and generosity they showed us throughout our stay. These deep connections and their active participation added depth to our travels and created a space where I was able to grow both in my personal and professional development.

The international field-trip also provided us with the opportunity to truly engage in cross-cultural psychology as we traveled from Taipei to Beijing, and later to Hohhot in Inner Mongolia. This unique aspect of the trip allowed us to observe and reflect on the similarities and differences in how people interact and behave in varying cultural contexts within the East. Through this process we also learned about ourselves and the importance of engaging with each other from a place of openness and self-understanding. Finally, as we wrapped up our stay in Hohhot with an evening of singing, dancing, and eating delicious food with faculty and our cross-cultural buddies from Inner Mongolia Agricultural University (IMAU), I think we all felt an overwhelming sense of gratitude to Dr. Wang and his tremendous leadership; without him none of this would have been possible.

Besides ensuring the safety of over 20 students 8,000 miles away from home, the opportunity to travel with him to Taipei, Beijing, and Hohhot is something I will always treas-



ure and memories I will always hold dearly (particularly climbing Yangminshan and the Great Wall of China!).

This was my first educational experience traveling abroad and it and it has motivated me to continue seeking out such opportunities. I also hope to be able to be a part of facilitating a similarly enriching experience in the US for our cross-cultural buddies from NTNU which we hope will occur in the near future! It is hard to put in words what an incredible experience these travels were and the lasting impact they have made, but I hope I was able to convey at least some of that here.



## Student Update: Laura Captari, MA MS

### Climbing the Great Wall: Musings on Cultural Humility in our Personal and Professional Lives

It was on a dusty road in Rwanda, volunteering there in 2013, that I decided to pursue my doctoral training in counseling psychology. I have long been a student of travel, and visiting other cultures always leaves me humbled at the limitations of my perspective, grateful for the rich diversity in our world, and eager to learn more. My trip with Dr. Wang as part of the Cross Cultural Psychology course was no exception. Over our 20-day journey, I became deeply connected with students and professors in China, Taiwan, and Inner Mongolia. I brought home enough tea to carry me through the rest of my graduate career...as well as a good deal of Eastern wisdom. All in all, the trip proved to be one of the most formative experiences in my doctorate.

Visiting cultural and historic sites, sharing meals, and exploring these cities together with local students—who quickly became friends—offered so many opportunities to learn first-hand about each place’s unique history, philosophy, politics, religion, and values. I was struck by how often here in the U.S. we tend to avoid such topics for fear of discomfort and conflict. This immersive learning experience taught me how to move toward dialogues across difference with an attitude of respect and curiosity. The Chinese value of dialectical thinking—holding and honoring the tension between opposing perspectives—enhanced my appreciation for the complexity and paradox inherent in many aspects of life.

Cross-cultural immersion afforded many practical opportunities to develop greater cultural humility. As part of the majority culture in the U.S., I am often spared the experience of minority stress. In many situations, I don’t have to think extensively about my identities or their social ramifications. In China and Taiwan, I became increasingly aware of what it feels like to be the “other.” There is not enough space here to detail the hilarious and awkward moments I lived through in struggling with basic Mandarin phrases and working to decode implicit cultural rules for behavior. Suffice it to say, I recognized the privilege of being a native language speaker and knowing cultural norms—neither of which were at my disposal. I gained increased awareness of my personal biases and blind spots and a greater appreciation for others’ perspectives.

Standing atop the Great Wall of China after several hours’ climb, I couldn’t help but think about our development as psychologists as a similarly strenuous and formative journey. Getting a Ph.D. is quite a feat, and certainly not for the faint of heart. It’s easy to get caught up in the craziness of grad school life and forget the *people* we are becoming across all these years in Terrill Hall. But what good is it to be successful—to have those letters after our names—if we are not also more patient, kind, wise, humble, and brave at the end of it all? We develop these parts of ourselves not in studying for a test or writing a manuscript, but amidst relationships with those who are different.

Mark Twain said it well when he wrote, “Travel is fatal to prejudice, bigotry, and narrow-mindedness.” As a result of my travels, I’m increasingly drawn into relationships with those who are culturally different right here in Denton. I want to know the beautiful **Continued on page 18.**





## ALUMNI UPDATE: Jamie Wilson, Ph.D.

I graduated the UNT Counseling Psychology program in 2011 and took the Child and Family elective cluster during my training. I completed my external practicum placement, internship, and post-doctoral fellowship at the Dallas VA Medical Center. I was then hired as a staff psychologist for one of the general outpatient mental health teams at the Dallas VA where I was quite the busy bee! During my time at the VA, I provided a full range of therapeutic interventions including individual, couple, family, and group therapy and administered a variety of psychological assessments. The training I received at the VA in evidence based interventions was quite comprehensive and enjoyable. Not only was I trained at the local VA, I was also sent to train at other VA's throughout the nation in order to learn Cognitive Behavioral Therapy in Chronic Pain, Dialectical Behavior Therapy, Prolonged Exposure, Cognitive Processing Therapy and Integrative Behavioral Couples Therapy. I helped create and served on a dialectical behavior therapy consultation team which treated Veterans throughout the Dallas VA system with severe emotion dysregulation. I also created a post-doctoral fellowship in Couple and Family therapy which was accredited by APA and made a permanent training position at the Dallas VA. In addition, I served on both the pre-doctoral internship and post-doctoral fellowship training committees and served as primary supervisor for the post-doctoral fellowship's couple and family post-doctoral fellow as well as supervised several interns.

In 2014, in order to have a better work/life balance and more autonomy I made the difficult and scary decision to leave my position at the VA and go into private practice. With the encouragement of my husband, sister, and a few other UNT counseling program alumni and dear friends, I took the plunge and started Wilson Psychology, PLLC. I currently lease an office in the north Dallas area with three other psychologists (two are from our counseling program). I see a diverse variety of therapy clients, ages 12 to 80+, with a wide variety of presenting concerns. I also conduct comprehensive psychological assessments from time to time. Since going into private practice, I've been able to develop competencies in treating individuals with reproductive trauma, infertility, and perinatal mental health concerns which are interests I've had for quite some time. I'm also gearing up to offer telemental health services in my office. Although I miss working with the Veteran population regularly, I am able to offer pro bono services to some Veterans through the Give An Hour organization.



I continue to teach and supervise. I believe holding the teaching fellow position during grad school for the marriage and family classes from 2007-2010 and taking Dr. Watkins' supervision class, sparked my love of teaching and supervision. I've been asked to be a practicum supervisor for the department's clinical doctoral students regularly since 2015. I have also been able to teach the counseling program's psychopathology class and hope to do so again if the opportunity arises. Most recently, I created an external practicum opportunity (paid, no less!) and have one trainee at the moment.

When I'm not engaged in professional psychology activities, you can find me at home with my husband of 20 years, our two kids (ages 8 and 10), and our menagerie of animals. When I'm not at home, you can usually find me at a Disney theme park, Disney-owned resort, or Disney cruise! I'm such a Disney nerd that I will be co-hosting a Disney podcast (*Bibbidi Bobbidi Babble*) with my sister very soon.

UNT has a great training program and offers a solid foundation for psychological practice. No doubt, this process is hard work but enjoy your time in grad school and foster your relationships with classmates and faculty. Advocate for what you want in your training and don't be afraid to take risks. And if you ever see me on campus, please say hello! I'm always happy to chat with trainees!

## ALUMNI UPDATE: Nicole Stillo, Ph.D.

Greetings! I am currently practicing as a Licensed Psychologist and the Director of Clinical Training at Great Life Counseling Center (GLCC) – a group practice located in Addison, TX, that specializes in working with couples and families.

My pathway to private practice has had a few stops along the way. I completed my internship within the Vanderbilt University – Veterans Affairs Consortium in Nashville before graduation from UNT in August 2014. I then transitioned to Southern Methodist University’s Counseling Services where I completed a formal post-doctoral fellowship and later served as a Licensed Psychologist/Supervisor for a few years. Somehow in this process, I also got married and became a mom, and the long-term dream of working in private practice eventually came to fruition. I can say that Work-Life Balance looks a little better nowadays!

In my current role at GLCC, I have continued to nurture passions for training and mentorship by providing clinical supervision for post-doctoral fellows and early career psychologists seeking support in their pursuit of private practice goals. Starting in 2019, our practice is excited to expand our training program to include roles for practicum students interested in furthering their development in child, couples, and family therapy.

As I look back on my time at UNT, I have come to truly value the relationships with peers and faculty that were cultivated, as well as the breadth of training our department offered. I’m not sure I was able to see the impact of this until leaving the “nest” and heading off for internship. It is remarkable to sit back and reflect on how the unique training experiences – like Dr. Riggs’ MFT sequence – have contributed to my growth as a therapist and shaped my career trajectory. For current students, trust me when I say, someday you might even strangely miss those crazy 15-hour days :)



## STAFF UPDATE: Happy Retirement Diane!!

Our Graduate Coordinator, **Mrs. Diane Kozul** retired on 09/28/2018. The department hosted a retirement reception for Diane on 09/27/2018 from 11-1. Altogether, more than 50 faculty members and students attended the reception to express our appreciation to Diane for her excellent service and dedication to graduate program-related tasks in the past 5+ years.

*Diane, congratulations! We hope you are enjoying your retirement!!*

**MEET THE FIRST YEARS!** UNT is excited to introduce our 2018-2019 cohort!



**Kelzie Beebe**

Hometown: Madison, Wisconsin  
 MS Applied Sport Science & MS.Ed in Counseling from Indiana University  
 Sport Psychology Cluster  
 Advisor: Vosvick/Petrie



**Dominique Doty**

Hometown(s): Ashford, CT and Folsom, CA  
 BS Biopsychology from UC-Davis  
 Child and Family Cluster  
 Advisor: Kaminski



**Gabby Gaskin-Cole**

Hometown(s): Military Brat  
 MS Clinical Mental Health from UTSA  
 Child and Family Cluster  
 Advisor: Riggs



**Megan Drew**

Hometown: San Diego, CA  
 BS Psychology from Missouri State University  
 Sport Psychology Cluster  
 Advisor: Petrie



**Heidi Gibbs**

Hometown: Madeira Beach, Florida  
 BA Psychology from Cedarville University  
 Sport Psychology Cluster  
 Advisor: Riggs



**Peter Gu**

Hometown: Houston, TX  
 MS Clinical Psych from Sam Houston State  
 Minority Wellness Cluster  
 Advisor: Wang



**Heather Kiefer**

Hometown: Potomac Falls, Virginia  
 MS Sport Psychology Florida State University  
 Sport Psychology Cluster  
 Advisor: Petrie



**Olivia Knizek**

Hometown: Thousand Oaks, CA  
 MS Psychology from Arizona State University  
 Sport Psychology Cluster  
 Advisor: Petrie



**Faraha Hasan**

Hometown: Parker, TX  
 BS Psychology from UTD  
 Minority Wellness Cluster  
 Advisor: Wang

# Continued DCT Greetings from Page #1



Another exciting news is that we are running a search for a new Assistant Professor to join our program in Fall 2019 (the department is searching for 3 tenure-track faculty members this semester). The job ad has been posted in the email listserv of several professional organizations. The specific areas of research for this faculty position are open but preference will be given to candidates with research closely relevant to diversity issues and complementing one of the program's elective clusters. If you know anyone who is a good fit for this position, please encourage them to apply or contact me for additional information.

I would like to invite all of our program alums to consider making a small donation to the program's activity account. Fund in this account covers the costs of various program functions that are critical to students' professional development yet not covered by the department budgets, such as mock internship interviews, town hall meetings, and invited talks. Donation to this account is tax deductible and your generous support of any amount (e.g., \$10-\$100) will enable us to accomplish more extra programs to assist our students. Please contact me at [dcwang@unt.edu](mailto:dcwang@unt.edu) or at 940-565-2678 if you would like to get more information about the specific steps of making the donation.

All alums are welcome to contact me via email or phone if you have any suggestions about enhancing our training program or would like to volunteer to contribute to any of our training activities. Thank you in advance for your time. I look forward to hearing from you soon.

**Chiachih DC Wang, Ph.D.**

Director, Counseling Psychology Ph.D. Program

## Faculty Spotlight: Dr. Larry Schneider *Continued from Page #4*

surrounding small communities partially deserted, slowly dying, and economically depressed. For excitement, one could go see Illinois Central's "City of New Orleans" which stopped in Carbondale – even before the train became immortalized by Arlo Guthrie. In the parlance of today's training, my exposure to customs, lifestyles, and people in



**Dr. Schneider in Grad School!**

rural communities and river towns in the wedge of Illinois between the confluence of the Ohio and Mississippi rivers provided a multicultural experience in how non-urban life and poverty played out in the real world. It was a far cry from the glamor of city life of Chicago some 350 miles at the north end of the state. . . . By the time I left for internship, my Brooklyn roommate and I were a competitive bumper pool team at a local roadhouse that was replete with rural values, state liquor control board agents, and occasional gun shots. Prior to internship I obtained my 1<sup>st</sup> publication with a professor and 3 fellow grad students. I fondly recall the experience of sitting around a Frieden calculator in the professor's office while it was cranking out the statistics with the team literally cheering the whirling mechanical wheels at each computational step – hoping for publishable findings. With results in hand, the professor took us to the local Pizza Hut treating the team to several pitchers of beer while we literally wrote the manuscript in a collective effort. I began my professional career in a state psychiatric asylum south of Carbondale. But as a psychologist at least I was released every night since I had a key to the door!.. The facility was built in 1869, four years after the civil war. Today I imagine war veterans suffering from PTSD ***Continued on the next page...***

## Faculty Spotlight: Dr. Larry Schneider *Continued from Page #12*



**SIU Counseling Center (Site of assistantship in 1966)**

accounted for a larger part of the patient census who likely received what the treatment of the day was since there was no place for them to go. Resources of the VA and evidence based practices were a long time in coming.

My entry to UNT (or NTSU at that time) was unconventional..... After working over a year at the psychiatric hospital, I began looking for another position in a more urban area. An SIU professor told me about an opening at NTSU and I received an invitation to interview. Having never been to Texas, my familiarity with Texas was pretty much limited to what I had seen in the film *Giant* and the TV serial *Tales of the Texas Rangers* (not to be confused with the team at the Ball Park in Arlington). I was unsure what to expect. Denton seemed reminiscent of Carbondale – a small college town some distance from any metropolis. Denton had only a few traffic lights and they were all on University Drive; Denton’s finest steak house was K-Bobs on University; and the finest hotel was Holiday Inn (which the department could not afford for hosting job applicants). In summer of 1972, I was offered a faculty position right in the departure lounge at Love Field after my interview. But I begged off making a decision on the spot. Few know that I actually turned down the offer after returning home and mulling over the offer for a couple of days . . . . But as fate would have it, I accepted the re-offer a few months later and arrived for the 1973 spring semester. In retrospection this evolution of events keeps my curiosity piqued about the place of “accidental theory” in vocational psychology.

Looking back over my time at UNT, I find myself asking that vexing question many ask themselves as they approach retirement: WHAT HAPPENED? . . . Denton has grown – stop lights are everywhere; Denton’s population has quadrupled; admission criteria for psychology’s PhD programs have become much more competitive; the psychology department has moved from relative obscurity to one that is known across the country.

The campus too has been transformed. Through streets between buildings on campus have been transformed to malls or green areas. The psychology department was housed in two locations: the main part in a building between Sage and Sycamore Halls (now a green area) and Terrill Hall (where I have always had my office). The main building was *Continued on the next page...*

### SOJOURN AT UNT

My entry to UNT (or NTSU at that time) was unconventional..... After working over a year at the psychiatric hospital, I began looking for another position in a more urban area. An SIU professor told me about an opening at NTSU and I received an invitation to interview. Having never been to Texas, my familiarity with Texas was pretty much limited to what I had seen in the film *Giant* and the TV serial *Tales of the Texas Rangers* (not to be confused with the team at the Ball Park in Arlington). I was unsure what to expect. Denton seemed reminiscent of Carbondale – a small college town some distance from any metropolis. Denton had only a few traffic lights and they were all on University Drive; Denton’s finest steak house was K-Bobs on University; and the finest hotel was Holiday Inn (which the department could not afford for hosting job applicants). In summer of 1972, I was offered a faculty position right in the departure lounge at Love Field after my interview. But I begged off making a decision on the spot. Few know that I actually turned down the offer after returning home and mulling over the offer for a couple of days . . . . But as fate would have it, I accepted the re-offer a few months later and arrived for the 1973 spring semester. In retrospection this evolution of events keeps my curiosity piqued about the place of “accidental theory” in vocational psychology.



**Monument before Eagle Statue AND a prop for “Necessary Roughness” (1993) filmed on campus**

## Faculty Spotlight: Dr. Larry Schneider *Continued from Page #13*

beyond renovation and was torn down requiring the entire faculty to move to Terrill Hall. The parking lot next to Terrill Hall was dirt and gravel lacking marked off parking spaces. Tennis courts where I partnered with Dr. Howard Hughes and grad students (including Dr. Phil) on Saturday mornings are gone. The closest watering-hole to Terrill Hall, the Final Exam (on the corner of Avenue C and W. Hickory), is now a parking lot for the Chemistry Building.

Other clubs (Becks, Frankenstein's) where students and faculty hung out on Friday after the end of the afternoon practicum team meetings have been replaced by drug stores, fast food restaurants, and student apartment buildings.

Originally Terrill Hall was a women's dormitory. The psychology department chair when I arrived at UNT told me he met his wife who resided in Terrill Hall dormitory when they were both undergraduates. He reported he scratched both of their initials on one of the concrete posts at the north entrance to Terrill Hall. When it ceased being a dormitory Terrill Hall was repurposed to house various offices. The south end of the first floor was the applied training site for the Counselor Education practicum. At the time, that program had more resources than psychology's practicums. Right above that on the 2<sup>nd</sup> floor (now the grad students' carrels) was the Counseling & Testing Center. Earlier, the Director of the Counseling & Testing Center (Dr. Terry Dilley) was THE counselor and psychologist until the arrival of Dr. Tom Overton. The space on the third floor (where the current department main office is located) housed the psychology department's animal rat labs. The general movement against use of animals in research gradually curtailed and brought to an end the department's research involvement with rats. The rat lab area and the rest of the south end of the 3<sup>rd</sup> floor were eventually taken over by Texas College of

Osteopathic Medicine (TCOM – now the University of North Texas Health Science Center in Ft. Worth). TCOM students completing their 1<sup>st</sup> two years occupied that space in Terrill Hall before they moved on to TCOM in Ft. Worth for the remainder of their education. TCOM students were easily recognizable since they wore white lab coats, which some psychology doctoral students resented. Texas Rehab Commission (TRC, forerunner of today's Texas Workforce Commission) occupied the middle of the 3<sup>rd</sup> floor of Terrill Hall along with an office for the Texas Historical Society. TRC was an endless and reliable referral source for assessments *Continued on the next page...*



**Terrill Hall (1986)**



## Faculty Spotlight: Dr. Larry Schneider *Continued from Page #14*

for practicum students in the Psychology Clinic (which was located on the second floor in the space now configured for the sleep research lab). The rest of Terrill Hall's 3<sup>rd</sup> and 2<sup>nd</sup> floor dorm rooms were prized offices for grad students lucky enough to be assigned to one -- the remaining grad students were just left feeling jealous of their comrades. Terrill Hall had failed 3 successive EPA inspections due to difficulties with asbestos in the building. I hope I have not inhaled too much over the years. There were repeated budget requests to refurbish Terrill Hall



**Dr. Schneider at an office party in 1993**

and in 1986 UNT's budget finally had the Psychology Department migrate to Marquis Hall for several years while Terrill Hall was completely gutted wall to wall for the remodeling. (See the next page for two photos of the renovation process!) With tinges of poignancy veteran faculty and grad students bade a fond farewell to some of the quaint accoutrements of the former women's dorm --including "Hollister" the ancient lurching slow, but functional, elevator that required closing an interior gate before it would move. It rarely stopped even with the floor when exiting from it.

### PSYCHOLOGY PROGRAMS

With my hiring, the counseling psychology program had two faculty. Dr. Ray Johnson was the first faculty member in and Director of the program. He was key to conceptualizing the program to gain APA-approval. During the first year at UNT, directing the Psychology Clinic was bequeathed to me. I would not recommend this kind of administrative assignment to any new assistant professors. Eventually a more senior faculty member entered the department and assumed the Clinic Director position.

Students were admitted to the graduate psychology masters and doctoral programs by the Graduate Dean (Dr. Bob Toulouse) in the early days. There were around 400 total graduate students, although quite a few went part-time, drifting in

and out of enrolling as they felt like it. (*UNT remains indebted to Graduate Dean Toulouse's determination and concep-*

*tualizing of the Federation of North Texas Area Universities. Without that, UNT would have no doctoral programs - and I, the rest of the faculty, and grad students might not be here today*). Eventually the psychology department wrested control over admissions to its graduate programs, stopped allowing drifting, and began to pare the number of graduate students, which was necessary to gain APA-approval. . . . Dr. Don Whaley had a large following among undergrad and grad students. He directed an autism center in one of the old quad dorm buildings which UNT assigned to his enterprise. He provided direct service experiences for students based on his expertise in operant conditioning. The psychology department's gaining control over admission to its degree programs and different perspectives between behavioral and non-behavioral faculty were ongoing struggles. Dr. Joel Butler became chair with the intent of gaining APA-approval for the clinical and counseling programs. Several colorful years ensued which one could write chapters about. There were periods when one could overhear grad students using the appellation "Terror Hall" in reference to Terrill Hall.

Upon admission in the fall semester, new students had to complete the departmental Placement Test. Students were tested over 11 areas which roughly corresponded to the content of undergraduate courses in the UNT psychology major. If students did not pass all content areas, they could be required ***Continued on the next page...***

## Faculty Spotlight: Dr. Larry Schneider *Continued from Page #15*

to take as many as three UNT undergrad psychology courses in areas where their background was deficient according to the Test. The Placement Test was around for several years and dreaded by all. Students did not like it, faculty felt burdened having to create the test, and eventually it was dropped – to the delight of students and many faculty.

In 1978, the clinical and counseling programs gained APA -approval. Admission to each of the masters and doctoral programs was limited to 10 students per program. The counseling program culled through applications each year and then invited a short list of applicants to campus for interviews. Students had to submit a photo along with their application. The most interesting photo we obtained was from a male standing naked with marijuana fronds covering a strategic spot. He did not make the short list! Gradually over time admission to the counseling program became more selective (and the requirement of submitting a photo was dropped). The goal of admission focused on working to attract the 10 most qualified and promising students. Program “elective clusters” were not as formalized at that time.

Faculty teaching loads were another struggle. With the vestiges of being a normal teachers college, the expected



**Dr. Schneider and the “Supervision Stick”**



**1990 Faculty Christmas Party**

faculty

teaching load was the equivalent of four courses per semester. Various machinations allowed some modifications until eventually the teaching load evolved to the present day practices. Practicum training in the counseling program progressed to having members of the first 3 years on a team. Some alums on my teams may recall my “supervision stick”. Drawing on my parochial school experience with the nuns, a gentle rap on the knuckles (though mostly symbolic) during supervision helped guide prac students in therapeutics. For any of those prac students wondering what became of the stick, be assured it rests comfortably in my office – not sure to which of these prac students to will the stick to! All counseling teams (and clinical teams) scheduled team meetings from 2 – 4 p.m. on Fridays (which led to breeding a tradition of Friday happy hour at watering-holes near campus and helped build a lot of camaraderie among students). An interesting format was put in place whereby one Friday each month a joint prac team meeting involving all counseling and clinical practicum teams together. One counseling or one clinical practicum student with his/her supervisor’s support would make a case presentation to the audience of assembled teams.

Faculty in both programs regarded it as an opportunity for students to gain experience in conceptualizing their counseling/therapy work for **Continued on the next page...**



## Faculty Spotlight: Dr. Larry Schneider *Continued from Page #16*

presentation. The meetings were held in a seminar room created by knocking out a wall between two adjoining dorm rooms on the 3<sup>rd</sup> floor at the north end of Terrill Hall.

Ray Johnson retired in 1994 and I began directing the counseling program. That same year the counseling psychology program ranking reached #6 among APA-approved counseling psychology programs – an accomplishment the program faculty, program students, and the department took pride in. In 2003 I joined the Graduate School working half-time as Associate Dean. I recall two predominant impressions from time spent in the Graduate School. First, the psychology department's standards and procedures were solid and exemplar -- something to take pride in as I became aware of how other departments and their programs functioned. The psychology department's procedures provided a model against which I compared issues in other programs that came to attention of the Graduate School. The other impression dealt with administrative perceptions several steps up the ladder. Administrators' concerns are at a more global level, having to take into account how well the entire organization functions. Such an experience provides invaluable insight and can be eye-opening – indeed it was. I imagine those on organizational lower rungs often do not experience those perspectives. Indeed, educators' interest in promoting academic excellence and the politics of administering the university can make unusual bedfellows.



**Dr. Schneider and Dr. Ray Johnson**

I left the Graduate School and returned to the Psychology Department fulltime faculty in 2010. Being familiar with Graduate School operations, upon my return I served as the department's Graduate Advisor which involved meeting individually with prospective applicants for our graduate degree programs giving them guidance concerning what doctoral training was all about. In 2014 I also worked as the Director of the Undergraduate Program. Lastly, in 2016 I moved into UNT's modified service option which allows half-time work as one moves toward retirement.

**SOME CLOSING REFLECTIONS**

I have seen metamorphoses in the department. The department no longer offers terminal master's degrees nor degrees in educational psychology, industrial/organizational psychology, or school psychology. Nation-wide as well as at UNT, the traditional experimental psychology degrees are being re-conceptualized as behavioral science.

During my sojourn at UNT I witnessed the counseling program's founding and development. While degree requirements in any program undergo modifications to stay relevant, most former alums could probably discern common elements they experienced in the counseling psychology program's current configuration. Some changes have been made to the elective clusters. Faculty in the counseling program remain committed to preserving high standards of training. Beginning class sizes are slightly smaller, but admissions are a bit more complex due to the shift toward the mentor training model. Program students as well as alums continue to have a strong sense of camaraderie and commitment to the program. As might be predicted, funding for students and campus parking remain perennial annoyances though progress is evident over the years. *Continued on the next page...*

Recently the Texas licensing board moved to authorizing independent practice for masters-level psychologists who have qualified master's degrees in psychology. This may have implications for the number of applicants seeking admission to the counseling psychology doctoral program. The national examination for licensing (EPPP) is undergoing changes and what impact this will have on the counseling degree program and for psychology licensure remains to be seen. UNT's aspirations to enhance its standing as a research university will continue to put focus on research efforts of program faculty and graduate students. The program is fortunate to be able to attract a corps of talented faculty and students to move this agenda forward.



**Dr. Schneider and Dr. DC Wang**

It would be remiss not to acknowledge that over the years there have been poignant moments that give one pause. Sometimes one has to relinquish previous relationships and prior ways to move on to new frontiers. Some of these changes involved seeing former colleagues pass away and even learning of the passing of former program alums (and grad students from other programs in the department) that I had the privilege of having in my classes or of having other involvement. During my career as a graduate student (and during several decades at UNT), learning theory was a dominant area in psychology. Somewhere in graduate school we were forced to read about and understand various learning theories – much of which I am rusty about now. But I was struck by Edward Tolman's (1959) exposition of his theory. And I have always kept the introductory and closing comments from one of his essays in my office or in my research room. In closing his tome he wrote “. . . the best that any individual scientist, especially any psychologist, can do seems to be to follow his own gleam and his own bent, however inadequate they may be. In fact, I suppose that actually this is what we all do. In the end, the only sure criterion is to have fun. And I have had fun.” . . .

***Overall, I'll have to say I have had quite a ride!***

## **Student Spotlight : Laura Captari *Continued from Page #8***

complexities of *each of them*—not how they are painted by the media or history books or pop culture. I want to learn from them.

In our society, cultural and worldview differences are often viewed as a threat, and relational conflicts can lead to defensiveness, in-group bias, depersonalization, and disengagement. Often, this happens at an implicit level and we don't even realize it. I believe, however, that when we completely surround ourselves with friends who think and live like us—or *pretend* to be alike when we're actually not—we miss out on some great growth experiences. My desire as a future psychologist is to help others, my patients, students, and those I influence in broader systems, to think critically about their own “lenses” for seeing the world and recognize how multiple perspectives could enrich and strengthen our relationships, rather than causing hate and division. “The world in which you were born is just one model of reality,” Wade Davis reflects. “Other cultures are not failed attempts at being you; they are unique manifestations of the human spirit.” As psychologists, we can be powerful agents of change in creating inclusion, acceptance, and belongingness across differences...and it starts in our own lives and relationships.

## Editor's Column

**Hello All!**

Fall is here, UNT is good at football, and the site visit is quickly approaching!! While the first was inevitable, the other two felt like they would never happen (kidding...).

We are less than a month away from our APA reaccreditation site visit and it has been a long time coming! Thanks to the tireless efforts from our DCT Dr. Wang, the faculty, alumni, and students, we are feeling extremely prepared for the visit and look forward to continuing to enhance UNT's reputation in the psychology community. Aside from the site visit, there are a lot of great things happening here in Denton! We have a new cohort of brilliant future psychologists (See page 11), Dr. Schneider is retiring after 45 years of dedication to UNT (Check out his journey starting on page 4), and some of our local alumni are doing amazing things for the DFW community (See page 9-10). Not to mention, our current students are up to some great things from traveling with Dr. Wang to applying for internship—life has been pretty busy as a grad student! It feels like yesterday that I wrote my first editor's column and here I am, writing my last! It has been an amazing experience being the Counseling Psychology Program GSA so it is bittersweet that I am shifting out of this role starting in January. Gabby Weierbach will be taking over as editor and I am confident that she will do an amazing job updating you all on UNT in the future! Thank you to all who have contributed to the newsletters and an advanced thank you to all who read it!

Warmly,

*Kendra Oosterhouse, MA MS*

Counseling Psychology Program GSA



## Student Rep Corner with Danna Bismar and Cameron Davis

We kicked off this year with a wonderful gathering at Dr. Wang's home to welcome our incoming cohort of students. It has been such a pleasure getting to know you all and seeing new faces in Terrill Hall!

In our role as the Counseling Psychology Program student representatives, we are committed to serve as the liaisons for the student body and ensure all voices are heard. We believe that in order to sustain a culture that respects and values diversity in all of its forms, we must maintain an active approach to the promotion of social justice and inclusion. (Note: Check out our [website](#) for more info!)

As a student body, we have been engaging in discussions about how to incorporate multiculturalism in breadth and depth as we progress through the program and develop in our professional identities. We believe it is important to keep in mind that this also provides us with the unique opportunity to reinforce our program and profession's value and commitment to multiculturalism and social justice, as well. We are always ready to listen and open to dialogue with each and every one of you so please do not hesitate to approach us if you have any ideas, concerns, or questions!

To Diane - You will be dearly missed by all of us in the Psychology Department and we wish you all the best in your retirement. We are incredibly grateful for your dedication, commitment, and contributions to us all.

***Danna Bismar & Cameron Davis***



**If you would like to contribute to our next newsletter, please email Gabby at: [gabrielleweierbach@my.unt.edu](mailto:gabrielleweierbach@my.unt.edu)**

# Graduate Student Council Update

Hello all!

As many of us are aware, there are several changes taking place that are impacting graduate students in several ways. The Graduate Student Council is committed to serving the graduate student body in many ways, and financial aid has risen to the top of our priority list in the last year. Many students in the psychology department are eager to contribute and get involved in GSC's effort to attain more funding for graduate students. The GSC is currently forming a number of committees to better serve the graduate student body that include, but are not limited to, funding issues. We are developing several groups that are currently recruiting members for:



- An Ad Hoc committee to investigate discrepancies in the allowed maximum hours through the tuition benefits program between Master's and Ph.D. work.
- The University-wide We Mean Green Committee, which looks at sustainable projects around UNT.
- An Ad Hoc committee working to learn more about the experiences of TA's on campus (how they are being treated, qualifications, conflicts of interest, etc.).
- A library committee committed to assuring current fees embedded in our tuitions do not increase. This group is also looking into a better budget to work with in order to help us retain our Tier-1 status as a research university.

Students, if you are interested in serving on one of these committees, please feel free to email me for more information (JacksonRandi@my.unt.edu)! Faculty and alumni, as integral members of the UNT community, please consider issues you would like the GSC to address. What common issues are you observing or experiencing among graduate students? We would love to hear your feedback related to how we can continue to improve the graduate student experience here at UNT.


Thank you all for the valuable contributions you each make to this place!

**Randi Jackson**

GSC Senator, Counseling Psychology Representative


## 2017-2018 Graduates

### 2017-2018 Masters Graduates



Danna Bismar  
Laura Captari  
Carlie McGregor

Matt Mikesell  
Kendra Oosterhouse  
Karolina Wartalowicz



### 2017-2018 Doctoral Graduates

Alex Auerbach  
Stacy Bonds  
Jarice Carr  
Kayla Carrigan

Jennifer Farrell  
Kristina Rodriguez  
Daniel Romero  
Matt Schumacher  
Shelly Sheinbein

Andrew Shelton  
Bailey Tackett  
Alexandra Thompson  
Gabriel Zamudio

***Congratulations to all of our graduates!***