Salutations from your Newsletter Editor!

Lauren Berger, M.S.

The current Summer 2013 newsletter will be the last issue under the leadership of the University at Albany Division of Counseling Psychology and my last issue as editor. I am grateful for this experience and for the contributions from our peers to make the current and previous newsletters so remarkable. Ashley Powell, from Cleveland State University, will be taking over as newsletter editor. Best of luck to Ashley and all at CSU, and thank you again for reading!

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SUMMER 2013 SAS NEWSLETTER

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Special points of interest:

* Internship Experience
* Early Career Professional Transition
* Global Mental Health
* Balancing Work and Family
Interested in becoming a SAS Member?

To become a member of SAS, you first need to be a student member of APA. You can then join Division 17 as a student affiliate, and will automatically become a member of SAS at that point. If you are a member of APA but would like to join Division 17, you can do so online by or sending in an application via snail mail.

Do you need to renew your membership?

APA renewal reminders were sent in the mail at the beginning of October, but don’t forget to renew your Division 17 membership as well! You can do this online by logging onto MyAPA and entering your username and password. You can then click on “Pay Your Dues” in the grey box at the top left corner of your MyAPA homepage.

Did you graduate in 2013 with your doctoral degree? Upgrade to free ECP membership!

If so, your 2014 SCP membership is free! It is SCP’s way of congratulating you and welcoming you to Division 17 as an Early Career Professional (ECP). Note that this offer begins for 2013 graduates and is only available for your first year as an ECP.

Already a member, and want to stay in the loop?

Like us on Facebook and join our LinkedIn group to keep up with SAS events and announcements. You can also join our listserv.
Congratulations! You have almost completed your internship; your dissertation has been successfully defended; and perhaps you are finally adjusting to the idea of people calling you “doctor.” This is what you have been waiting for!

Now what?

The transition from student to early career professional, or ECP, can be an ambiguous and unsettling one. You have to find a job, study for the EPPP, and learn to navigate a new chapter of your professional and personal lives. You don’t have to navigate alone! Did you know that Division 17 has an ECP Committee? SAS and the Division 17 ECP Committee recently worked together to develop a resource guide designed to assist individuals with the student-to-ECP transition. As well, staying connected with Division 17 as an ECP can help you locate job opportunities, and give you avenues through which to seek advice from others who are new ECPs, and from professionals who have been where you are.

For Division 17’s (Great!) Tips for Transitioning from a Student to an ECP, visit:


Stay connected! Join Division 17’s ECP Listserv by visiting http://www.div17.org/about/listserv/, or join the Facebook group at https://www.facebook.com/groups/128384937179333/.

Meet other ECPs at the Division 17 ECP Social Hour at Convention! Thursday, August 1st, 7:30pm

Duke’s Waikiki
2335 Kalakaua Ave, #116

Division 17 is a great community in which to be a student and an ECP. By maintaining your memberships in APA and Division 17, you remain connected to a great source of support and a professional home.

Congratulations, graduate! Welcome to the Division 17 ECP Community!
This will be the last set of comments as president as my term will be over effective August 3, and the gavel will be passed to our new president, Sharon Bowman. The transition will be both sad and glad. Sad, because this has been a great year and, without doubt, part of the greatness has been the opportunity of engaging with so many of our students in various ways, including at the national APA convention, regional meetings such as the Great Lakes Conference, through newsletters, emails, phone calls, and through observing the impact of our students through so many avenues, including the newsletter. Thanks for all the great opportunities for connecting and discussions. The sad part? I have so thoroughly enjoyed the leadership opportunities this year and I’m certain to miss the level of connectivity, engagement, and discussions. But it is time for change.

At this time the Society of Counseling Psychology leadership is reviewing the agenda for the upcoming convention. We will have an Executive Board meeting that will last from 4:00 – 10:00 the first day of the convention. We will be reviewing all of the committee reports, the officer accomplishments, and Special Interest Groups and the Presidential Special Task Group activities. In short – a lot has happened and we will be reviewing the “prouds and sorries” – that which went very well and worked magnificently, and then those areas where we wish we had been more successful. Annual meetings provide an opportunity for review and celebration and/or review and remediation….both parts or helpful.

I do hope you have taken advantage of membership in our Special Interest Groups. For most the membership process is easy: tell the chair you are interested and would like to be involved. Then pay the dues. Oh, the dues for most SIGs is zero. Some may charge $5.00 and if students can’t afford the amount, a SIG member generally covers the cost. So, become connected and involved. You never know where it may take you.

One aspect of the review for the convention that is always gratifying is to see the leadership roles our membership have in APA. While many students believe that the Society of Counseling Psychology is where we are engaged, that is only partly true. Did you know that members of SCP are presidents or officers in almost a dozen other divisions? We have a strong presence with almost every division of APA and it is not unusual to notice some of our membership serving as president, receiving outstanding awards, or chairing major committees. As you engage in SCP, be aware of other areas where your expertise and interests can communicate the values and beliefs of counseling psychologists to other divisions and areas of scholarship. I have been active in seven divisions and believe the experiences have all been complementary rather than competitive.

Many students will be passing on the convention this year. I understand – there is no getting around it, Hawaii is expensive and requires a major commitment of time. Early in my career APA was in Hawaii and I couldn’t afford to attend, but a senior faculty member delivered a paper I had written and was accepted. He told the audience I wasn’t there as I was walking the beaches with a drink that had a little umbrella sticking out. I wish! For more than a decade after that I was teased at APA conventions for skipping a session to enjoy the beach.
The talk I will be giving will be published at a later date in *the Counseling Psychologist*. I would include it here if I could – but it isn’t written yet. But let me tell you the theme: change is happening and we, as human change agents, should be prepared for it. It is critical that we maintain our commitment to working with individuals, families, and groups. It is essential that we provide therapeutic and healing opportunities. At the same time, I am anticipating that a significant number of our membership need to focus more and more on prevention efforts. Seldom have major epidemiological problems been corrected through treatment; rather so many of the ills humans experience are changed through prevention. New medicines, new lifestyle information. Polio, TB, measles, mumps, malaria, and on and on. The World Health Organization, recognizing the importance of mental health issues, has been working with a number of other agencies to attempt to develop mental health prevention/treatment services for the 400 million poorest people of the world. In the US we are privileged to believe and provide individual services, but that will never be a model that can be taken to scale on the world level. So it is critical to identify the causes of mental health issues and take steps to prevent the problems rather than attempt to heal all the misery. How can that happen? I’m a firm believer that we must continue the provision of services which we have mastered so well, but we also need to expand to being more expert at impacting public policy and public measures. So, as you hone your therapy skills, consider also mastering policy processes so that you can have an impact at the local, state, regional, and national level. It is critical that those without voice be represented by those of us who do have the potential for positive influence.

Thanks for being a part of the counseling psychology community. It is a good place to be, with phenomenal potential for impact and influence. If a goal of your life is to help bring about progressive change in people’s lives, you have chosen the right way to fulfill that goal. I am proud of our membership, proud of our past, and particularly proud of the potential of our future. Call upon the membership to facilitate your connection with the field and then when, fully ensconced in the profession, live it with pride and integrity. Thanks! Andy

Arthur (Andy) Horne
President, Society of Counseling Psychology (div17.org)
ahorne@uga.edu
A LETTER FROM OUR DIVISION 17
PRESIDENT, ARTHUR HORNE, PH.D.

- The National Multicultural Conference and Summit occurred in Houston with a record number of attendees and truly engaging and exciting presentations and round tables.

- Our team submitting the specialty designation materials finished an extensive review of our materials and got them submitted to CRSPPP for review, a major undertaking.

And looking forward to upcoming events:

- The elections committee has drafted an exceptional offering of candidates for office within SCP and the elections will be underway soon.

- The hospitality suite committee is busy planning events for the APA convention in Hawaii and they have some exciting events planned for the conference.

- APA has approved the prevention guidelines for psychologists, and they final version will be presented at the Hawaii conference – thanks to all, and especially John Romano, for the great work on pulling this together.

- The presidential initiatives related to prevention and early impact to improve the quality of mental health and human development will be well represented at the Hawaii convention, and there will be exciting presentations on the prevention and education theme.

Obviously there are many more events underway and there is exceptional leadership being shown by our members. We can be very proud of our organization, the values we advocate and embody, and the people who make it the wonderful group it is. We appreciate and honor the leadership we have had and we look forward with hope and enthusiasm to leadership coming our way through students, early career members, and others who are committed to the field and the people impacted by our work. Thanks to all who have made this happen. I hope to see many at our annual convention in Hawaii; if that cannot happen for you this year, then I look forward to connecting in other ways.

Warm regards,

Andy

Arthur (Andy) M. Horne

President, SCP, 2012 – 2013

The University of Georgia
As we quickly approach the end of our term as host institution here at UAlbany, we cannot believe how quickly time has gone by and how much we have been able to accomplish with the support of Division 17. Serving as the collective voice of SCP’s student members has been an incredible privilege and learning experience for us. Over the past three years, we have had the opportunity to build connections with SCP professionals and students all over North America. Whatever the task with which we were charged, we have consistently walked away from each experience inspired and humbled by the wonderful people, ideas, and initiatives represented within our professional community. We have been extremely lucky to work alongside such extraordinary people who have provided us with nothing but encouragement and support, welcoming us into the Division 17 family wholeheartedly and with wide open arms. SCP professionals not only talk the talk, but they walk the walk when it comes to their commitment to addressing student concerns and meeting student needs. To say that we have been impressed with the extent to which they have been inclusive of our voices and receptive to our opinions and suggestions is most likely the biggest understatement of our tenure! SCP professionals—thank you for everything you have done and all that you are. It has truly meant the world to us.

Similarly, the students of SAS have been beyond remarkable. Our colleagues here at the UAlbany have continuously worked to meet the needs of SAS members, generating new ideas and solutions, putting in long hours, and meeting difficult deadlines.
with astonishing ease amidst juggling other professional and personal responsibilities. Further, we have also been fortunate to have the assistance and support of SAS members more broadly. Whether it was in the context of SAS Awards Committee, Special Task Groups, Leadership Academy, or our program, regional, and section representatives - their enthusiasm, dedication, skill set, and ‘can-do’ attitudes have been integral to SAS’s functioning and success. As we reflect on our experiences over the past three years, one thing that is 100% clear is that the future of the discipline could not be in better hands. Whatever the challenges that lie ahead for counseling psychologists, we are certain that tomorrow’s professionals will be able to face them head on with integrity and perseverance.

It has truly been a wonderful journey, and we hope that UAlbany has served you well, as it has been a delight to do so! This is a very exciting time for the discipline and for students, and we have utmost confidence in CSU, resting assured that they will embrace their role as host institution and build upon our work in creative and innovative ways. We would like to extend a personal thank you to the SCP Presidents who have been by our sides since 2010: Dr. John Westefeld, Dr. Tania Israel, Dr. Y. Barry Chung, Dr. Andy Horne, and Dr. Sharon Bowman; as well as our faculty advisors at UAlbany, Dr. Michael Ellis and Dr. Micki Friedlander. It is with boundless gratitude to SCP, SAS members, and everyone at University at Albany SAS, that we sign off on our final SAS Newsletter. We could not have done it without you all!

-Heidi Hutman & Melanie M. Lantz
SAS Co-Chairs, University at Albany
The year leading up to internship was probably one of the most challenging years during my graduate school journey. Amidst the internship “crisis” and hearing about new interns getting laid off from state funded sites, I was trying to propose my dissertation and I was already anticipating a long-distance relationship with my partner for the following year. Learning more about the match rates only raised my anxiety about the overall internship and matching process. However, after submitting my applications and obtaining interviews, I genuinely enjoyed visiting counseling centers in the North East, getting to meet psychologists and graduate students, and learning more about myself throughout the process. Getting matched at Penn State CAPS was bittersweet. I was extremely excited to be at an internship where I enjoyed my interview, offered a variety of training opportunities, and had heard an overwhelming number of positive reviews about the site. However, I was also not looking forward to moving to central Pennsylvania, uprooting my life for a year, and feeling the need to “prove myself” again. I was tired, exhausted, and extremely aware of the number of hoops I had already jumped through to hopefully obtain a Ph.D. in Counseling Psychology.

However, I was in for a few surprises. My internship year allowed me to fall in love with psychology again. Working full time at a counseling center crystallized my love for clinical work, as well as gave me the opportunities to work with a variety of clients and populations. Furthermore, my internal competency as a psychologist and believing what I had to offer as a clinician gradually grew throughout the year. I was treated with respect (had my own office!), and my clinical assessments were valued by staff members. Additionally, throughout the year, I was able to learn more about myself as a professional, the role I take on in groups, and how my strengths will help me in future positions. Supervision during internship provided me with time to reflect on my professional development and growth edges.

Throughout my internship year I have continued to work on my dissertation and began to eagerly apply to jobs for the following year. Additionally, during the spring semester I took on the role as a supervisor to a graduate student and did a number of presentations for seminars and professional development meetings for the staff. There were times throughout this past year when I wondered, “How will I complete everything? How will I get everything done?” and yet, I continued to enjoy my time on internship and felt grateful and fortunate that I was surrounded by supportive, warm, and competent psychologists and professionals. I have felt at home during my internship year and gained clinical experiences and built personal and professional relationships that I can only hope will continue long after my internship is complete.

The internship matching process is stressful, daunting, and anxiety producing. However, my internship year has been a wonderful and exciting time that has solidified my clinical skills, bolstered my professional development, and provided me with a bridge from full-time graduate student to “soon-to-be” psychologist.
As counseling psychology graduate students beginning internship and a career, we have experienced quite a bit of transition recently. Norah is in the process of completing her internship and starting a job in the fall as an Instructor, and Allie is beginning her internship at a college counseling center in a few months. When we saw the call for submissions to this newsletter, we thought it would be timely to write about these transitions, both to share our experiences and to start a conversation with other graduate students about their stories. We begin by outlining details from our own transitions that we think might resonate with others, including our personal reactions and needs during the processes. We then conclude with a call for reactions to continue the conversation based on other graduate students’ experiences with their own transitions.

You can probably identify with the logistical and emotional challenges associated with transitions if you have been through one of any kind. Perhaps you wrestled with how to make the transition, explored what it meant for your life, or maybe wondered if you were ready when it approached. We identified with each of these areas as we began preparing for and making our own transitions described above. Often, we discussed wanting the transition to be over so we could feel settled in our new positions. Other times, we were able to reflect and learn about our profession and ourselves during the challenging times. Through the process of vacillating between these two dichotomies, we connected with how owning these new identities as an early career psychologist and intern, respectively, have motivated us to explore ways to manage the excitement, stress, and sometimes even fear that is associated with the transitions. Although we recognize transition experiences are individualized, it is our hope to provide an example of themes associated with our personalized experiences navigating the reactions and exploring our needs associated with these changes. Six themes seem to characterize the overlap between our transitions that we hope will be a starting point for more conversations as a field.

As many of us in this profession can relate, transition experiences may trigger reactions that are self-reflective in nature. For us, they tended to fit within two themes. We first recognized that a number of our personal beliefs played a large role in our reactions. Common themes we noticed included questioning our worthiness of obtaining a position and doubting whether we were truly ready for and capable of each step. A second theme was mentally navigating a level of professional autonomy. We felt challenged to accomplish the shift from being advanced graduate students who are accustomed to following directives to defining and identifying how to be more autonomous early career professionals. For example, developing syllabi pulls for questions of how to present as an Instructor, even as foundational as how you want to be addressed by your students.

Three themes are centered on areas of support we utilized to address our needs to process our personal reactions and navigate the “how” of transitioning. This support came from multiple sources, including individuals in our academic departments, members of our cohorts, and friends and family who were not associated with our academic careers. We first recognized that our advisors and mentors were invaluable to this particular part of the process, specifically their time and willingness to share helpful tips and provide feedback about our applications and interview processes. They also provided us with emotional support through encouragement and opportunities to process our experiences as we submitted applications and went on interviews. Second and third themes were related to ways our peer
and social support were pivotal to feeling emotionally validated and having our experiences normalized, given that transition can often feel lonely. Support from other graduate students who were going through the process with us or had gone through it in the past was especially beneficial. Finally, we sought support from friends and family members outside of our academic departments and found their support was also valuable to helping us process our personal reactions during these experiences. Varying the source of support, depending on the person’s role in our lives, helped us address many of the different logistical and emotional needs associated with this process, making these transitions seem more manageable.

Fifth, utilizing professional resources was also an instrumental piece to navigating these transitions successfully. Although there are numerous options, below is a list of professional resources in the forms of books, and websites that we found invaluable and may help others:

1. APAGS Workbook for Writing Successful Applications and Find the Right Fit
2. APA National Conventional Internship Workshop
3. The Chronicle of Higher Education website
4. PsycCareers website

Sixth, and not surprisingly, is self-care. Attending to our emotional and physical well-being was crucial to being able to thrive during these transitions, knowing all of the logistical and emotional pieces that we needed to address. It also helped us stay connected to our own way of managing the transition rather than just following others’ advice to the exclusion of our own needs. For example, we explored ways to combine self-care and social support to handle the challenges. We decided to train for half marathons together and start a book club in which we read (for fun!) and processed books while apart on internship to stay connected. Our hope in mentioning these activities is to trigger your own creative ideas that may help you remain both active in self-care activities as well as connected with your social support system.

Hopefully, these descriptions resonate with you and/or provoke thoughts about your own reactions and needs through your transition processes. As mentioned previously, it is our hope that this article is the beginning of more conversations on the various reactions and needs of professionals transitioning through the field. If you are interested in sharing additional reactions or ideas for ways we can continue these conversations, please feel free to email us at alliemini-eri@gmail.com and/or nora-hslone@gmail.com.
On May 27, 2013, the 66th World Health Assembly adopted the World Health Organization’s Comprehensive Mental Health Action Plan for 2013-2020. This plan was a response to a resolution of the same assembly in the previous year, which called for the development of a comprehensive agenda to address Global Mental Health (GMH) concerns. The overarching goals of the WHO Mental Health Action Plan can be summarized as follows: “to promote mental well-being, prevent mental disorders, provide care, enhance recovery, promote human rights and reduce the mortality, morbidity, and disability for persons with mental disorders” around the globe (WHO, 2013). For many already familiar with GMH, this action plan was long overdue, especially in light of the high prevalence of mental disorders in low- and middle-income countries. For those of us who are just starting to understand how mental health disorders impact developing nations, it is a wake-up call to get involved and advocate.

Mental health was largely ignored in international development until relatively recently because much of the focus was on the management of diseases such as malaria. However, over time, it has become apparent that many developing countries face not just the challenges of parasitic and infectious diseases but also increasingly prevalent mental health disorders such as depression, schizophrenia, alcohol dependence, and suicidality (Desjarlais, Eisenberg, Good, & Kleinman, 1995). The evidence for the escalating burden of mental health disorders continues to mount. In terms of total years lost due to disability, depression is the leading cause of disability worldwide (WHO, 2012). Also, the WHO predicts that “by 2030 depression will be the leading cause of disease burden globally” (p. 1, WHO, 2012). Moreover, the interactive effects of mental health disorders with physical health problems are alarming and confirm that mental health is indeed integral to overall health.

You may be wondering: how is GMH relevant to counseling psychologists? There are many reasons for our involvement. First, fostering more international collaboration among mental health professionals has been a goal of Division 17 for many years. The “internationalization of counseling psychology” was a major presidential theme of Division 17 in 2003 and 2005 (Heppner, Leong, & Chiao, 2008). Also, the International Section of Division 17 has been steadily promoting research, service, and policy development in international contexts. Secondly, given our profession’s value of social justice, we should be aware of the plight of individuals who suffer from mental health disorders around the globe and not just those within our national borders. In many low- and middle-income countries, individuals with mental disorders face stigma, discrimination, violence, physical and sexual abuse, violations of human rights, reduced access to social and relief services,
and exclusion from employment (WHO, 2012). Individuals with mental disorders have higher mortality rates, especially when they are co-morbid with medical disease (WHO, 2012). The marginalization and poor outcomes of the mentally ill is a global social justice and human rights issue that is increasingly receiving attention across disciplines.

When we expand our circle of consideration for persons afflicted with mental disorders across the globe, we can acknowledge that the problems faced in low- and middle-income countries are at once similar to and different from the problems faced in our home countries. An illustrative example comes from a WHO report in 2010 called WHO Report on Mental Health and Development: Targeting People with Mental Health Conditions as a Vulnerable Group. A man in East Timor (in Southeast Asia) was chained for 15 years by his family members who cannot manage his mental health disorder and must go to work in the fields. This alarming case is not necessarily something we would see in the U.S. or Canada, and yet, the ecological conditions that contribute to this scenario—trauma, poverty, low resources, the dearth of trained mental health professionals, lack of education, etc.—are all too familiar to those of us who have worked in community mental health agencies in impoverished areas. In other words, rather than seeing our problems as separate, we can begin to recognize that worldwide, the issues are interconnected. The sociocultural conditions that create hardships for our clients here do not end at our national borders. In fact, they can be worse in terms of resulting in higher rates of mortality and violence. GMH allows us to see the concentric circles of ecological systems playing out in people’s lives in the way they play out in our own and our clients’ lives. It is a way to develop a broader, cross-national view of what is happening around issues that we already care about.

The final reason that Counseling Psychologists should be interested in Global Mental Health is that we would be good at the work that can be done! In our rigorous training in doctoral programs, we have learned the clinical skills and knowledge needed to implement evidence-based treatments such as CBT. Also, Counseling Psychology as a field increasingly advocates for the integration of mental and behavioral health into primary care settings in order to overcome the obstacles of stigma and access in the United States. This is the approach that many in the Global Mental Health field are advocating in low- and middle-income countries as well. Given some of our experiences in making this integration work successfully, we can offer insight and assistance into the creation of systems that can do this well. In addition, our passion for multicultural competence could not be more relevant to Global Mental Health because the interventions need to be culturally adaptive, effective, and flexible while honoring the client’s values and cultural resources. And finally, our research skills can be used to critically approach the creation and implementation of interventions and to assess needs and outcomes.

Global Mental Health presents both challenges and opportunities for counseling psychologists in training. So how can we get involved? Awareness is the first step. There is a lot of reading to do! The APA Psychology International Newsletter published http://www.apa.org/international/pi/2011/07/global-health.aspx And http://www.apa.org/international/pi/2012/03/global-health.aspx both of which are guides that include several links with useful information.
Highlights:
It’s that time of year again! The APA convention is right around the corner, and as students, we are faced with the challenging task of deciding which of the many enriching events to attend. As you plan your schedule, I would like to highlight some exciting opportunities being offered through the Section on Supervision and Training (details listed below). On Thursday, the section will be hosting a speed mentoring and social hour. You will get the chance to speak to many different esteemed professionals in the field, along with other graduate students undergoing similar experiences. I participated last year, and can honestly say that this was a fantastic and worthwhile experience. I met some really wonderful people and left feeling energized and supported. I was able to discuss challenges that I was facing in my program, ask plenty of questions, and get advice. I had one particularly powerful conversation with a director of clinical training at a university counseling center, and received invaluable guidance that helped me to navigate the internship process. Many students who participated felt similarly. For example, Kristin Conover, a student at UCSB noted, “the speed mentoring was the highlight of my time at APA. I made lasting connections with faculty and students from across the country. I highly recommend it.” This event is a great way to get connected to a group of kind, supportive, and prominent professionals who are dedicated to supervision and training of mental health care providers. Beyond the speed mentoring and social hour, the symposium and roundtables are also not-to-miss events. We are delighted to be able to offer such engaging and informative opportunities at this year’s convention! I have served as the student representative for this section for the past year, and it has been one of the most rewarding parts of my doctoral training. Please join us in Hawaii!

Date: Thursday, August 1\textsuperscript{st} 2013  
Time: 10:00 – 10:50 AM  
Event: Speed Mentoring and Social Hour  
Location: At the Waikiki Beach Marriott Resort & Spa in Salon 3

Date: Thursday, August 1\textsuperscript{st} 2013  
Time: 11:00-11:50 AM  
Event: Symposium: Intersections of Clinical Supervision and Social Justice  
Location: Convention Center, Room 328, Level 3

Date: August 4\textsuperscript{th} 2013  
Time: 8:00-8:50 AM  
Event: Roundtables on Innovations in Multicultural Clinical Supervision Practice  
Location: Convention Center, Kalakaua Ballroom A, Level 4

-Alise Cogger  
University of California, Santa Barbara
Farrah Simone Brown was born on December 31, 1976 in Harlem, NY to Ms. Vernet Brown and Mr. Paslow Kelly. On February 26, 2013, Farrah was dealt a devastating blow when she was diagnosed with stage four lung cancer, though she was never a smoker. Nevertheless her faith did not waver and she stood solid in her belief that God would heal her body and deliver her from that dreadful disease. On May 7, 2013, Farrah transitioned this life to be with her Heavenly Father where she shall have everlasting life. It was on that day that Farrah won her battle with Cancer and was delivered in Glory! Farrah’s memory will live on in all those who knew and loved her, because it is undeniable that she had a contagious smile and a magnetic personality.

Farrah matriculated through the New York City Public School System and graduated from Julia Richman High School. Farrah attended and graduated from Morgan State University, where she received her Bachelor of Arts Degree in Psychology. While at Morgan, Farrah was initiated into the illustrious Alpha Kappa Alpha Sorority Incorporated where she was forever bonded with 16 others known as “The Collective”. Farrah received her Master’s Degree from Walden University. At the time of her transition, she was a third year doctoral student at Howard University. The pinnacle of her academic success would come when she received her Ph.D from Howard University in Counseling Psychology in 2014. At Howard, Farrah was a Frederick Douglass Scholar, one of two in her department for which she received paid tuition and a stipend.

Anyone who knew Farrah knew that she loved her family with all her heart; often traveling home to be with her family for holidays and special occasions. Intelligent, head strong, optimistic, family oriented, caring, dependable, outgoing, ethical, loving and driven are only a few characteristics that Farrah’s family and friends use to describe her. Farrah loved Zumba, books and board games, especially Scrabble. But, most importantly, she loved spending time laughing and joking with her family and friends. Farrah had a special place in her heart for women and children. She worked as a Licensed Graduate Professional Counselor (LGPC) at All That’s Therapeutic, Inc. However, it was Farah’s life dream to have her own practice to counsel women with depression.

Farrah was an active member of the New Samaritan Baptist Church in Washington DC where she served on the Young Adult Community (YAC) and Judah Praise Dance Ministries. Farrah gave her life to Christ as a young girl and recommitted her life to Christ as a young adult at First Mt. Olive Freewill Baptist Church in Baltimore, MD. She loved the Lord, and it was evident in the way that she lived her life. Farrah’s faith in God was strong and unshakeable. According to her mother, Farrah is perfectly defined by Psalm 1:3, “…like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither and whatsoever it does prospers.”

Farrah was loved and will be missed by all who knew her!
When I was undergoing the internship match process in fall 2011, I envisioned the upcoming year as a time of intense professional growth and development. I imagined delving wholeheartedly into my role as a full-time employee at a university counseling center. What I didn’t imagine was that I would be developing much more than my professional identity. One month into internship, my husband and I discovered that we were expecting twins. As you can imagine, being pregnant during internship year was not my plan, but has thus far proven to be an extremely valuable learning experience for both myself and my colleagues. Here are a few of the things I have learned from this terrific, and sometimes terrifying, adventure:

Self-care quickly becomes the new priority. Despite my most noble intentions to be a super-star intern, this could no longer be my primary focus. Internship can be a stressful time, and I had to be very realistic about what I could and could not handle. The physical and emotional demands of pregnancy (which for me, unfortunately, included 5 months of all-day nausea) required that I set firm boundaries protecting my time for rest, meals, and medical appointments. The stakes for not doing so were too high. Of course, I still worked diligently and made sure that all of my professional duties were completed. But it was imperative that I take the very advice I was so adept at giving to my clients: take good care of your basic needs, say no to extra work, develop some stress management skills, and RELAX!

Finding social support was crucial. I initially dreaded breaking the news to my training director, who had known me for little more than a few weeks and had not even had a chance to see me in action as an intern. I feared that I would be judged harshly, or that colleagues would assume I couldn’t complete the requirements of the internship. Despite my anxiety, I set up a meeting with the training director of my site right away so that we would have plenty of time to figure things out. I found it helpful to let her know that I was happy about my pregnancy and also still excited about internship, so she would recognize that I had all intentions to continue with my training. In the end, I was lucky to be at a family-friendly site where the staff were overwhelmingly supportive. They encouraged me, watched out for me, and helped me celebrate my girls’ arrival. Unfortunately, this might not be the case at every site. Seeking the emotional, spiritual, and possibly even financial support of family, friends, advisors, mentors, and peers both inside and outside of the internship can do a lot to keep you afloat. Ask at least one of these people to serve as an advocate on your
behalf. If your site is ultimately not conducive to a healthy and supported pregnancy, though, it might be worth it to ask about deferring the internship or even trying to match somewhere else the next year.

I had to know my rights and do research to find out how well my site’s policies matched the interest of my growing family. There are APPIC guidelines for how training sites and trainees should handle pregnancy, but every site may interpret those differently. I found that the federal Family Medical Leave Act does not apply to most interns, since it only helps those who have been employed at the site for over a year. However, other federal and state laws prohibit discriminatory treatment against pregnant employees (including interns) and protect parents’ time for bonding with the baby and nursing/pumping if the baby is being breastfed. Depending on the site, there likely are more detailed Human Resources policies concerning pregnancy, maternity/paternity leave, and family care. Along with an advocate, check your site’s HR office to familiarize yourself with these policies and guidelines, and let your supervisor know about them as well. If the site has never had the honor of training an expecting intern, even senior staff might be unfamiliar with relevant legal rights and responsibilities.

Even though I was attempting to minimize stress, I still had training goals to fulfill. Keeping up with my work required careful, collaborative planning with the site’s management team, including the training director and my primary supervisor. We recognized the need for me to attain a certain number of training hours, contribute to the functioning of the counseling center, and also to take care of myself and the little ones I was now carrying. Management was also charged with making sure that treatment of all interns was equitable, with me receiving no better or worse treatment than the other trainees. With all of these considerations in mind, we structured my training activities around my due date and came up with creative ways for me to make up the training opportunities I would miss while on leave. Our profession talks a lot about work-life balance, but there’s nothing like pregnancy during internship to help us “walk our talk.” Once my daughters were born and I returned to my training site, evenings and weekends took on a whole new meaning. They became sacred family time for bonding and building connection, not continuing my paperwork from earlier in the day. After initially missing my girls like crazy each day, I eventually found that workdays were more focused and productive since I knew that I would not be allowing work to carry over into home.

Whether your internship pregnancy is planned or not, it’s an incredible journey. Remember to fully process the experience. Because it’s easy to get overwhelmed at any point, seeking my own counseling kept me grounded and helped me to be more present for myself, my family, and my clients. Expecting a child is a major life event, and so is internship. It’s essential to take time to appreciate the enormity of each, and to admire yourself for even attempting to do both!

References:

DIVISION PROGRAM SUMMARY

Symposium (S): Teen Dating Violence—Rates, Comorbid Delinquency, and Culture
7/31 Wed: 8:00 AM - 8:50 AM
Convention Center
Room 301A
Chair
Carlos A. Cuevas, PhD

Symposium (S): Multicultural Challenges and Lessons From Relief Efforts After Japan Earthquake
7/31 Wed: 9:00 AM - 9:50 AM
Convention Center
Room 316C
Chair
Lisa A. Suzuki, PhD

7/31 Wed: 8:00 AM - 8:50 AM
Convention Center
Room 317B
Chair
Carolyn Barber, PhD

Symposium (S): Adjustment Challenges for Early Career Professionals—Uncovering the Hidden Curriculum
7/31 Wed: 8:00 AM - 8:50 AM
Convention Center
Room 323A
Chair
Dominick A. Scalise, PhD

Symposium (S): Honoring Albert Ellis in This Centennial Year of His Birth
7/31 Wed: 9:00 AM - 10:50 AM
Convention Center
Room 320
Chair
Bernadette Solórzano, PsyD

Symposium (S): Short-Term Study Abroad Courses—Student, Faculty, and Administrator Perspectives
7/31 Wed: 9:00 AM - 9:50 AM
Convention Center
Room 321B
Chair
Bernadette Solórzano, PsyD

Symposium (S): Developing the Next Generation of Leaders—Society of Counseling Psychology’s Leadership Academy
7/31 Wed: 10:00 AM - 10:50 AM
Convention Center
Room 313C
Cochair
Katharine Hahn Oh, PhD
Julia C. Phillips, PhD

Symposium (S): Interpersonal Influence Processes in Psychotherapy and SPPS Awards
7/31 Wed: 11:00 AM - 11:50 AM
Convention Center
Room 306A
Chair
Zac E. Imel, PhD

Poster Session (F): Vocational and Career Development 7/31
Wed: 12:00 PM - 12:50 PM Convention Center
Kamehameha Exhibit Hall

Symposium (S): Latina/o Students in Higher Education—Support for Their Success
7/31 Wed: 12:00 PM - 12:50 PM Convention Center
Room 301A
Chair
Sheila J. Henderson, PhD, MBA

Symposium (S): Couples and Family Intervention in Counseling Psychology—Prevention in Diverse Cultural Contexts
7/31 Wed: 12:00 PM - 12:50 PM
Convention Center
Room 317B

Cochair
Kellye S. Carver, MS
Ji-Yeon Lee, PhD

Symposium (S): Centralizing Unemployment in Vocational Theory, Research, and Practice
8/01 Thu: 8:00 AM - 8:50 AM
Convention Center
Room 319B

Chair
Mindi N. Thompson, PhD

Symposium (S): Promotion and Prevention in Counseling Psychology—Andy Horne’s Presidential Initiative
8/01 Thu: 8:00 AM - 9:50 AM
Convention Center
Room 316B

Chair
Lawrence H. Gerstein, PhD

Symposium (S): Prevention in School Settings—A Focus on Youth Aggression and Bullying
8/01 Thu: 9:00 AM - 9:50 AM
Convention Center
Room 321B

Chair
Maureen E. Kenny, PhD

Symposium (S): Counseling Psychologists and Substance-Use Research—Prevention, Treatment, and Funding
8/01 Thu: 10:00 AM - 10:50 AM
Convention Center
Room 316A

Chair
Jessica L. Martin, PhD

Symposium (S): Psychologists Respond to Hate Incidents—Prevention, Policy, and Process
8/01 Thu: 10:00 AM - 10:50 AM
Convention Center
Room 316C

Cochair
Muninder K. Ahluwalia, PhD
Roger L. Worthington, PhD

Symposium (S): Cultivating Mindfulness in Counseling Training Programs
8/01 Thu: 11:00 AM - 11:50 AM
Convention Center

Invited Address (S): SCP Best in Science and Practice Awards
8/01 Thu: 11:00 AM - 11:50 AM
Convention Center
Room 316B

Symposium (S): Intersections of Clinical Supervision and Social Justice
8/01 Thu: 11:00 AM - 11:50 AM
Convention Center
Room 328
Chair
Theodore R. Burnes, PhD

Social Hour (N): and CCPTP Student Poster Session
8/01 Thu: 5:00 PM - 5:50 PM Hilton Hawaiian Village Beach Resort
Tapa Ballroom II

Poster Session (F): Counseling Interventions, Strategies, and Treatment
8/02 Fri: 8:00 AM - 8:50 AM Convention Center
Kamehameha Exhibit Hall

Symposium (S): Embrace Cultural Issues in Counseling Training and Supervision
8/02 Fri: 8:00 AM - 8:50 AM Convention Center
DIVISION PROGRAM SUMMARY

Room 316C
Cochair
Chiachih DC Wang, PhD
Makiko Kasai, PhD
Symposium (S): Innovative Approaches to the Prevention of Violence Across the Life Span
8/02 Fri: 8:00 AM - 8:50 AM Convention Center
Room 318B
Cochair
Sally M. Hage, PhD
Jonathan P. Schwartz, PhD
Symposium (S): CCMH—The Clinical Utility of a Practice—Research Network
8/02 Fri: 9:00 AM - 9:50 AM Convention Center
Room 305A
Chair
Leann T. Diederich, PhD
Symposium (S): New Frontiers of Calling and Meaningful Work—Challenges and Opportunities
8/02 Fri: 9:00 AM - 9:50 AM Convention Center
Room 314
Chair
Bryan J. Dik, PhD
Symposium (S): Education and Counseling Psychology—Updates on SCP Presidential Initiative
8/02 Fri: 9:00 AM - 9:50 AM Convention Center
Room 316C
Cochair
Franco Dispenza, PhD
Rosemary E. Phelps, PhD
Symposium (S): Embracing the Changing Health Care System—Counseling Psychologists As Health Promotion Consultants
8/02 Fri: 12:00 PM - 12:50 PM Convention Center
Room 304B
Chair
Kristin Koetting, PhD
Invited Address (S): Leona Tyler Award [Gilbert] 8/02 Fri: 12:00 PM - 12:50 PM Convention Center
Room 316C
Symposium (S): Paying It Forward—Promoting Inclusivity and Cultural Competence in Counseling Psychology
8/02 Fri: 12:00 PM - 12:50 PM Convention Center
Room 323C
Chair
William R. Concepcion, PhD
Symposium (S): Addressing Tomorrow's Needs Through Parents—Parent Factors Affecting Child Development
8/02 Fri: 12:00 PM - 12:50 PM Convention Center
Room 327
Chair
Alisia G.T. Tran, PhD
Fellows Address (S): [Fellows] 8/02 Fri: 1:00 PM - 1:50 PM Convention Center
Room 316C
Symposium (S): Project HOPE—Health Occupations, Preparation, and Exploration for Rural Underserved Students
8/02 Fri: 1:00 PM - 1:50 PM Convention Center
Room 323C
Chair
Saba Rasheed Ali, PhD
Symposium (S): Grand Challenges in Vocational Psychology—Examining Practice, Research, and Training
8/03 Sat: 8:00 AM - 8:50 AM Convention Center
Room 309
Chair
Susan C. Whiston, PhD
Symposium (S): Applying Asian American Racial Identity—Looking Back While Forging Ahead
8/03 Sat: 8:00 AM - 8:50 AM Convention Center
DIVISION PROGRAM SUMMARY

Room 318A
Chair
William R. Concepcion, PhD
Symposium (S): How to Earn a Salary That You Deserve 8/03
Sat: 8:00 AM - 8:50 AM Convention Center
Room 318B
Chair
Nadia T. Hasan, PhD
Symposium (S): Bridging Between Professionals—Bringing Empirical Legitimacy to the Human Animal Interactions Field
8/03 Sat: 8:00 AM - 8:50 AM Convention Center
Room 323A
Cochair
Lori Kogan, PhD
Phyllis Erdman, PhD
Roundtable Discussion (S): Prevention and LGBT Communities
8/03 Sat: 9:00 AM - 9:50 AM Convention Center
Kalakaua Ballroom A
Cochair
Julia C. Phillips, PhD
Parrish L. Paul, PhD
Symposium (S): Counseling Psychologists in Integrated Primary Care Settings—Emerging Roles in Health Psychology
8/03 Sat: 9:00 AM - 9:50 AM Convention Center
Room 302B
Chair
Brian L. Lewis, PhD
Symposium (S): Current R and D Activities in ASU’s Virtual Counseling Center
8/03 Sat: 9:00 AM - 9:50 AM Convention Center
Room 323A
Cochair
John J. Horan, PhD
Terence J.G. Tracey, PhD
Poster Session (F): Mental Health and Well-Being 8/03 Sat: 10:00 AM - 10:50 AM Convention Center
Kamehameha Exhibit Hall
Symposium (S): Advancing Prevention Science Research and Practice in Counseling Psychology
8/03 Sat: 10:00 AM - 10:50 AM Convention Center
Room 309
Cochair
Keith Herman, PhD
Wendy Reinke, PhD
Symposium (S): More From Less — Universities Collaborate to Address the Growing Demand for Mental Health Services
8/03 Sat: 11:00 AM - 11:50 AM Convention Center
Room 309
Chair
Taisha L. Caldwell, PhD
Paper Session (S): [Szmanski]
8/03 Sat: 11:00 AM - 11:50 AM Convention Center
Room 321A
Chair
Julie R. Ancis, PhD
Symposium (S): Thorny Issues in Vocational Interest Assessment
8/03 Sat: 11:00 AM - 11:50 AM Convention Center
Room 323A
Chair
Terence J.G. Tracey, PhD
Presidential Address (N): [Horne]
8/03 Sat: 2:00 PM - 2:50 PM Hilton Hawaiian Village Beach Resort
Tapa Ballroom I
Business Meeting (N): [Business Meeting] 8/03 Sat: 3:00 PM - 3:50 PM Hilton Hawaiian Village Beach Resort
Tapa Ballroom I
Social Hour (N): [Social Hour]
8/03 Sat: 4:00 PM - 5:50 PM Hilton Hawaiian Village Beach Resort
Tapa Ballroom II
Skill-Building Session (S):
DIVISION PROGRAM SUMMARY

Roundtables on Innovations in Multicultural Clinical Supervision Practice
8/04 Sun: 8:00 AM - 8:50 AM Convention Center
Kalakaua Ballroom A
Cochair
Carol A. Falender, PhD
Lilian C.J. Wong, PhD

Symposium (S): Promotion of Nonviolence---A Critical Role for Counseling Psychologists
8/04 Sun: 8:00 AM - 8:50 AM Convention Center
Room 318B
Cochair
Anneliese A. Singh, PhD
Lawrence H. Gerstein, PhD

Symposium (S): Education and Training in Prevention 8/04 Sun: 8:00 AM - 8:50 AM Convention Center
Room 319B
Chair
Robert K. Conyne, PhD

Symposium (S): A Regional Health Care Pipeline Synergizing Vocational Psychology and Educational Science
8/04 Sun: 8:00 AM - 8:50 AM Convention Center
Room 327
Cochair
Erik J. Porfeli, PhD
Justin C. Perry, PhD

Symposium (S): Race and Culture in Psychology Publications---A Call to Action in Research, Theory, and Practice
8/04 Sun: 8:00 AM - 8:50 AM Convention Center
Room 328
Chair
Silvia L. Mazzula, PhD

Symposium (S): Obesity and Health Disparities--Counseling Psychology Looks at the Problem From Several Perspectives
8/04 Sun: 9:00 AM - 9:50 AM Convention Center
Room 301A
Chair
Marilyn Stern, PhD

Symposium (S): Beyond Outreach---Lessons Learned Through Nontraditional University Counseling Services
8/04 Sun: 9:00 AM - 9:50 AM Convention Center
Room 317B
Chair
Susan Bell, PhD

Poster Session (F): Scale Development, Measurement, and Evaluation
8/04 Sun: 10:00 AM - 10:50 AM Convention Center

Discussion (S): Development of School-Based Clinics for Prevention, Promotion, and Training in Counseling Psychology
8/04 Sun: 10:00 AM - 10:50 AM Convention Center
Room 322A
Cochair
Arpana G. Inman, PhD
Bethany L. Perkins, MEd

Symposium (S): Reality of Racial Microaggressions and Mental Health
8/04 Sun: 11:00 AM - 11:50 AM Convention Center
Room 304A
Chair
Kevin L. Nadal, PhD

Symposium (S): Disaster Mental Health Service in Haiti-Vision, Practicum, and Research
8/04 Sun: 11:00 AM - 11:50 AM Convention Center
Room 319B
Chair
Gargi Roysircar Sodowsky, EdD

Symposium (S): Promotion of Transnational LGBT Activism and Rights
8/04 Sun: 11:00 AM - 11:50 AM Convention Center
DIVISION PROGRAM SUMMARY

Symposium (S): Perspectives of Psychologists Serving on Threat Assessment Teams
8/04 Sun: 12:00 PM - 12:50 PM Convention Center
Room 304A
Chair
Nicole A. Surething, PhD

Conversation Hour (S): Student Affiliates Present--Justice to Prevention: The Path to Community Well-Being
8/04 Sun: 12:00 PM - 12:50 PM Convention Center
Room 319A
Cochair
Krithika Malhotra, MA
Etiony Aldarondo, PhD

Symposium (S): Exploring Linguistic Privilege, Personal Experiences, and Bilingual Counseling Allyship
8/04 Sun: 12:00 PM - 12:50 PM Convention Center
Room 319B
Cochair
Elvia Lorena Navarro, MA
Rachel L. Navarro, PhD

Symposium (S): Walking the Positive Walk in Counseling Psychology
8/04 Sun: 1:00 PM - 1:50 PM Convention Center
Room 301B
Chair
Daniel B. Singley, PhD

Discussion (S): School Counselors' Knowledge, Attitudes, and Advocacy Intent Toward Gender Nonconforming Students
8/04 Sun: 1:00 PM - 1:50 PM Convention Center
Room 306A
Chair
Maria R. Scharron-del Rio, PhD

Symposium (S): Thinking Outside the Box---Adapting Participatory Action Research Principles to Diverse Contexts
8/04 Sun: 1:00 PM - 1:50 PM Convention Center
Room 308B
Chair
Laura Smith, PhD