Welcome to 2012. Is it winter, or is it spring? Depending on the day, and the location, frankly it's been hard to tell. As I write this, it is in the 40s and cardinals (real, feathered ones, not BSU students) were singing outside my window this morning. In three days, though, gas may be $4.00 a gallon, and snow may be on the ground.

This missive will be short and sweet. First, have you noticed that the world is spinning out of control? Normally, spring semester is really busy on the 6th floor. Between classes, conferences, workshops, annual evaluations, and general end of the academic year craziness, things always seem to be moving almost faster than I can handle. THIS semester, though, sets a new record. In January I had a family emergency that took me out of Indiana for almost two weeks. I started out on a two-hour cruise, and ended up stranded on Gilligan's Island (if you are old enough, or watch enough vintage TV, you get the reference). The thing is, life kept going on, spinning crazily, while I was away. I tried to keep up via phone and email, but when I got back to Muncie I had lost two weeks of my life and it has taken me a month to feel like I've caught up. While away, I also learned that not everything is in my control. During my time on the "Island," I tried to take control, but I finally had to acknowledge that I couldn't fix the primary issue and would just have to wait for time to pass so it would fix itself. I had to accept things as they came, and be patient. And, most important, I was forced to slow down for a little while. Oh, you can't BEGIN to know how hard that was for me! Yet, once I slowed down, things got better, time passed, and I finally was rescued from the "Island." Point being, sometimes we have to let go of our control issues in order for things to be right in the world. May as well enjoy the sand while you're there, because there is no point in fretting about it.

Speaking of letting go of control, we are experiencing many changes in TC this semester. We were the proud sponsors of the Indiana Counseling Association annual conference here at BSU on March 1-2. Teachers College is in the early stages of a head-to-toe remodel, which is like living in the middle of a dentist's office (the mantra is "it will all be beautiful when it's done"). We are searching for two new faculty members, one in rehabilitation to replace Dr. Kim, and a school counseling one to fill a brand new position. We have nothing but the best well wishes for our long time friend and colleague, Dr. Michael White, as he embarks on retirement (how can he leave us like this? Waaahhhhhhh!!!!!). And, as a true sign that the Mayan predictions of the end of the world are right - we have raised $450 for the charitable group Rebuilding Hope, in exchange for which Dr. Paul Spengler will have his mustache shaved off for the first time in FOREVER! He has kids who have never seen him without that 'stache! We promise to post pictures.

—Dr. Sharon Bowman
Dr. White set to Retire this Semester

Dr. Michael White, professor and director of the master’s program in social psychology, is retiring after 35 years with Ball State. See the faculty interview page to learn more about him.

A small reception in Mike’s honor will be held in the BSU Museum of Art. The reception will be from 5-7 p.m. on Thursday, April 12, 2012. We would love to have you stop by, enjoy some cake and punch, and share your well wishes with him!

CPSY Graduate Honored with Teachers College Award

Dr. Lieutenant Colonel Jill R. Scheckel (see photo at left) was selected for the 2010-11 BSU Teachers College Distinguished Alumni Award. Scheckel earned her B.A. (psychology & German), M.A. (counseling & social psychology), and PhD (counseling psychology) degrees from BSU; receiving her Ph.D. in 1996. Currently, Dr. Lieutenant Colonel Scheckel is dual-hatted as the Associate Chief for Officer Force Development and Deputy Director of the Biomedical Sciences Corps, Office of the Air Force Surgeon General. She is a key player in the professional development of 40K Air Force members and provides oversight and guidance for 18 varied specialties.

On behalf of all of us in the CPSY department including our alumni, we express our huge congratulations to Dr. Lieutenant Colonel Scheckel for receiving this prestigious award!

-Dr. Gerstein

Doctoral Student Receives Award

Dustin Shepler (4th year Ph.D. student) received the Outstanding Graduate Student award from the APA Div. 17 section on LGBT issues. The LGBT Outstanding Graduate Student Award is offered to a graduate student in counseling psychology based on several criteria inclusive of scholarship, training, practice or prevention/interventions. Congratulations on the award!
Dr. Gerstein Gives Talk in Israel

Dr. Gerstein was invited to Tel Aviv University to give a talk entitled, “Cross-Cultural/National Challenges and Opportunities for Mental Health Professionals.”
(see picture at right of Dr. Gerstein and Dr. Rachel Gali Cinamon, the colleague who invited him.)

Dr. Gerstein Takes a Trip to Jordan

Over Christmas break, Dr. Gerstein spent some time in Jordan.
(see the pictures below and the article on the next page.)

Photo above: Project Leaders including Dr. Gerstein. Left to right: Mohammad Muneer Abedalaziz AlHumsi (Leaders of Tomorrow-Jordan), Professor Edward Curtis IV (IUPUI), Steven Franklin (Indiana Soccer Association), Professor Lawrence Judge (BSU), Heba Rahhal (Jordan Paralympic Committee), Professor Lindsey Blom (BSU), Dean Omar S. Hindawi (Hashemite University-Jordan), Professor Lawrence Gerstein (BSU), and Charles Wiles (Center for Interfaith Cooperation-Indianapolis)
Dr. Gerstein’s Trip to Jordan

1. What was the objective of your Jordan trip?
To conduct soccer for peace and understanding workshops. There were six members of our project team:

- Dr. Lindsey Blom, Director, Assistant Professor of Sport and Exercise Psychology, Ball State University, soccer coach
- Dr. Lawrence Gerstein, George and Frances Ball Distinguished Professor of Psychology, Director of the Center for Peace and Conflict Studies, Ball State University, peace and conflict resolution expert
- Dr. Lawrence Judge, Associate Professor, Athletic Coaching Education, Ball State University, fitness testing expert
- Mr. Steve Franklin, Director of Education for the Indiana Soccer Association, soccer coach
- Mr. Charlie Wiles, Director of the Center for Interfaith Cooperation, Indianapolis, peace and conflict resolution and inter-faith expert
- Dr. Edward Curtis IV, Millennium Chair of the Liberal Arts and Professor of Religious Studies at Indiana University-Purdue University Indianapolis, Jordan expert

The overall objective of this program was to teach elite and grassroots soccer youth coaches how to use soccer to build character, citizenship behavior, and conflict resolution skills in their youth athletes (8-14 year old females and males).

2. Why Jordan?
The grant that we applied for and received from the U.S. State Department had a list of targeted countries, including Jordan. We then had to balance our connections and our interests. We also felt that it would be a good country with which to build relationships and build cultural understanding. I am a co-principal investigator for this grant.

3. How many people participated in the program?
We conducted three 2-day workshops in Jordan, with 20-25 coaches and 40-50 athletes/children at each workshop.

4. How long were you there?
We were in Jordan for 9 days (December 31, 2011 to January 8, 2012).

Here is an overview of our time in Jordan:
We arrived on Saturday, December 31, and rested. On January 1 and 2, we conducted our first workshop in Zarqa (Jordan) at Hashemite University. Our partner was Leaders of Tomorrow. The workshop was from 10-4:30 both days. Then on January 3 and 4 we conducted our second workshop in Amman with the Jordan Football Association; this is the elite soccer organization in Jordan. We had the same schedule. We had Jan. 5 off, so we visited Madaba, Mount Nebo, and the Dead Sea. On January 6 and 7, we worked in a village in Northern Jordan close to Ajloun (Jordan). Our partner was the Princess Basma Youth Resource Centre.

6. Explain the second part of the program.
We will bring a delegation of 12 Jordanian soccer coaches to Indiana in May 2012. The coaches will receive a combination of soccer training, and peace and conflict resolution training, and will participate in cultural and soccer activities in Indiana, Ohio, and Chicago.

7. What did you learn while you were there?
Jordanians are friendly, warm hearted, generous, funny, and enjoy life. Jordan is a very peaceful place. Soccer is an excellent activity to easily bring different groups of people together, and it can be effectively used to teach a range of living skills such as respect, integrity, honesty, responsibility, wellness, and conflict resolution.

8. What was your favorite part about the trip?
Working with the young athletes and seeing how excited they were about our project and the opportunity to learn. Laughing with the participant coaches. Visiting the Jordan Paralympic Facility and meeting some world-recognized paralympic athletes. This experience was truly humbling!

For further information and pictures visit:
News from the School Counseling Program

ISCA FALL CONFERENCE
This year the Indiana School Counselor Association’s Fall Conference took place on Thursday November 10 and Friday November 11, 2011 at the Marriott East Hotel in Indianapolis. Alicia Harlow, Emily Barnum, Jennifer Kollman and Dr. Alexander discussed the development of the Identity and Leadership Development program for school counselors who work with at-risk youth. Additionally, Amanda Culhan provided an update on changes to the State Board of Education rules and policies, the 2011 legislative session and state-wide initiatives including the new school counselor evaluation tool.

REPA 2
Everyone is encouraged to review and comment on proposed changes to state licensing under REPA 2. These proposed changes will have a significant impact on teacher preparation in Indiana.

Identity and Leadership Development Certificate Program: This summer will be offered both year one and year two of the Identity and Leadership Development Certificate. Be on the lookout for summer registration information.

New School Counselor Faculty Search
The department has received permission to add a new line for a faculty member to support the school counseling program. We are extremely excited about our search thus far and look forward to welcoming a new faculty member in the fall.

Also, congratulations! Two school counseling students, Jennifer Edwards and Alyssa Heggen, each received an award of $750 from the Indiana Youth Institute to attend the American School Counselor Association conference in June.

-Dr. Alexander, program director for school counseling

Greetings from the Clinical Mental Health Program

Hello to Everyone! Hopefully your semester is going well. There aren’t any specific new updates for our program, but this is just a reminder that if anyone has any questions about the program, feel free to e-mail me and ask, at stefaegis@bsu.edu.

-Dr. Stef, interim program director for CMH
Student Interview: Brittney Williams (M.A. School Counseling)

Where is your hometown?
My hometown is Colville, Washington.

Where did you go for your bachelor’s degree and what was your major?
I received my bachelor’s degree from Eastern Washington University in Cheney, Washington. My major was applied psychology and my minors were in communications and psychology. I am currently in the first year of the school counseling master’s program here at Ball State.

What made you first interested in counseling?
Ever since I was young, I loved talking with people. I enjoyed getting to know people, how they tick, what makes them behave the way they do, and frankly at times I’m just plain nosey. Combine that with a want to help and make a difference in someone’s life and you get where my first interest in counseling came from.

What do you think of your experience at Ball State as a master’s student so far? What do you like about the program?
My experience thus far as a master’s student has been enjoyable and enlightening. I never would have thought that I’d get to experience counseling actual students my very first semester and yet that’s exactly what happened. My program is phenomenal from the professors, to the doc assistants, to the hands on experience, to the growth that this program forces an individual to go through. It has all been amazing.

What are your research interests?
At some point in the somewhat distant future I would like to look more into adolescents that are resilient to their situations. The ones that persevere despite the hand in which they have been dealt.

What are your future plans and career goals?
After graduating with my master’s degree I do not plan on going on to do my doctorate but instead want to get a school counseling position in a high school. When asked if I want to stay in Indiana the answer is that if Indiana is where I find my first school counseling job then yes but I’m not opposed to going anywhere else.

What are some of your favorite interests and activities?
I enjoy running, which most individuals find weird but I find it to be refreshing and a way to clear my head. I also love exploring and will randomly take long drives to see this part of the country. I love reading, scrapbooking, and watching movies and will delay homework to enjoy any one of these activities.

Where would you go for your dream vacation?
I’m stuck between two places that I’d want to go for my dream vacation. I’m leaning between Ireland because it’s beautiful; it has the old castles, the stone fences, and the country is rich in history. And then my second choice would be going to the moon because who wouldn’t want to be weightless, to feel like you can fly; and to see the Earth from that vantage point would be breathtaking and would make one really take the focus off of oneself.

What is your favorite book?
My favorite book is The Shack by William Paul Young. I’d recommend it to anyone and everyone.

Movie?
I really enjoy Pride and Prejudice.
Student Interview: Erin Davis  
(Ph.D. Counseling Psychology)

Where is your hometown? Gillette, WY---the Razor City; yes, I am a cowgirl at heart, from Out West, and I would rather ride a horse than ride the shuttle bus. I miss the mountains and the wide open spaces, but I love the university atmosphere!

Where did you go for your bachelor's and master's degrees, and what were your majors? I have a B.A. (double major: psychology and Christian ministries) from Anderson University (minor: family science), and an M.A. in community counseling from B.S.U. I also have an M.T.S. (Masters in Theological Studies).

What made you first interested in counseling? My interest in psychology came first; being fascinated with people and the way they think, feel, relate… this naturally led into psychology, sociology and family science, and later to teaching and counseling. I have had powerful growth experiences in my own life through the words (and presence) of challenging teachers and wise counselors; I only hope I can help and inspire students and clients in a similar fashion.

What do you think of your experience at Ball State as a doctoral student so far? What do you like about the program? It’s a very strong, very challenging program, with lots of experience in all areas: counseling, supervision, clinic work, teaching, writing---and the flip side of all of these! It’s really challenging and helpful to be both a student and a teacher, a supervisee and a supervisor; the learning curve is intense! I truly value our faculty and students; the department is a wonderful place to learn and grow.

What are your research interests? I have way too many research interests! I am interested in the well-being of college students, psychological assessments, dream work, international and multicultural concerns, social justice, women’s concerns, relationship development, spirituality, play therapy, art therapy, and sand tray therapy, to mention a few. Currently, I am working on a qualitative study on the cultural adjustment of Saudi women international students, and also applying to IRB with a fellow doctoral student to expand a survey of multiple roles in counseling psychology.

What are your future plans and career goals? I would like to find a balance of teaching and counseling in the future. I also would love to do assessments, continue to be involved internationally and with social justice issues, and do some writing and speaking, if possible. (Just a few, small, career goals…)

What are some of your favorite interests and activities? I love spending time with my family (hubby, daughter-13, son-11) and our pets (white dog and black cat) out in our yard (lots of trees and flowers). I also love hiking, biking, travelling, flying, (actually, adventures of any sort), art, photography, writing, reading, and movies.

Where would you go for your dream vacation? Right now, I’d have to say New Zealand or South Africa. It sometimes changes, depending on my recent reading or movie watching. My ideal location would have mountains and an ocean nearby!


Movie? I can’t choose just one. The Princess Bride, A Time to Kill, Antwone Fisher, Finding Forrester, What Dreams May Come, The Lion King, Rent, Lord of the Rings, and Good Will Hunting are a few that come to mind.
Faculty Interview:
Dr. Michael White

Where is your hometown?
Ardmore, OK

Where did you obtain your bachelor’s, master’s, and doctoral degrees and what were your majors?
I got my B.S. in psychology at Oklahoma State University, and both my M.S. in psychology and Ph.D. in psychology at The Pennsylvania State University.

What brought you to Ball State?
I had been working as a clinical psychologist and supervisor of girls’ treatment at Pius XII School, Holy Cross Campus in New York for a time and realized I was ready to move on. I saw a job posting for a faculty position at Ball State University and applied for it.

What led you to psychology and teaching?
My specialty is social psychology, and I just have always had an interest in psychology. As for teaching, I had been working as a psychologist in a psychiatric setting and decided to try something different, and teaching was it.

Please describe your work within the department:
I am the program director for the social psychology master’s degree and teach the various social psychology courses.

What are your research/teaching interests?
We are always influenced in some manner by other people just as we influence others. Any topic within social psychology can be a subject of my research. I have looked at attitudes, perceptions, and many other topics.

Are you involved in any professional organizations?
I have been a member of APA off and on, but I am currently a member of the Association of Psychological Science (APS).

What are your favorite interests and activities outside of academia?
I like photography, traveling, scuba diving, and boating.

What country would you most like to visit?
I would like to visit Patagonia, so it would be Chile or Argentina.

What is your favorite book?
I have many favorite books. I especially like historical novels and nonfiction. Some good authors are Alan Furst, Patrick O’Brien, and Paul Theroux.

Movie?
Young Frankenstein

“I just have always had an interest in psychology.”
Alumni News

- **Daniel Franz** (Ph.D., 2000) says “I can't believe it's been so long since I checked in! I opened up a private practice in Plymouth, IN several years ago after leaving Indianapolis and published *The Private Practice Field Guide* in October, 2011. I’ve also been busy writing weekly articles in *Mental Health and Wellness* for www.ANewDirectionCounseling.com, and weekly counseling/private practice/business articles for www.DanielAFranz.com. Finally, I have also been consulting for the Office of National Drug Control Policy on their www.AboveTheInfluence website, and have assisted with their www.WeTheAntiDrug website redesign.”

- **Shannon Christy (Borbely)** (M.A., 2010) is currently a second-year PhD student at Indiana University-Purdue University Indianapolis. She was named a Pre-doctoral Fellow in the Training in Research for Behavioral Oncology and Cancer Control Program (National Cancer Institute, R25 mechanism).

- **Dennis Morrison** (Ph.D. Graduate, 1986) says “I am pleased to announce that I have taken the position of Chief Clinical Officer for Netsmart Technologies www.ntst.com. Netsmart is the nation’s largest provider of Electronic Health Record and related solutions for behavioral health, public health and social services. In this role, I have a unique opportunity to live at the exciting interface of technology and clinical care.

  Even the best technology is useless if it does not get used by a clinician or a consumer of care. Likewise, even the best clinicians can get better through the prudent use of tools such as Clinical Decision Support and advanced analytical tools like predictive modeling. I believe these things can improve the way care is delivered because ultimately, that’s what it’s about — improving the lives of the people who receive care, in this case, from Netsmart clients. As a clinician and as a health care administrator, that’s what I’ve always been interested in — improving the way we provide care. This position is just the next chapter.”

- **K. Nicole Jones** (Ph.D., 2011) is a new assistant professor of psychology at Colorado Mesa University. Her husband, Jake Jones, is also an assistant professor in that department.

- **Dave Police** (Ph.D., 1996) says “Since graduating from BSU, I have been working as a high school counselor at Angola High School in Angola, IN. My guidance/counseling responsibilities include working with a caseload of approximately 300 students, coordinating guidance technology initiatives, and helping supervise our peer mentoring program. In addition to my counseling duties, I am also serving as the girls’ varsity soccer coach and assistant athletic director.”

- **Dr. Royda Crose** passed away on October 11, 2011, from multiple myeloma (cancer). She was a professor and director of the gerontology program at Ball State University from 1988-2000. She earned her doctorate in counseling psychology and practiced as a psychologist as well as publishing articles, book chapters, and a book. Royda also worked abroad in Africa and India. You can visit her memorial page at www.sofkin.org/roydacrose.asp and learn more about her and Maher, her project in India that helps abused and destitute women and children.
Alumni and Student News

- **Erica Hurley** (second-year Ph.D. student) and **Phillip Keck** (first-year Ph.D. student) will be getting married on May 19, 2012, in Grand Cayman, BWI (see picture below).

- **Maggie Orr** (Practicum Clinic Coordinator) and her husband, Aaron, welcomed to the family a new baby boy, Harrison Mont Orr, on January 18, 2012 (see picture below).

- **Shonali Raney** (Ph.D. Graduate) and her husband, David, welcomed to the family a new baby girl, Layla Raney Hatton, on October 1, 2011. (see picture at right). Congratulations!

- **Ashley Hutchison** (third-year Ph.D. student) married Justin Stein on November 5, 2011, in Kansas (see picture at right).

- **Dorothy and Stephen Wright** (M.A. and Ph.D. Graduates) welcome their second daughter, Isabelle Joy Wright, to the family on February 17, 2012 (see picture below). Congratulations!
Alumni Interview with:
Basilia Softas-Nall, Ph.D.

Dr. Softas-Nall graduated from Ball State’s Counseling Psychology Ph.D. program in 1984 and currently works at the University of Northern Colorado as a professor and is the chair and director of training for counseling psychology.

What are your career and/or research interests?
Family therapy; multiculturalism, ethnicity, gender; stigma and self seeking behaviors

What is your previous work history since graduating?
Five years of teaching in the Greek University, two years teaching at the University of Laverne of CA in Greece, and held private practice for seven years. From 1992, for a total of 20 years, I have been a professor of counseling psychology at the University of Northern Colorado and since 2010 chair and director of training of the APA accredited CP program at the University of Northern Colorado.

You are now the chair and director of training of an APA-accredited CP program at the University of Northern Colorado. Could you talk a little about your department and your program?
Our program has a nice balance of research and practice and a nice balance in faculty with different interests and great students. I teach family/couples therapy and it is unique to have such in-depth training in this area at the doc level. We are also unique in being friendly to qualitative research. We have a state of the art in-house Clinic and our students do program evaluation in the Clinic. Students and faculty work closely to present and publish. Two faculty have a strong interest in international psychology and international teaching.

Do you have any suggestions or advice for current doctoral students?
Persistence; time management; support from peers-family-professors; have different mentors for different areas, i.e. research, clinical supervision-therapy, teaching; self care.

Dr. Softas-Nall also stated that Dr. Stephen Wright, a recent graduate of BSU’s CPSY Ph.D. program, is an assistant professor in her department, and his wife, Dr. Dorothy Wright, also a BSU CPSY Ph.D. program graduate, teaches as adjunct faculty.
Recent Publications


Recent Presentations


Tipple, C. E. (2012, August). Our ancestors, our food, our relationships: A counselor’s perspective on modern diet and dietary habits and its effect on our relationships. Poster accepted for Ancestral Health Symposium, Harvard University.

Woosley, S. A., & Shepler, D. K. (Accepted for March 2012). The ‘possibilities’ of diverse interactions: A study of the power of contact. Symposium submitted to the 87th annual American College Personnel Association Convention, Louisville, KY.
Academic Year Calendar Information

2012
April 27 – Last meeting day for regular classes
April 30 – May 4 – Final Examination Period
May 5 – May Commencement

May 14 – University classes for Summer Semester begin
May 28 – Memorial Day, no classes
June 15 – First Summer Session Ends
June 18 – University classes for second summer session begin
July 4 – Independence Day, no classes
July 20 – Second Summer Semester ends
July 21 – July Commencement

Attention: Graduating Master’s Students!

You must apply for graduation at the Graduate School by the deadline in the semester you intend to graduate. Please see the Graduate School’s website at www.bsu.edu/gradschool for forms and more information.

For Spring 2012:
April 9 – Deadline to submit research papers, creative projects, theses, and dissertations

For Summer 2012:
June 4 – Graduation application deadline
July 9 – Deadline for research papers, creative projects, theses, and dissertations
Upcoming or Recent Conferences

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<th>American Counseling Association</th>
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<td>Annual Conference and Expo</td>
<td>Annual Conference “Be Brilliant: Celebrating ASCA’s Diamond Anniversary”</td>
<td>Annual Conference July 19-21, 2012</td>
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<td>Midwestern Psychological Association</td>
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<td>Annual Conference May 3-5, 2012 Palmer House in Chicago, IL</td>
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Student Launches Organization

Erin Sadler (1st-year, Ph.D. student) launched a new organization in January called From Where We Stand - a large scale artistic collaboration in which people can share their art/writings as a way to heal and share experiences with cancer. To learn more about the organization, visit the website at: www.fromwherewestand.org
Keep In Touch!

We are always very curious about what our current students and alumni are up to, so keep those announcements coming! The Keep In Touch Form is now online at www.bsu.edu/counselingpsychology