HIGHLIGHTS AND AWARDS

CONGRATULATIONS TO ALL OF OUR STUDENTS WHO MATCHED IN THE 2016 INTERNSHIP PROCESS!

We had a 100% match rate for internship this year. Best wishes to all of you on your upcoming journey!

CONGRATULATIONS TO OUR PAUL MUNGER AWARD WINNERS!

Tiffany Chang, Keino Miller, and Nicole Gabana

CONGRATULATIONS TO OUR PRACTICUM STUDENTS OF THE YEAR!

Rachel Feldwish and Matt Powless

Thank you to all awardees for your hard work and positivity. Each of you were truly deserving recipients!

GREAT LAKES REGIONAL COUNSELING PSYCHOLOGY CONFERENCE 2016

Congratulations are also in order for a successful hosting of the annual Great Lakes conference this year. The theme, “Using our Voice: Our Profession as a Platform for Change,” invited many innovative presentations and posters geared towards social justice and action. Additionally, new presentation formats (experiential presentations and skills demonstrations) and social events (e.g. Dinner with the Stars and IU Art Museum tour) made the conference unique and more activity-oriented. Many of our students and faculty were able to present on a wide range of topics that showcased our interests. A special thanks to all who were able to attend and to those who helped in the process. Dedicated pictures from the weekend are shown on page 7.

ALUMNI UPDATE: DR. PEIWEI LI

What is your current occupation and how does that align with your future goals (professionally and personally)?

I’m currently an Assistant Professor in the Counseling Psychology PsyD Program at Springfield College, a small private college located in the Pioneer Valley, Western Massachusetts. When I was looking for jobs during my internship year, I found myself going back and forth between considering an academic track and a clinical track (primarily a staff psychology position at a university counseling center).

When the job at Springfield College came along, I felt that that could be an opportunity enabling me to work toward intellectual stimulation and meaningful work, and an emphasis on quality teaching with a support for creative scholarly pursuits and possibilities.
to engage in clinical and supervision work. After getting my feet wet for about one and a half years, I found it satisfying. I teach three courses per semester (to be sure, quite heavier than the typical teaching load of 2/2 at a research-one institute), provide academic and research mentorships to a few doctoral students from each cohort, maintain ongoing and new independent and collaborative research projects with colleagues and students, provide supervision for practicum classes and a clinical supervision class (and for a while, some hourly clinical work at the college’s counseling center), as well as involve in service oriented activities with the department, the college, and the local community.

What are your favorite memories of our program/Bloomington?

Bloomington has been and will always be a special place for me – a place I call home, a place that nourished and grounded my overall identity development as a person, evolving from a biochemist to a counseling psychologist and inquiry methodologist, and from a rather naïve international student to a more reflective person who has now deeper appreciation for diversity and the importance of social justice. I still remember being first introduced to the micro counseling skills during Dr. Paul Toth’s counseling lab class and how awkward and yet insightful it was to watch the recordings of myself over and over again. I also remembered how cool it was to bond with great friends while working through the year-long practicum, and “living” at CHG. I also can’t forget how nervous I was in Dr. Lynn Gilman’s office getting ready for my very first client! There are also many many memories with various faculty and fellow students that will not fit the space here. Each of them has taught me how to be a good scholar, a good friend, a good teacher, and just a good person. I certainly can recognize different pieces of them in who I am today, and how my desire continues wanting to become more like them.

Outside of the academic context, Bloomington is just such a wonderful place to be – an exceptional collection of yummy food spots (for a foodie like me this is an essential element of life!), beautiful campus, walkability, abundant coffee houses, the vibrant cultural and artistic culture, different walks of life, and the list can go on and on. Since I graduated, I have made my trips back (three times so far in 1.5 years is quite often, isn’t it?) and somehow simply walking around town just makes me very happy.

What were the most valuable lessons you learned from our program?

I found this a difficult question since my learning from the program had occurred in a very holistic way and various aspects intersect with one another. If I have to single out one, I consider the opportunity to learn about myself and learn how to be more comfortable with who I am one of the most important lessons for me. Experiences inside and outside of the classrooms had encouraged me to not to take many things for granted, such as culture, history, language, power, and alongside the complex relationships between the individual and the social, and between the life world and the system. I became much more aware of my identity as an international Chinese Asian heterosexual abel-body cisgender woman, and how my life history and cultural contexts have shaped who I am.

What has been your proudest accomplishment since leaving the program (this can be professional or personal)?

I really value my experience living in Springfield (MA), an urban, racially segregated, and rather improvised area, which is drastically different from my experience in Bloomington – a much more affluent, comfortable, and perhaps more shielded culture oasis. Being exposed to poverty, crime, and the interactional effects of race and class, I found myself struggling with my own discomfort while developing a deeper understanding of the physical, social, and psychological effects of race and poverty entrenched in many people’s life on a daily basis. And yet, I’m the one who has more space to make choices about where to live and what to buy, which are not always available to many others. I certainly noticed a gap between the academic discourse of diversity that I was mostly familiar with in grad school, and a lived experience of diversity that goes beyond talking and it can penetrate every aspect of one’s life.

Though this is undoubtedly an ongoing learning for me, I consider it an “accomplishment” in both of my professional and personal life, because it has opened myself up to a whole new understanding of what diversity and social justice mean. This also comes with a tremendous sense of responsibility to figure out how to genuinely engage with others in practice and action beyond the use the fancy words such as “diversity”, “privilege”, “power” and “social justice” in my teaching and writing (which are certainly important as well!!) For example, together with two faculty members from criminal justice and social work respectively, we are developing a participatory action research (PAR) project to attend to the social issues that local residents find mostly significant, and collaborate with them through inquiry. In the moment we are in the midst of learning about their perspectives and locate synergy towards a collaboration, with the shared goal to make the community a better place for all.
As a current professional, how has your identity as a counseling psychologist changed over the years?

Being a counseling trainee had lead me to interact with the world much more through communication, understanding, and reflection, and to grasp the intricate and interpenetrating relationships between the individual, culture, systems, and the society as a whole. It certainly has cultivated an increasing self-awareness and critical thinking in me, which I consider an important part of my identity as a counseling psychologist. In addition, working with people on a psychologically very intimate level has taught me a lot about human potential, self, identity, dignity, resilience, healing, the importance of cultivating compassion in ourselves and others, as well as the fact that our freedom and rights are always tied to those of others on a very deep level. In this sense, being a counseling psychologist also means to engage in the ongoing process of moving our shared world to a more just and caring place, which comes with responsibility and a commitment to certain ethical orientation beneath my professional and personal life.

Where do you see the future of our profession moving in the next few years?

To a large extent, the field of counseling psychology has been always at the frontier of progressive paradigm shift in the recent history of psychology, such as the feminist, the multicultural, the disability, and the LGBTQ movements. In the current moment, we are in the midst of building upon the tremendous advancement in multiculturalism through integrating an explicit orientation toward social justice. To me this is cutting-edge in psychology and very exciting. It means that we need to attend to issues of both recognition (of multiple identities and treat each other with respect) and (re)distribution (how resources are allocated fairly and justly among people), as well as develop a better understanding of the necessity for both and their recursive and interdependent relationship. This has to occur on both theoretical and practical levels. This vision would require a good grasp of social theories that can tap into the intersectionality of the multiple dimensions of multiculturalism (e.g. race, gender, social class, sexual orientation and the list goes on). We also need to grasp how our cultural and social milieu and the political, legal, and economic systems relate to one another. That is, we need to develop a more sophisticated meta-level understanding as we can embrace multiculturalism and social justice simultaneously. Perhaps we have a lot of interdisciplinary learning to do, to borrow from other fields of psychology and social sciences such as critical (social) psychology, cultural studies, and political sciences, just name a few.

If you could give a piece of advice (or two) to the current students, what would advice would you give? (This can be related to anything from professional to personal, research to practice)

I have two thoughts. The first piece is about relationship and people. Looking back my experience in grad school, what stood out most has been the wonderful people I have met and the relationships that I got to build and cultivate – friends, professors, mentors, colleagues, peers, classmates, collaborators, supervisors and etc. Good relationships keep us nourished, encouraged, inspired, and challenged, and they help us to expend our horizon, to take risks, and to ground ourselves as we go through an enduring and at times challenging time in grad school. So look around and identify a few people that you would like to invest in building such a relationship, and do your part to make it keep happening.

My second piece of advice is to find ways to connect with your self-compassion especially when we lose sight of that aspect of our life (and this will happen again and again – part of being human!). Through time I’m slowly learning how important it is to also accept and at time even embrace our limits as being imperfect humans, because this gets us out of the vicious cycle of self-alienation, being stuck with pursuing external goals or pleasing others. It also opens up more emotional space for us to be present with ourselves in the moment and as a result we see more possibilities to be and become. As we learn to become compassionate with ourselves, we are more alive, happy, and authentic with our experiences, and are more compassionate with others. Of course, this is likely a lifelong learning for all of us to get “better” at – notice that even this sentence needs to be deconstructed, right? Enjoy and embrace this part of your life journey as a budding counseling psychologist. I’m sending you my best wishes from Massachusetts!

Alumni Update: Dr. Cara Maffini

What is your current occupation and how does that align with your future goals (professionally and personally)?

I am an Assistant Professor at San Jose State University. I wanted to be in academia and I wanted to be close to my family, so those two goals have been met! I train Master’s-level counselors which allows me to teach counseling content and skills, which I enjoy. I also have several research assistants who are preparing to apply to doctoral programs, so I get to mentor students in research, which I also enjoy. In addition, I wanted to work with a diverse student population and connect with underserved populations. Luckily, our campus and program is quite diverse with respect to culture, age, gender, sexuality, life experience, language, etc., and most are first generation to college (and definitely grad school!). Though I don’t always see the direct influence I may have, I’m learning what a greater impact teaching and mentoring can have on the local communities through my students. It’s not always what I envision, but sometimes that’s better.
Beyond that, as long as I get to continue doing the things I enjoy, I am open to seeing where future opportunities take me!

What are your favorite memories of our program/Bloomington?
1. Hanging out with my cohort =)
2. I met my husband in Bloomington, so I have great memories of barbecues, boat parties, camping trips, hikes, and fun times in town. We visit Bloomington a couple times each year. It’s a great town. I had trouble appreciating it at first, but now look forward to being back!
3. Gatherings at Joel’s, Barry’s, and Sue’s. Our program has an awesome dynamic and I felt so lucky to have such support and encouragement.

What were the most valuable lessons you learned from our program?
Too many to count! After spending years focused on learning the content and process associated with research, counseling, and other dimensions of being a counseling psychologist, one of the last lessons I learned was to have confidence in who I am and what I know. I think back to that one often.

What has been your proudest accomplishment since leaving the program (this can be professional or personal)?
Professionally, I am proud of my growing program of research. I’m excited about all of the different research projects I’m working on and am growing in my identity as a researcher and professional. Personally, I got married last fall. My husband is a physicist, so the two of us are much more interested in our research and doing anything other than party-planning. We managed to pull it off – and it was a great party!

Where do you see the future of our profession moving in the next few years?
I have come to take a lot of pride in our profession and the extensive and intensive training we receive in counseling and research. There are many positive movements coming out of our field and I’m continually amazed at the cutting edge research and practice I see coming from counseling psychologists. Collectively, we are quite dynamic in who we study, how we study them, who we serve, and how we serve them. Our core values related to culture, social justice, and diversity (related to people as well as ideas, theories, and research topics and methods) will help us meet the changing dynamics of the U.S. population and social, cultural, and political context.

If you could give a piece of advice (or two) to the current students, what advice would you give?
Early in my time at IU, Joel encouraged me to keep my options open and try new/different things. Often we think we know what we like, but varied experiences help hone those notions and preferences. They also make us stronger and more well-rounded practitioners, researchers, and teachers. The other advice I have is to stay curious; be open to not knowing and always willing to learn. Finally, trust in yourself! You have more talents, skills, and expertise than you may give yourself credit for =).

Alumni Update: Dr. Bong Joo Hwang

*This interview was conducted via telephone and thus, Dr. Hwang’s answers are paraphrased.

What is your current occupation? And what does it look like on a daily basis?

Dr. Hwang is currently the training director at Arizona State University’s counseling center. He said he is constantly involved in preparation. This includes the internship search, filling a post-doctorate position, and interviewing practicum students. He is also in charge of day to day operations. Dr. Hwang said that seminars and meetings with trainees take up a big chunk of time as they have 15 practicum students! In addition, there are meetings for university committees and being pulled in for clinical services as well. On top of this, Dr. Hwang is involved in outreach and consultation to
international student groups. “There is no dull moment,” laughed Dr. Hwang.

What are your favorite memories of our program/Bloomington?

Dr. Hwang described his favorite memories to be IU’s beautiful campus. He was here for 4 years and then went on to internship. Of course, he said, the city is nice itself. Within the limits of Bloomington, there is a lot of diversity and Dr. Hwang said a favorite activity for him and his wife was to try out the wide-range of restaurants in the city. Dr. Hwang also reminisced on enjoying the courses and his cohort members/friends/colleagues. In terms of academic courses, in his second year Dr. Hwang stayed on at the CHG (“in the basement”) and one of the things he did with his colleagues was to start OASIS. Starting that outreach counseling service program to international students was a great success for him. He was glad to hear it is continuing in some fashion.

What were the most valuable lessons you learned from our program?

Dr. Hwang said lessons you learn depend on your stage of professional development and career development. Overall, he learned that just trying to do your best and have that bigger picture and perspective are crucial to success. Remembering what you are living for while knowing that everyone has different goals and values is helpful in this. No matter the situation though, it’s important to reflect on what’s important. Dr. Hwang said he strongly encourages his trainees to be connected both personally and professionally to those around them.

What has been your proudest accomplishment since leaving the program (this can be professional or personal)?

Dr. Hwang said, "I am proud of having better balance about my life in general. That was not easy.” Particularly after internship year, and the high moment/low moments in internship, as Dr. Hwang said he was alone without his partner and their newborn during his internship at Illinois-Urbana Champaign. He said it was difficult trying to figure out new roles as a father and a partner while he was on internship and his wife was in Japan conducting field research. During this time, their daughter was sent to South Korea for a few months. Then, they all reunited at Ohio State for work a year later. Dr. Hwang spoke of the difficulties juggling his family role and starting a new job. "I think I’ve gotten better as a father and a partner. Now it’s more serious. My role as father and the husband has gotten better. My family is happier and I am generally happier too."

Where do you see the future of our profession moving in the next few years?

Dr. Hwang said this is hard to predict. He continued to say that our profession is still devalued by UCC’s or education settings and other settings, such as hospitals and other mental health fields. Particularly to the UCC, as people believe this population is "easy" to deal with. But, students have crises and severity just like the rest of the population. We are dealing with long term mental health issues in college populations. As counseling psychologists, we can contribute a lot more than other mental health professionals to deliver services in this education settings. He said we need to prepare better for crises and strongly encourage students to look for crises experience in training.

If you could give a piece of advice (or two) to the current students, what would advice would you give?

“If I could go back, I would say develop professional connections. Be more active outside the program and in APA, DIV 17 or another division. In addition, spend time and efforts on your relationships with professionals and non-professionals.”
Finances are a part of everyday life and affect each one of us. Indiana University’s Office of Financial Literary (OFL) promotes awareness and provides resources, financial skills, and tools in hopes to develop individuals who are more money savvy. From my background in student development and mental health, I recognized that providing literacy was not enough and that taking a holistic financial wellness approach was necessary. I approached the OFL in hopes of supporting their efforts by offering a critical and intentional multicultural approach that includes a focus on mental health. Financial wellness incorporates literacy with understanding one’s relationship with money (e.g., why we make the money decisions we make). I now serve as the Office’s MoneySmarts WellBeing Consultant, which incorporates three main areas: 1). Collaborate in developing workshops and messages that promote an understanding of the intricacies between finances, mental health, and identities. 2.) Facilitate the multicultural and helping skills training of the OFL’s MoneySmarts Team (a peer-to-peer financial education/support program). 3). Offer one-on-one confidential consultation to students to discuss the effects of finances in their lives. My goal is that the WellBeing Consultant be more widely known and accessed and to better extend my role to the other IU campuses. I hope to support the development of individuals with a financial toolbox that includes critical self-reflection and an understanding of the internal and external factors influencing their relationship with money.

**LUNAR NEW YEAR POTLUCK**

by Shu-Yi Wang

On 2/7/16, the Lunar New Year’s Eve, the CPSO International Coordinators, Shao and Shu-Yi, with the assistance of Yue, Lei, and Jacks, together held a Lunar New Year potluck for students in our program as a cultural event where domestic students could try to make dumplings, a unique new year tradition in some parts of China. We had a good mixture of American and Chinese cuisines, such as coke-marinated chicken wings and preserved eggs with tofu. We also shared some knowledge about the Year of the Monkey and the Lunar New Year. About 12 people attended this get-together.

**CRIMSON PSI SOFTBALL GAME**

After a 2-year hiatus due to poor weather, the annual softball game was held at Butler Park. In an unfortunate turn of events, the School Psychology program defeated the Counseling Psychology team by a score of 18-9. This was the first time School Psychology has the won the annual game in a few years and the trophy is theirs for the year. A CPSY student was quoted, “They came to play. And they had the fastest human on earth playing for them.” The rivalry has officially been renewed and we’ll look forward to another good game next year.
THE UNTOLD TRUTHS IN THE BLACK FAMILY was a dialogue organized by the members of Alpha Kappa Alpha Sorority, Incorporated, to help address sensitive topics within the African American community. Approximately 60 students attended the event and engaged in discussion about media portrayals of homosexuality, mental illness, and molestation/sexual abuse, and the stigma and silence that typically surrounds these issues. The format of the event was primarily small group discussion, which allowed for more in-depth processing of these sensitive issues. CPSO members helped facilitate the small group discussions, and provided support as well as information about campus counseling resources. The event was a huge success. It served as a means to break the silence surrounding difficult topics and exposed attendees to the benefits of seeking counseling services.

Pictured on the bottom row crouching, CPSO members from left to right: Keino Miller, Shu-Yi Wang, Jessica David, Yue Li, and Nelson Zounlome.

MEMORIES FROM GREAT LAKES REGIONAL COUNSELING PSYCHOLOGY CONFERENCE 2016
A LETTER FROM THE EDITOR:

To end this edition of the Counseling Psychology Student Organization (CPSO) newsletter, I would like to voice my appreciation to the many folks in our program that have worked so hard this year. First, the new students have been seriously impressive. I have consistently seen an effort among them to promote community, and to be actively involved with CPSO and other program operations (e.g. Great Lakes). Second, the CPSO co-president model has worked out splendidly. I know each of the CPSO co-presidents, Jessica David (aka JD Munger [aptly named for her never-ending positivity]) and Kira Smith (aka Dr.-Dr. Smith [for her recent acceptance for a dual degree via the School of Public Health]), had intense work loads this year and still managed to make CPSO as active as it has ever been. In this success, a significant part can be attributed to Keino for bridging connections across the community and campus. In turn, all of their efforts were made possible by strong support from the collective student involvement. I believe our future co-presidents, Nelson and Elyssa, will continue in the same vein. We are all excited to see what the future holds for them. Furthermore, I want to highlight the faculty’s efforts for bringing in a new faculty member, Kerrie Wilkins, whom the students are very enthusiastic to begin learning under. Kerrie seems to have the experience, background, and gusto that will make her an integral faculty member for years to come. Finally, it was quite a task to host the annual Great Lakes conference! Students and faculty alike made great efforts to actualize this event and it turned out to be well-attended and classy. A special thanks to Nicole Gabana is in order for her efforts working as the interview coordinator and as the GLRC co-chair this spring with Dr. Chung.

As always, this has been a year of challenge, difficult experiences, and great successes for many in the program. In ending, the CPSO is looking forward to a bright future with our ever increasing support from faculty and from a new cohort of students that will be sure to amaze. Thank you all for taking the time to look over some of the accomplishments of the program and best wishes to you all.

-Danny Goldberg, CPSO Newsletter Editor

Counseling Psychology Student Organization
2015-2016

Co-Presidents:
Jessica David & Shakira Smith

Diversity Committee:
Nelson Zounlome (Chair)
Paola Hernandez Barón
Julia Cawthra

Member at Large:
Keino Miller

Professional Development Committee:
Lei Wang (Chair)
Patricia Gonzalez

Social Committee:
Danny Goldberg (chair)
Matt Powless

Social Justice Committee:
Elyssa Klann (Chair)
Matt Powless
Jacks Cheng

International Student Committee:
Lei Wang
Shu-Yi Wang
Shaozhuan Li

Newsletter Editor:
Danny Goldberg