Keino Miller has a vision to raise awareness across this campus for issues surrounding inequality and diversity. His passion and hard work began to pay off last year when he was instrumental in bringing Dr. Thomas Parham to IU’s campus. This year, he has not only invited one internationally renowned speakers, but two! On Oct. 3rd, Baba Ashra Kwesi came and spoke to a large group of students, faculty, and community members about the roots of knowledge and historic injustices that have plagued our society. The talk was inspiring and educational on many fronts. These speakers were part of a series to help bring awareness and healing to the Bloomington community to those in the Bloomington community who have experienced racial inequality and discrimination. Dr. Thomas Parham was invited last Spring to discuss historical trauma and mental health in the African-American community. His lecture impressed upon students differential treatment of Black individuals in society and the need for culturally sensitive training. Baba Ashra Kwesi’s lecture focused on raising the awareness of how education has consistently depreciated the influence of Black creators of knowledge, Dr. Joy DeGruy’s presentation on Dec. 11 focused on the healing process. Dr. Joy DeGruy began her day with a coffee hour for students. A small and intimate session ensued where topics of social media use for justice, current events in Missouri, and non-violent, economical protest were highlighted. One of Dr. DeGruy’s key points during the discussion was that groups can no longer gain national exposure for non-violent protests. For groups to be noticed, their protest needs to have an economical impact (e.g. members from a minority group boycotting products from a group that has contributed to injustice such as in Missouri, where football players recently went on strike). This kind of action gets attention in a capitalistic-driven society. Dr. DeGruy’s seminar was powerful, inspiring, challenging, and shocking at times. Addressing the crowd of over 200, she commanded respect and yet, maintained approachability in her style. The seminar walked through the history of trauma Blacks have faced in the world. A focal point was discussing the stark difference in the chattel slavery system of the U.S. (slavery without opportunity for freedom) versus the international style of slavery which sought to assimilate dominated cultures. It was gruesome, but imperative, to hear how slavery in this country has continued to leave lasting trauma in the Black community as a whole. As Dr. DeGruy began edging closer to recent history, much of the crowd grew uncomfortable hearing that lynching was in fact, not a thing of the past. Dr. DeGruy believes that acts of hatred will become increasingly violent in the coming years as the Black community has begun to make national impact, citing that hate groups have ramped up their numbers since President Obama took office. With this disparaging information, Dr. DeGruy did shed light on an effective method of helping members of the Black community in clinical and educational settings. Citing her own research, Dr. DeGruy discussed a model of her own creation where the focus of intervention continues on page 6.
I recently returned from a yearlong sabbatical in Seattle wherein I was putting my clinical “boots on the ground” in addition to doing research. I worked as a Sport Psychology Fellow with the UW Athletic Department, providing sport and performance psychology services and consultation to the Husky student-athletes, teams, and coaches. I also worked as a Senior Fellow in Neurosurgery, providing neuropsychological assessments at the Seattle Children’s Hospital to adolescents who suffered mTBI (sport concussions). Both of these endeavors were wildly rewarding and challenging. Although I gained a great amount of experience and insight, it was ultimately a validating experience that let me know that I chose the right path—I love my job as an academic here at IU, and I am glad to be back teaching and training graduate students, particularly those who want to become licensed Counseling Psychologists with competence in Sport and Performance Psychology.

Beyond these professional engagements, it was a great family adventure. Erica and I packed our kids (Aaron—12; Addison—11; Aidan—10) and our dog (Penny—2) into the van and drove 36 hours west. We stuffed as much stuff as we could into the van, got furniture from Goodwill (Macklemore has made thrift shopping cool in his hometown), and lived in a 3BR, 900 square foot condo by Lake Washington in Seattle. Having the boys share a bedroom was a mild inconvenience in comparison to having only one bathroom for the whole family. It made for some funny situations that brought me back to my upbringing (3 big burly brothers in a 700 square foot house with one bathroom and no shower). City living was awesome, but it gave us appreciation for the cost of living in Bloomington and the lack of traffic here in town. Everyone in the Family Stein had countless opportunities to try new things, meet new people, and see ourselves in a different light. We are now home in Bloomington, all better for the adventure.

The Sabbatical Scoop by Jesse Steinfeldt

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International Student Potluck

on September 5, 2015

Shu-Yi hosted a potluck for international students along with their significant others and friends. Rumors spread quickly through the student community that food and company were both exceptionally well-received.

Meeting the New (and Incredible) Cohort: Nelson Zounolome

I completed my undergraduate degree at Indiana University where I received a BA in Psychology & Sociology and minor in Political Science. I chose counseling psychology because of my interests in minority mental health and multicultural issues more broadly seem to align with the emphasis on such issues in the field. I chose this program specifically because my mentor, Dr. Joel Wong, seemed like a great fit for me and also knowing through this program that I would receive rigorous research and counseling training that would help me to achieve my goal of becoming a faculty member after receiving my degree. I also chose this program because of the people I met during my visits that made me feel very welcomed and that this would be a great fit for me. My research interests include minority mental health as well as designing, implementing, and studying the efficacy of behavioral intervention programs aimed at combating problems college students face. In my free time I like to read, hike, spend time with friends, go to concerts, attend slam poetry competitions, explore Bloomington, and discover new music. My favorite trip/adventure this summer was going to Montreal for a music festival and seeing some really great performers live. In 20 years to see myself as a faculty member at a university building on the work I plan to conduct during my graduate career. **[Most importantly, what are your feelings on potlucks/social cooking/group meals/informal get together’s?]** I am all for them and believe that the more the better!!

PAGE 2
Julia Cawthra

I have both of my degrees from University of Denver. B.A. in Molecular Biology, and then a big change-up, M.A. in Sport and Performance Psychology. Dr. Steinfeldt drew my eye to IU, but upon digging further information about the program, IU's whole faculty is superior to many other places I was looking. The program has a great reputation and I felt there would be the right balance between practice and research which would fit my interests. Why I went into counseling is not that simple! I have had personal experiences where, with help of a sport psychologist, I was enlightened to how much power our thoughts have to affect our well-being. I want to empower others to create the life they ultimately want, because the tools are available to them if they are willing to work a little bit. I also think that everyone has great strengths, and learning how to recognize and use those can make a big difference for an individual. I am highly intriuged by the athlete's unique experience. Specifically, their identity as an athlete, their perceived choice in creating that identity, and transitioning to a new identity post-athletic career. I also wonder how the sport experience affects, enhances, or develops characteristics of the individual, and how their life past sport is affected. I love hiking and generally the outdoors. Although there is a massive influx of bugs here from what I'm used to (Denver is a bit more dry, generally...) I am getting used to bug spray! I also love yoga and working out. When I'm not trying to be active, Netflix and coffee shops are definitely my favorite. Bloomington coffee shops are definitely comforting :)! I spent my 4th of July in Breckenridge, Colorado with some of my closest friends. Mountain towns are gorgeous in the summer, especially when the wildflowers bloom! We enjoyed fireworks, great food, beautiful hikes, and the best company. On the trip home, my partner and I detoured to Leadville, Colorado, which has some of the best mountain views (in my opinion). We hiked around Turquoise Lake, got lost, almost got caught in a storm without rain gear, and walked through streams and snow - all on a whim. If you want to see pictures, I tend to take more than normal due to my mountain obsession! [BONUS: My favorite adventure of all time was when I traveled to Europe by myself and backpacked around for 5 weeks after my undergraduate schooling! There's plenty of stories there, but my favorite stories always include whimsical adventures where I discover exciting things "off the map." Hopefully settling down with a family (maybe children, maybe just dogs). Ideally, I'm working for a professional sports team, whether in the US or across the globe, and also working with Olympians. Either that or working closely with an athletic department at a college or university. Lofty goals, I know! Maybe being registered for the USOC Sport Psychologist registry is more realistic.). [Most importantly, what are your feelings on pot lucks/social cooking/group meals/informal get together's?] I love them! I think any way to build community and connection is especially helpful and necessary when traversing something as challenging as a PhD program!

Nancy Goodrich

I attended Indiana University for both my undergraduate and previous graduate schooling. I will have been in Bloomington forever by the time I graduate with my PhD. I chose to go into counseling for many different reasons; the first of which is that I want to help people (cliché) in a way that is consistent with my personality and values. Counseling Psychology is a good fit for me because of its emphasis on multiculturalism, a wide spectrum of human functioning (not just severe psychopathology), vocational psychology, and prevention. I chose this program specifically because of its focus on the scientist-practitioner model, multiculturalism, research, and because of my positive experiences working with the faculty members and students. My research interests are broad and varied, but include career counseling, multiculturalism, positive psychology, eating disorders, assessment, and human development. However, right now I would like to focus on finding a way to integrate positive psychology and career counseling. In my free time, I like to read, watch movies, hike, play soccer, drink tea, hang out with friends, and snuggle my cat. This summer I did not have much time for adventuring, but I did enjoy my trip to Toronto for APA. My favorite adventure of all time was when my family and I took a 3 week road trip around the western United States. In 20 years, I see myself licensed and working at a University Counseling Center somewhere not in Indiana. Hopefully, by that time my fiancé and I will have saved up enough money to get married and will be living life to the fullest. [Most importantly, what are your feelings on pot lucks/social cooking/group meals/informal get together's?] I love food, so I am all for pot lucks, social cooking, group meals, informal get together’s. Please plan them and invite me.

Nancy Blackwell

I completed my previous schooling at University of Northern Iowa, B.A., Psychology (2010) and Indiana University, M.S., Counseling & Counselor Education, and Ed.S., Mental Health Counseling (2014). I chose counseling because I believe that all people have the capacity for personal growth and sometimes need some help along the way – being someone who provides that help feels amazing. I chose this program because of the people, the academics, and the sense of community. I am interested in eating disorder prevention and intervention, substance use in young adults, resilience, therapist-client relationship/role of counseling in the lives of college students. In my free time I cook, garden, exercise, visit family. My favorite adventure this summer: going hiking under a waterfall in my wedding dress right after getting married. In 20 years, I see myself hopefully done with a PhD and in a job I love. [Most importantly, what are your feelings on pot lucks/social cooking/group meals/informal get together's?] I feel good about them. I like food.
Jacks Cheng

I received my Bachelor of Arts in Psychology & Linguistics from McGill University in Montréal, QC, and my Master of Art in Counseling Psychology and Master of Education in Mental Health Counseling from Teachers College, Columbia University in New York, NY. I am a strong believer in wellness and diversity. I believe in people’s natural tendency for the benefit of themselves and the role of the mental health professional as one to guide people to focus on their strengths and foster their resilience while helping them navigate their issues in life. I also believe in the importance of multicultural awareness and competence in understanding the human condition as mental health professionals to piece together the intricate and unique experiences of people with diverse identities. I chose U of M’s CP program not only because it embraces and enshrines these values, but also feel just at home with people in the program. My general research interests include intersectionality of identities, microaggressions and minority stress, cultural and non-heteronormative competence, law enforcement and criminality, and masculinity and homophobia. In particular, I am interested in the implication of language and multilingualism in the aforementioned domains. In my free time, I love reading police/detective, mystery, fantasy, and queer novels. I also enjoy creating writings and watching TV series and movies around the same themes. Otherwise, I love learning and studying languages, inventing food dishes, traveling, and making new friends! My favorite trip during the summer was a little trip I took to see one of my best friends who had returned to her home the Czech Republic years ago after undergrad. As I had not seen her since, it was wonderful to be able to visit her and appreciate the history and culture, and the famous Pilsner, of Czech Republic. We also did a small side trip to Vienna, where I was able to visit Freud’s old office! My favorite adventure of all times was when I drove across Canada from Vancouver to Montréal with this best friend and my partner at the time — we visited all the major cities in between and witnessed (part of) the indelible beauty of Canada. I am still waiting to complete a round-trip soon! I see myself either working as senior management in a community organization serving underprivileged and marginalized people, particularly people of color, queer people, and immigrants, or as a senior managing psychologist within a governmental agency providing services in assessment, recruitment, policies, and trainings with an emphasis on diversity and multicultural issues. [Most importantly, what are your feelings on pot lucks/social cooking/group meals/informal get together’s?] I love food so of course yes!

Patty Gonzalez

I just graduated from undergrad at Cornell University. I chose to go into counseling because it is a branch of psychology that most closely matches my career interests, future goals, academic passions, and personality traits. I chose this program because first, the program strongly emphasizes cultural competency in research and practice (something I feel strongly about). Second, I immediately felt welcomed and supported by the faculty and graduate students during my interviews. I immediately felt that this environment would be perfect for shaping me into that person and professional that I wish to become. My research interests include substance abuse, cultural differences, mental health in minority populations, and cultural competency in psychological research and practice. In my free time, I keep up with learning Korean through movies and TV dramas, reading, looking for quirky coffee shops, and trying new/interesting food. My favorite adventure of all time was when I spent a month in Seoul, South Korea this summer. It was really nice visiting many friends home for the summer or teaching English there (getting to see a bunch of celebrities I like was also a big plus!). I see myself being active in psychological research and practice. My dream is to utilize the amazing research conducted by my colleagues to provide culturally sensitive mental health services to underrepresented/underprivileged individuals. [Most importantly, what are your feelings on pot lucks/social cooking/group meals/informal get together’s?] I would definitely be a fan of social events. I will call home for the Costa Rican rice and bean recipe!

Yue Li

I completed my previous schooling at: M.S. at University at Albany, SUNY; B.S. at Shanghai Normal University; and was an exchange student at University of Minnesota, Twin Cities. I’ve always been fascinated by people. More specifically, behaviors, emotions, cognitive process, interpersonal dynamics, shared human conditions, etc. This program has been the perfect fit for me in terms of match with research interest with my advisor, training model, opportunities to teach, and an abundance of other opportunities campus-wide. Also importantly, I got a great vibe from everyone on the interview day and believe I’d enjoy spending five years with this group of people! My research interests are well-being, multiculturalism, and vocational issues. In my free time, I read something nourishing (arts, literature, pop sciences), watch movies, consume music, cook, craft, travel, have a nerdy conversation, chat with friends and family. My favorite vacation this summer: Thailand! But my favorite adventure of all time: Couchsurfing! In 20 years, I see myself hopefully being able to travel and live between China and America; enjoying high autonomy in whatever I do and having the perfect balance between work and life. [Most importantly, what are your feelings on pot lucks/social cooking/group meals/informal get together’s?] It sounds awesome! I like the idea of pot luck and social cooking because they are fun and we’re (poor) grad students. I like gathering together in whatever forms once for a while because I think having a professional support system is very important.

“I immediately felt welcomed and supported by the faculty and graduate students during my interviews.”
-Patty
Professional Development/International Outreach Committee

These individuals really took charge this last semester! There were a number of events that greatly contributed to the development of the students of IU. In addition, the mentoring program has continued to be a success as seen by the number of mentors (13) and mentees (27!). Mentees continue to stream in as our program is getting our name out to prospective undergraduate and graduate students (including those at universities around the world!). Lei Wang has deserves a significant amount of credit in organizing the mentor program, as do all the mentors who provide quality mentorship. Congrats to all for aiding in the development of students. Fall Events included:

10/1 Patty and Lei’s Workshop on PhD Application
10/15 Dr. Chung’s Workshop on PhD Interviews
10/23 Jim’s Workshop on Schema Therapy in Treatment of Borderline Personality Disorder
11/14 Keino and Rachel’s Workshop on Cultural Competence in Education
12/15 Lei’s Workshop on PhD Application for National Taiwan Normal University Counseling Master’s Students
12/21 Shu-Yi’s Workshop on Career Exploration for National Chengchi University Freshman in the Psychology Department

Reflections on Joy DeGruy by Keino Miller

After 18 months of planning, November 11 has passed and the lecture is over. The attendees doubled in size as the crowded swelled to over 200. The world was truly represented as the Counseling Psychology Student Organization, IU Health and the IMU Union Board hosted renowned author and scholar Dr. Joy DeGruy. On this auspicious evening, Dr. DeGruy, who was actually ill, delivered a powerful 3-hour lecture sharing her seminal work, *Post-Traumatic Slave Syndrome – America’s Legacy of Enduring Injury and Healing*. For months students from many academic communities had been reading the book. Afterwards, they lined up to get those books and fliers signed. Others mustered together in small ciphers sharing their thoughts and ideas about the lecture. In all, it was a momentous success for our team and program, one that could not have been achieved without the generous support of Dr. Joel Wong from our faculty. We also want to express our sincere appreciation to our campus partners as well as the City of Bloomington.

Like Dr. Parham, our Spring 2015 speaker, Dr. DeGruy discussed the role mental health professionals play in serving not just African Americans, but historically marginalized groups. In the end, we were all challenged to continue working to promote social justice and healing within these groups. Her lecture served as a moment of inspiration for some, education for many, and I am certain, a challenge to others. As mental health professionals in training, we must continue to engage in expanding the vision of our field and how we will do our part to help heal our world. We look ahead to the next Together We Stand: Cultural Awareness Series having been firmly steering in the direction of social justice and advocacy.

“*We must continue to engage in expanding the vision of our field…*”

Rachel and Keino’s workshop on cultural competence in education was proclaimed a booming success by undergraduate attendees!
“In the future, if we are to move ahead and thrive, we need to truly accept who we are as a people. It is through knowing who and what we are that we can identify our strengths and build upon them. Then, using our strengths, we need to heal from the injuries of our history. We need to heal ourselves. We need to heal our families. We need to heal our communities. Once we know ourselves and our solidly on the path to health, we can move at the pace necessary to more than catch up: we can excel.”

-Excerpt from Dr. Joy DeGruy’s Post-Traumatic Slave Syndrome

[Dr. DeGruy continued from page 1] should be the inclusion of close family and friends. Targeting these influential people in the individual-at-risk’s life can increase the effect of intervention by asking them to help you, as the clinician, work to save that individual’s life. The model and evidence of this lasting trauma are explained fully in her work, Post Traumatic Slave Syndrome. Dr. DeGruy ended with positivity by acknowledging the difficult road ahead and encouraging those in the room to use their recently gained awareness to spread a message of acceptance and growth to those around us, both in our professional and personal lives. The CPSO heard this call and will continue efforts to bring in engaging and diverse individuals to raise the awareness of critical issues for our community.


*Paola Hernandez, Jacks Cheng, Nelson Zounolome, Shaozhan Li, and Matt Powless not pictured.