



— Counseling Psychology PsyD Program —

Fall 2022 Newsletter

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Director's Message

Dear PsyD Community,

As I begin writing this message, there are several PsyD students outside my office talking and laughing with one another before they go to class. Prior to this, they had stopped by my office and another faculty member's office to say hello and talk briefly. I've been reflecting on how I wanted to start this message, as it is hard to put into words how humbling the last few months have been. As an alum of the program, I can remember the nerves of being a new student in the program trying to figure out what I was supposed to be doing. I can remember the stress of trying to learn to balance practicum with coursework and then the added stress of internship applications and completing my dissertation. I also remember how meaningful the connections that I made within the PsyD program community with students and faculty were. As a faculty member and new Program Director, I have been able to witness firsthand the support provided within and across cohorts as well as between faculty and students. Your hard work, motivation, and flexibility to adapting to changes have been evident throughout the semester.

There are many accomplishments to celebrate during the summer and fall semesters. We have welcomed a new faculty member, Brian Selby, for this academic year. Six students graduated in August while another six students began their internship experience. Eight students have applied for internship and are beginning to receive invitations to interview. Six students successfully proposed their dissertations and the ROAR lab recently presented at a national conference. We welcomed our largest class of PsyD students since 2017 and the program established a mentoring program for first year students to receive guidance and support from second-, third-, and fourth-year students. The program will have offered 3 programming events to...

prepare students for practicum applications and interviews as well as 2 programming events to prepare students for internship applications and interviews by the end of the semester. A roughly estimated 5,000 hours of practicum with an estimated 1,650 of direct intervention hours will be completed during the fall semester by the end of the semester. This list is non-exhaustive and doesn't reflect all of the great discussion and work that has occurred in the classroom. The support that we provide each other not only contributes to maintaining a strong PsyD program community, but also allows us to have an impact in the larger communities that we each interact with.

As we look ahead to the spring, there are several developments to look forward to. We will not only be interviewing applicants for our 2023 student cohort, but also interviewing applicants for a tenure track position for an Assistant or Associate Professor with the PsyD program. The Massachusetts Practicum Training Collaborative (MPTC) Notification Day will be occurring on February 13th and the APPIC Phase I Match Day will be occurring on February 17th . The program will also be submitting it's self-study for re-accreditation with APA in May.

All of these accomplishments and things to look forward to would not be possible without the invaluable support of our PsyD fellows; Chen Liang, Jennifer Tarm, Zev Spiegel, Rachel Caffey, and Will Demarski. They have been wonderful supports for the program, especially with the preparations for our Town Hall that will occur on Thursday, December 15th. Just as a reminder, the Town Hall will be a mask-on event to promote the health and safety of everyone. I am looking forward to coming together as a program at the Town Hall and wish you a happy, safe, and restful winter break.

Sincerely,
Sean

Top Highlights

Welcome, or welcome back!

We are excited to highlight some of the special things happening in the PsyD program this semester, from birth announcements and wedding celebrations to special achievements:



1

We welcomed 12 new students in our 2022 starting cohort. You can see many of our students working across campus, from serving as program fellows to working with the Pride Cares Initiative on campus.

2

Charisse DelVecchio, 4th year PsyD student, won the APA Division 17 social justice award!



3

Recent alum Rachel (Bristol) Vadney, who graduated this past summer, announced the birth of her baby Rhea May Vadney in October

PSYD HIGHLIGHTS

4

First year PsyD student, Kathleen Romania, and her fiancée Jimmy will be celebrating their wedding at the end of the semester



5

... and Olivia Vasiloff and her fiancée Gabriel will be celebrating their wedding in February



6

With APA re-accreditation is right around the corner, the PsyD fellows are hard at work collecting program data to present to APA



7

Joe Kennedy and his family welcomed Cole William Kennedy in October

CONFERENCES AND TRAININGS

International Association of Dance Medicine and Science's (IADMS)

Limerick, Ireland

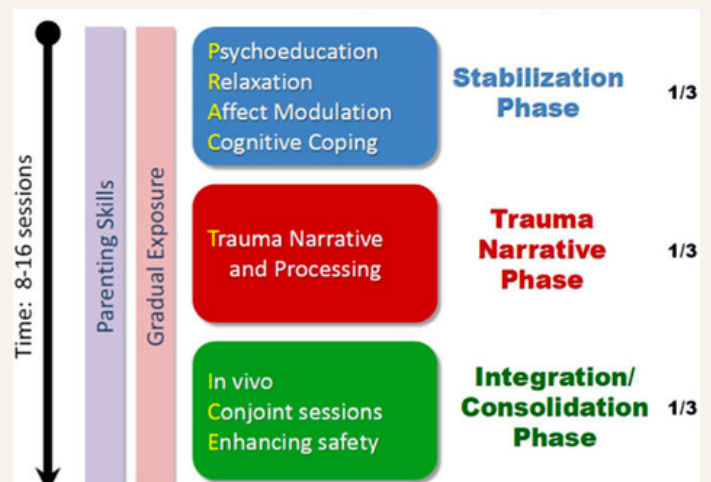
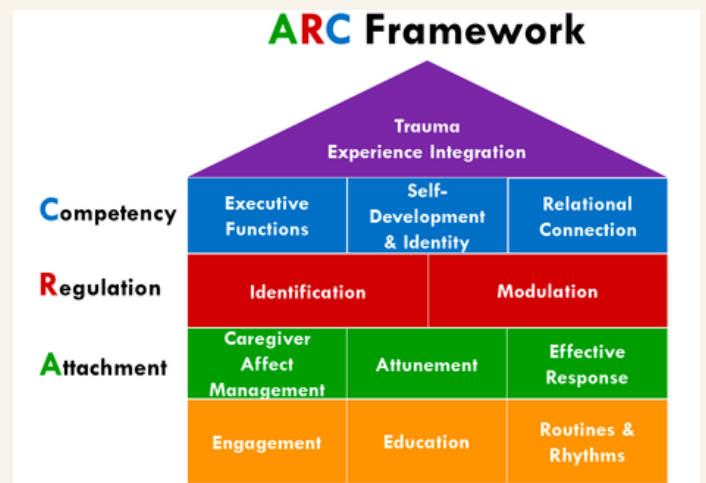
"Along with my colleague, I spoke about my experience providing sport and performance psychology (SPP) support to a preprofessional ballet school over a 2 year period. This was a full circle moment because the first time I attended the conference I was still dancing professionally, and was completely unaware of SPP. When I attended as a dancer, I was truly in awe of the presentations and the wealth of knowledge being shared, and I never expected to be one of these providers! Although it was wonderful to present on my work with dancers, the highlight of the trip was meeting some of the researchers/practitioners I had been following over the years! I hope to stay connected with many of them and look forward to opportunities to collaborate on research in the future!"



Arianna Shimits M.A.
Co-founder of
Persistence Psych

ARC and TF-CBT Training

Dr. Sean DeMartino graciously presented on the Attachment, Regulation, and Competency (ARC) Model and Trauma-focused Cognitive Behavioral Therapy (TF-CBT) to provide an opportunity for TAP Lab members and PsyD students to learn more about trauma-focused intervention and utilize it within their practices. He has also recorded and uploaded these sessions to be utilized as resources for all students in the program. Feel free to reach out to Dr. DeMartino for access to these trainings.



CONFERENCES AND TRAININGS



Dr. Tatiana Gray with ROAR members Zev Levi Spiegel, Rhea Bhatia, Grayson Stevens, Deepashree Karve, and Weston Sharpe in Times Square

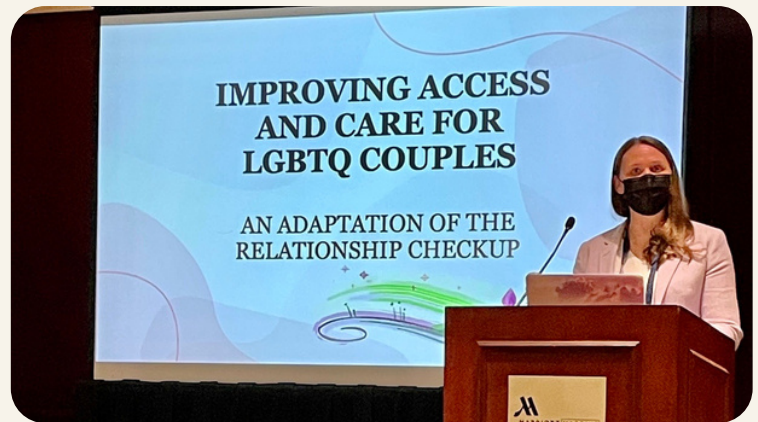
ROAR at Association for Behavioral and Cognitive Therapies (ABCT) 2022 Convention New York, New York

In November, the members of the Research on Attachment and Relationships (ROAR) lab traveled to the New York Marriott Marquis to present a symposium and a poster on an adaptation of the Relationship Checkup for LGBTQ+ couples.

Having formed only a year ago, this marks the lab's first major project. Between all the presenting, conference session attending, and networking, lab members got the chance to explore Times Square, eat some delicious food, and ride a thrillingly fast elevator.



Deepashree Karve (right) and Weston Sharpe (left) presenting "Inclusive Adaptations of the Relationship Checkup to Meet the Needs of Sexual Minority Couples"



Dr. Tatiana Gray, director of ROAR, chaired the symposium "Strengthening Resilience in Sexual Minority Couples: Lowering Barriers to Inclusive, Affirmative, Relationship Healthcare"

We are very excited to welcome

Dr. Brian Selby

Assistant Professor



Introduction

Dr. Selby comes to us from Maine, where he has spent the last 15 years working in private practice. Dr. Selby started off at Colorado State for undergrad, moved on to the University of North Texas' Counseling Psychology doctoral program where he met his wife, and they were married by graduation. After completing his pre-doc at University of Maine, Orono, they both fell in love with the area and decided to move there permanently to start their careers and family.

Dr. Selby worked in a community mental health center while his wife worked as an adjunct professor, and through this position he was eventually able to pay off his student loan debt through the National Health Services Corps.

Advice for Students

Having doctoral students supporting each other is what he most appreciated about his own experience, and so Dr. Selby's advice for all students in our program is to network horizontally as well as vertically. In this first semester, he has been pleased to find that his understanding of Springfield College as a supportive and collaborative environment was correct, and he also urges students in the first year cohort in particular to get to know students who are further along in their journeys.

Looking ahead, Dr. Selby's advice for those entering internships is to look for a placement near where you want to live. He says that your time on internship will build connections with local organizations and other professionals.

Why Springfield College?

Dr. Selby was very excited to be presented with the opportunity to serve as an Assistant Professor in the Counseling Psychology PsyD program this year after his wife (a Springfield College alum herself) also accepted a new job here as a tenure-track professor in the Athletic Counseling department! His assignments for the year include teaching both graduate and undergraduate courses, as well as serving as a second year practicum supervisor. He and his wife now live in Westfield, Massachusetts with their three black rescue cats, while their oldest son serves as a striker maintainer in the United States Army stationed in Germany and their youngest son embarks on a gap year from their home base in Maine.

Clinical & Research Interests

Dr. Selby's areas of interest include anxiety and autism, and he works "80% with children and teens, 20% with adults." He is interested in furthering the study of schema therapy and how this relates to attachment and mental health.

In his free time Dr. Selby calls himself a "gaming nerd" and enjoys playing video games such as Overwatch. He has found that gaming is a great way to connect with his own kids as well as with his young and/or autistic clients, many of whom appreciate the logical structure of the format.

PSYC 714

PSYC 714 is a first year doctoral class in which students develop a social justice initiative, intervention, or project to practice and promote awareness, prevention, advocacy, and activism.

Jennifer Tarm focused her project on addressing anti-blackness within the pan-Asian communities and families. Her interest in this topic sparked from the summer of 2020 during the peak of the COVID-19 pandemic when many within the Asian American and Pacific Islander (AAPI) community were directly confronted with historical internalized racism and anti-blackness during the Black Lives Matter (BLM) movement.

Personal Philosophy

Tarm is an aspiring psychologist-activist whose work is guided by past human rights leaders that have come before her, with the most prominent being Grace Lee Boggs. One quote by her that resonates with Tarm is "You cannot change any society unless you take responsibility for it; unless you see yourself as belonging to it and responsible for changing it."

From the Classroom to the Summit



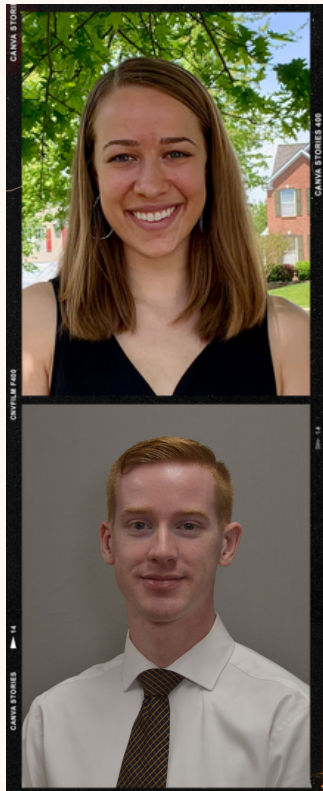
SEAT at the Table

On November 7, 2022, Tarm presented "Addressing Anti-blackness within the Pan-Asian Community and Families" as an extension of her original PSYC 714 initiative. During this presentation, Tarm discussed the historical roots behind anti-blackness within the AAPI community and how it ultimately maintains white supremacist culture. Tarm stresses that the issue with this is it "does not create environments for oppressed communities to embrace and embody their full humanity." She is thankful to her classmates who encouraged her to submit a proposal for SEAT at the Tables and is humbled to have had the ability to discuss a topic with the hopes of dismantling racism .

TAP Lab News

The Trauma and Prevention Lab welcomed a large number of first year students this fall! Under the direction of Dr. Sally Hage and Dr. Sean DeMartino, TAP Lab has several existing projects on the Attachment, Regulation, and Competency (ARC) model, Adverse Childhood Experiences (ACES) in college students, and Title IX.

The TAP lab is currently working on a proposal to submit for consideration at this summer's APA Conference in Washington, DC.



ROAR Lab News

The Research on Attachment and Relationships (ROAR) lab's mission is to engage in novel research on intimate relationships and on the development of proactive interventions to promote relationship health. We are currently conducting a study adapting the Relationship Checkup (a brief two session intervention) for couples facing breast cancer together. This study will employ a single case experimental design with the use of multiple baselines. We are in the recruitment process and have already enrolled one couple!

The lab is also attending the Association for Behavioral and Cognitive Therapies (ABCT) conference in New York City in November where we presented a symposium and a poster on an adaptation of the Relationship Checkup for LGBTQ+ couples. In addition to these ongoing larger projects, the ROAR lab is also a space where students can discuss their own research and receive support on their relationship related dissertation work.



SEAT at the Table

Join the Springfield College community for our 2nd annual Springfield College SEAT (Social justice, Equity, Accountability, Transformation) at the Table Week took place from Nov. 7 through Nov. 11. This year's format allowed for a combination of in person and virtual formatting. SEAT at the Table Week was organized by PsyD student Charisse DelVecchio as a conference that offered educational experiences dedicated to deconstructing oppressive systems, liberating educational spaces, and transforming our community towards equity for all.

First year PsyD student Danielle Farrar led her presentation titled "Black Fatigue: How Racism is Destroying Black Bodies" where she discussed how stress of experiencing racism plays a role in the health disparities found within the black community. In coming from a healthcare background, Farrar is takes a personal interest within the topic and saw SEAT as a great opportunity to share her "unique ideas and perspectives that don't always have space for discussion in the every day classroom.



Second year PsyD students Jennifer Tarm, Zev Levi Spiegel, and Deepashree Karve also presented throughout the week. Tarm presented "Addressing Anti-Blackness in Pan-Asian Communities & Families" discussing the roots and contributing factors to anti-blackness within Pan-Asian Communities and Families. Spiegel conducted an in-person session titled "Gender Journaling" which explored the personal relationship with gender and how it intersects with other aspects of identity. Spiegel's session promoted self-exploration and written reflection. Karve presented "Intergenerational Trauma and You" which focused on intergenerational trauma and and its strong presence within minority populations.

Welcome First Year Cohort!



Rachel Caffey
(She/Her/Hers)

"I am a licensed Massachusetts public school teacher with a background in Special Education."



Will Demarski
(He/Him/His)

"Aside from psychology, my late night occupation is being a pretty decent bartender!"



Maria Hurtado
(She/Her/Hers)

"My fun fact is that I love salsa music!"



Jane Jung-Chen
(She/Her/Hers)

"I've watched Friends more than 20 times that I lost count (Yes the whole 10 seasons)"



Arlene "AL" Lawrence
(She/Her/Hers)

"I am an adrenaline junkie!"



Isabelle Linguiti
(She/Her/Hers)

"A fun fact about me is my sweet pup and I live in a cozy tiny house on a farm!"

Welcome First Year Cohort!



Sonya Madden
(She/Her/Hers)

"I've been married 5 years, am a stepmom to a 21-year old daughter and a dog-mom to a Pitbull and a Pomeranian. "



Megan Piercy
(She/Her/Hers)

"In undergrad I listened to all 15 Queen studio albums in a weekend!"



Kathleen Romania
(She/Her/Hers)

"I lived and taught in Spain for two years!"



Weston Sharpe
(He/Him/His)

"I've had the opportunity to travel to and explore China my senior year of high school. "



Arianna Shimits
(She/Her/Hers)

"I love to do anything outside! Hiking, biking, running, camping, skiing, backpacking, etc. :)."



Danielle Tosh
(She/Her/Hers)

"I love to cook and bake. I was a vegan for a while and know some great vegan recipes that don't taste like cardboard!"



— Counseling Psychology PsyD Program —

STAY SAFE & HEALTHY

Remember, the semi-annual PsyD Program Town Hall is on December 15th at 6:00 PM, will be held in-person at East Campus, and is a mask-on event. We look forward to seeing everyone!

Happy Holidays and Have a Restorative Winter Break!



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