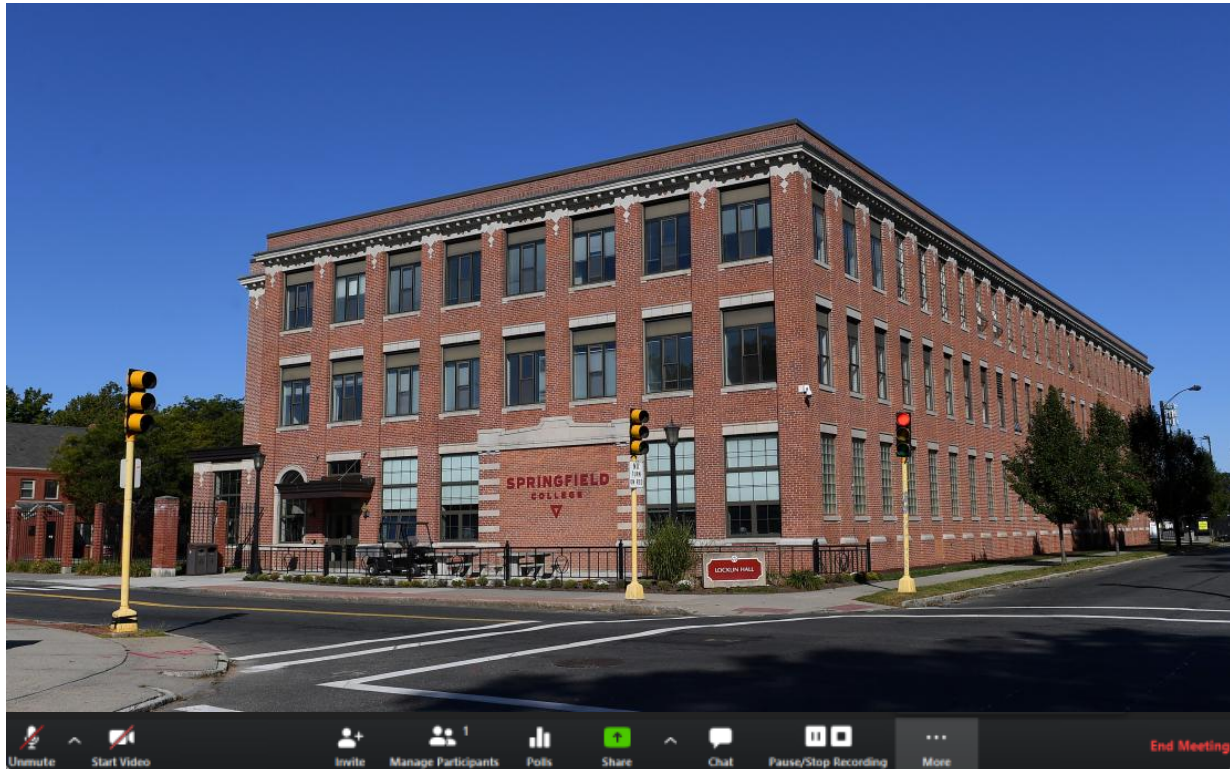


Springfield College ~ Spring 2021

# Counseling Psychology Psy.D. Program



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## *Editors*

- Dr. Scarlett Choi
- Anthony Carnevale
- Connor Croan
- Alex Lerner
- Matt Monaco

## Message from the Director, Spring 2021

*Our newsletter usually begins with a statement from the director about the state of the program. Dr. Choi would like to use this space to reflect on the psychological implications of anti-Asian hate crimes:*



### Psychological Implications of Anti-Asian Hate Crimes

On March 17th, the day after the mass shooting in Atlanta of 8 people (6 of whom were Asian American women) I sent an email to our PsyD community through the listserv:

*“It was a year ago that I sent out a director's message following the murder of George Floyd, and now these repeated hate crimes leave us with a deep feeling of sadness, anger, fear and helplessness...”*

Even after this incident, anti-Asian hate crimes are still ongoing. Within the past month there were four known attacks on Asian Americans in New York City alone: Two Asian American women were assaulted with a hammer by a stranger on the street; two older Asian American women waiting at a San Francisco bus stop were stabbed by a stranger; and in Maryland, again two older Asian women were repeatedly attacked with a cinder block at a local store. Recent studies show that anti-Asian hate crimes surged by 164% across the major U.S cities during the first quarter of 2021, and there were 3800 anti-Asian racist incidents in past years.

Some may attribute the increased anti-Asian hate crimes to the recent COVID pandemic. In fact, to the contrary, the history of hatred toward the AAPI community has been long, evidenced by all the anti-Asian laws in the early immigration history of the United States. In addition, studies in the early 2000's revealed that Asians were the least preferred racial group by



most Americans for a hypothetical candidate for the President of the United States, for a potential new neighbor, and for a potential family member by marriage. What all these findings indicate is one consistent message: “you are not American, you are not our ingroup, you don't belong here.” Therefore, the recent increase of the anti-Asian racism is only the increased manifestation of the deeply rooted animosity toward the AAPI community. As psychology says, people are likely to turn their frustration into aggression under stress (such as the pandemic), especially toward outgroup members and the least powered targets. It is noteworthy that victims of the anti-Asian hate crimes are mostly women, especially elderly women.

Despite the long history of racism, anti-Asian racism has been understated for a long time compared to other types of racism. Asians are often excluded from discussions about minority issues, and Asians' racial experiences are often invalidated. Thus, Asians are essentially both targeted and invisible at the same time. In the eyes of hatred this makes Asians an easy target *because* they are invisible. Because no one would listen to you nor stand up for you. Recall the building security guard in New York City who shut the door on watching an Asian elderly woman being brutally beaten by a random man on the street right in front of the building. This is the exact representation of what the AAPI members are experiencing in this country. People don't care Asian issues because they don't perceive AAPI members as part of their ingroup or neighbor, and they have shut their eyes to anti-Asian racism, just like the security guard shut the door upon the victim.

Asian immigration history is, however, American history. All Americans, except indigenous people, are immigrants or children of immigrants. Anti-Asian violence is, therefore, not a particular racial group's issues that are unrelated to you, but something that can happen to all of us - either as a victim or as a perpetrator even among the most well-intentioned. Certainly, the movement to end anti-Asian violence is in solidarity with, not isolated from, the efforts to dismantle the ongoing hate and systematic discrimination against all racial ethnic, cultural minority and underrepresented people who are easily categorized as outsiders, invisible, and marginalized.

Scarlett Choi, PhD

Associate Professor of Psychology

Director of Counseling Psychology PsyD Program



## References

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- Sue, D. W. & Sue, D. (2003) *Counseling the Culturally Diverse Theory and Practice* (4<sup>th</sup> Edition). Hoboken, NJ: John Wiley & Sons, Inc.

## Springfield College COVID-19 Update



*Updated relevant to President Mary-Beth Cooper's statement released on May 3<sup>rd</sup>, 2021*

With a little over a year passed since the COVID-19 pandemic first struck the United States there have been many advancements related to the virus. In a recent effort to return to normal college functioning Springfield College is hosting vaccine clinics. The clinics occurred on:

May 5<sup>th</sup> and May 6<sup>th</sup> from 11:00 AM to 5:00PM at Blake Arena

The vaccine clinic will provide students and staff with their first dose and will be able to get their second dose at a CVS of their choosing. Those fully vaccinated will no longer need to be tested weekly for COVID-19

Springfield College will require full-time on campus students and faculty to be fully vaccinated to attend on campus classes in the fall. Please do your best to follow these guidelines over the summer to get your shot(s).



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## Student Engagement Spring 2021

*2021 has proven to provide yet another semester of unforeseen advancements, events, and tragedies. The PsyD program continues to display its resolve through its student engagement.*

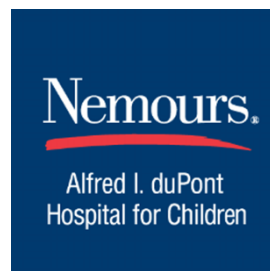
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### Internship Matches

The cream always rises to the top, they say, and Springfield has some of the creme-de-la-creme when it comes to quality students applying for internship. We wanted to offer a huge congratulations to all our student body who have put in the blood, sweat, and tears to achieve a 100% match rate for internships this year! Many other great sites were represented in placement and we are so proud of these achievements and wish only the best for our students who will be completing their internships this year. Congratulation to students Kelsi Baker, Deanna Lozyniak, Kirbi Kidd, Elena Cela, Nicholas Sitro, Emily Tyler, Natalie Léger, Sesooter Ikpah, and Joanna Dalin! Best of luck to those of you who will be applying for internships in the future, and we are sure we will be celebrating the good news of your excellent placements soon enough! A visual representation of all of the great sites students matched with this year is below. Congratulations students!



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL



## Beyond Words on Paper (BWP Project)

We wanted to shout out a collaboration happening between the students at Springfield College's own PsyD department, area public schools, and Americorps called Beyond Words on Paper (BWP). The BWP project aims to teach local adolescents mindfulness while building their interpersonal and communication skills through weekly sessions being led by some of our own! The project has been in development throughout the quarantine to help local students develop important social and life skills that they can take into all walks of life, building community leaders and strengthening everyone's self-image so their future resumes convey more than just another applicant. When we asked some of our student volunteers for their thoughts on the project, they remarked that their goals are to bring a focus on personal well-being and life skills during the years of formative education.



They also reflected on the importance of introducing coping skills and mindfulness techniques to adolescents in a preventative sense. We think it is such important work for our PsyD students, who are already doing so much in their own education and lives, and we are proud to have these generous and mindful leaders in our program. Keep an eye on the next generation of Springfield students as we're sure the BWP project is going to help them build a better tomorrow!



## Northeast Regional AASP

The Northeast Regional Association for Applied Sport Psychology conference (AASP) took place March 5-6th. NE Regional AASP is a student led, multi-program venture that brings together the Athletic Counseling, Sport and Exercise Psychology, and Counseling Psychology disciplines.

Emily Tyler and Chen Liang were the committee chairs representing the Counseling PsyD program. A wide variety of topics were presented on ranging from mental skills, approaches to injured athletes and representation within sport. Natalie Léger, a current student in the PsyD program gave an outstanding presentation on diversity within sport and moving AASP forward to fulfill the promise that sport posits in the social arena. The NE Regional AASP planning committee is always looking for new interested members to be a part of the planning and process of the conference.



## APA 2021 Programming and TAP Research Team Recognition



The Trauma and Prevention Lab (TAP) continued its work despite the challenges posed by the quarantine. 2021 saw reinvigorated efforts to complete research initiatives on campus climate, conduct focus groups for mental health within the Springfield education system, and efforts are proving fruitful with some (hush hush) potential publishing submissions on the way. New initiatives have recently started, and the TAP team could use any interested applicants for the coming year who have considered being part of a dedicated research group. The TAP lab continues to work hard at maintaining a high level of quality research and ensuring that Springfield College's own PsyD students are getting the competitive edge through contemporary, quality research.

With APA 2021 is right around the corner, Springfield College wouldn't miss it. The virtual event will be held from August 12-14 and sees professors Sally Hage and Sean DeMartino along with student presenters David Tverskoy, Chen Liang, Alexander Lerner, Kacie Heath, Charisse DeVecchio, and Mary Iellamo hosting their own symposium. The symposium entitled "It Takes a Village" will present a multilevel examination of campus community and what it takes to transform college mental health. The theoretical model has been in development through the PsyD program in conjunction with the TAP lab and will be presenting original research from the student body along with a novel new concept for mental health in higher education. Heading off the presentation will be the internationally well-known wellness scholar Isaac Prilleltensky. Join us in congratulating the hard work and dedication of our faculty and student body in gaining their acceptance and we look forward to seeing the fruit of their efforts this summer!



## Get to Know the Rising Second Years

*The first years also known as the “zoom generation of students,” have made it through their first year of classes. We missed getting to know them in the fall edition, but here they are for the Spring!*

### Hunter Soens



Hello all,  
I am from southern new jersey. Counseling psychology excites me because it is a great way to use our power and privilege to make a positive impact on the people we will be working with and systems in general. My practicum site is at University of Hartford.

### Madelyne Jeanine (MJ) Snider



Hello! I am MJ Snider; I love psychology because it's an ever-changing field with the ability to help people. In my free time I make Renaissance era costumes. My practicum site for the Fall will be working at MeetMarvin.

### David Tverskoy



Hi! My name is David Tverskoy and I am from East Greenwich Rhode Island! I am interested in developmental psychology and working with children. Something that I am excited about counseling psychology as it is the doorway to explore policy and advocacy work. For my practicum placement as of Fall 2021, I will be at Connecticut College.

## Kacie Heath



I'm Kacie and I'm from Lebanon, Connecticut. I am especially excited about my role as a counseling psychologist in-training because I can help people from a social justice lens and advocate for changes to be made wherever possible. Outside of psychology, I enjoy taking hikes with my dog and finding new restaurants to eat at. I am beyond excited to announce that I will be starting my first practicum experience at Community Services Institute.

## Alex Lerner



Hello all,  
I am a recent transplant to the east coast and to psychology. I hope to combine my background in philosophy with mental health. A fun fact about me is I live for lemon flavored desserts! My practicum site for the Fall is at Keene University.

## Connor Croan



Hello! I am from Highlands Ranch, Colorado. Counseling Psychology excites me because of its intersection with human strength, suffering, and understanding. Mental health, identity, burnout, and compassion are all topics that fascinate me in this field. My practicum site is at the Springfield College Counseling Center this fall.

## Nicole Walden



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My name is Nicole Walden and I am originally from the Seattle, WA area (Go Seahawks!). I have experience working with athletes, coaches, and teams on mental performance. I chose to pursue a degree in counseling psychology to become more competent and knowledgeable about mental health to be a better resource for individuals seeking counseling. Outside of academics you can find me looking for new hiking locations or on the hunt for the best places to eat.

## Thea Francel



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I grew up in rural Oklahoma, but ironically hate country music and cowboy hats. My practicum is at Connecticut College, and I fell in love with psychology because I love a good mystery, and nothing is more mysterious than the human mind.

## Aaron Granger



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Hello, I am Aaron Granger, and I am from Delevan, NY. My practicum for the fall will be at MeetMarvin

## Jess Powers



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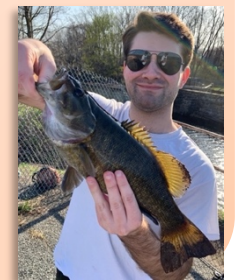
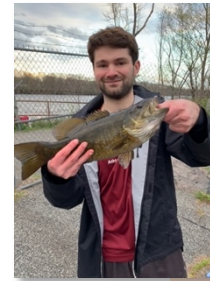
Hi! I am Jess Powers

## Good News Spotlight

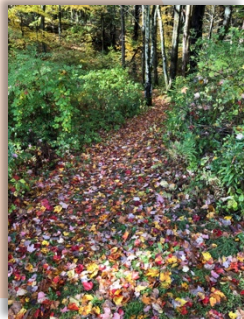
*Seeing as the pandemic, civil unrest, and other worldly news is constantly on our radars we are expanding our good news spotlight for this edition. Psychologists are people too, and here is a glimpse into what some of the students like to do outside of counseling sessions and classes.*

### Fishing

Students Matt Monaco and Charisse DeVecchio have taken advantage of some of the few nice days we have experienced recently and have gone fishing to decompress from school and practicum! Here are a few of their prized catches. Out of the two of them though it seems that Charisse is the better angler (Sorry Matt.)



### Hiking



Ever been Hawley St. In North Hampton? Or perhaps Pomeroy Meadows or Laughing Brook Wildlife Sanctuary? These were only a few of the Hiking suggestions from Dr. Sally Hage that students have gone on. Some of us students can be spotted on trails throughout Connecticut and Massachusetts, and we'll be looking for you too!

### Martial Arts

Two of our students have been pursuing Martial Arts and at a local Krav Maga dojo and other than a few bumps and bruises it's a real hit! Krav Maga is a fighting style that mixes boxing, judo, aikido, wrestling, and karate. MJ Snider and David Tverskoy are your go to fighters in the group! (for self-defense purposes)



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*Remember the semi-annual PsyD Program Town  
Hall is May 12<sup>th</sup> at 6:00 PM.*

*We hope to see you there!*

*<https://springfield.zoom.us/j/97889651625>*

Have a wonderful Summer, and we will see you in  
the Fall 2021 edition!

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