



Psychology Department Newsletter Fall 2019

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Applying to the Master's Program



DelVal's master's program in Counseling Psychology is accepting applications for Fall 2020! It's a small, cohort-based program leading to licensure as a professional counselor. Our clinical coordinator, Mr. Chris Walter, works individually with each student on practicum and internship experiences. Students can select either a track in social justice community counseling or child and adolescent counseling.

DelVal's program is accredited through MPCAC, the Masters in Psychology and Counseling Accreditation Council.

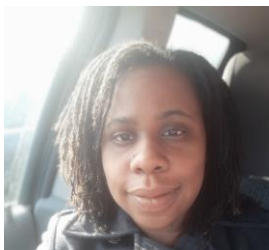
We're excited to introduce Ms. Julia Colvin, who joined DelVal in July 2019 as the Administrative Director. Colvin holds a Master's degree in Adult and Continuing Education and a Master's degree in Labor and Employment Relations. Over the past decade, Colvin has worked in various roles in higher education related to program development, project management, and financial management. When she's not at work, Colvin enjoys spending time with her children. Stop by Lasker Hall 316A to discuss the graduate counseling psychology program with Colvin; currently, applications are being accepted for Fall 2020.

Guest Lecturer: Daniel Salau Rogei

Daniel Salau Rogei, Visiting Fellow in DeVal's School of Graduate and Professional Studies, spoke with Dr. Audrey Ervin's undergraduate Multicultural Issues in Psychology class. He discussed growing up in a Southern Kenyan Maasai community, cultural traditions, and his research about indigenous cultures and the impact of globalization. It was an interactive and engaging discussion where the students learned a lot about Massai traditions and inter-group differences, consistent with the Multicultural course objectives of increasing multicultural competence.



Creative Approaches to Teaching



Ms. Tamara Monroe enjoys finding creative approaches to teaching material in the undergraduate Introduction to Psychology class. For example, during the chapter on perception and sensation, she wrote a series of stereotypes on the board with no explanation and proceeded to ask the students if the phrases would be considered stereotypes or perceptions.

During the second day of this discussion, each student was blindfolded so that their sense of sight was taken away and they were dependent on their classmates. This activity helped students determine how impactful sight is to how they perceive things.

The students realized that they stereotype and perceive people incorrectly every day. Monroe says, "I think it's important to use creative approaches in the classroom to keep students engaged. My goal is to show students that psychology is something that is used every day. It's such an amazing and exciting field!"

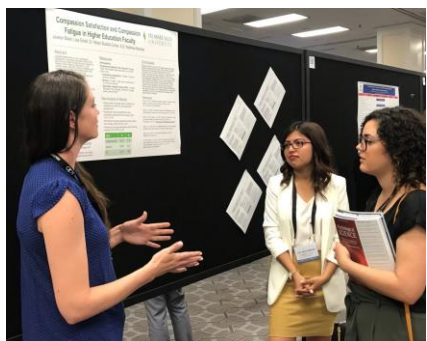
Pennsylvania Counseling Association Conference



Dr. Matthew Mutchler, associate professor, Mr. Chris Walter, graduate clinical coordinator, and Dr. Brianna Morgis, adjunct instructor, presented at the Pennsylvania Counseling Association's conference this fall. Their presentation examined the importance of graduate students integrating self-care into the practicum experience. Mutchler described how self-care is vitally important for students who face stress in graduate counseling programs, which can lead to burn-out. One class assignment required students to develop, implement, and assess a personal, semester-long self-care plan.

Many students from both the undergraduate and graduate programs were able to attend the conference as well. According to Shane Wittkop, President of DelVal's Psychology Club, "attending conferences gives students an opportunity to network and learn from experts in the field. It's a great way to learn about new research and to connect what we learn in class with the real world. PCA is an event the Psychology Club looks forward to every year!"

Association for Psychological Science Conference



This past May, undergraduate students Jocelyn Balan (Class of 2020), Lisa Schell (Class of 2019), Michael Longacre (Class of 2019), Elizabeth Warburton (Class of 2020), and Stephanie Nolan (Class of 2020) traveled with Dr. Allison Buskirk-Cohen, Chair of the Psychology Department, to Washington, DC. Students toured the nation's capital and presented their research at the professional conference for the Association for Psychological Science (APS).

The conference covers a wide range of topics and offers students the opportunity to interact with leading researchers in the field. Balan and Schell presented research on compassion satisfaction and compassion fatigue; Longacre, Warburton, and Nolan's presentation focused on burnout and self-care. "It was a truly unforgettable experience. I am grateful for Dr. Cohen's support and guidance that made it all a reality," said Balan. Balan and Buskirk-Cohen are continuing their work this spring semester with hopes of submitting an article for publication soon.

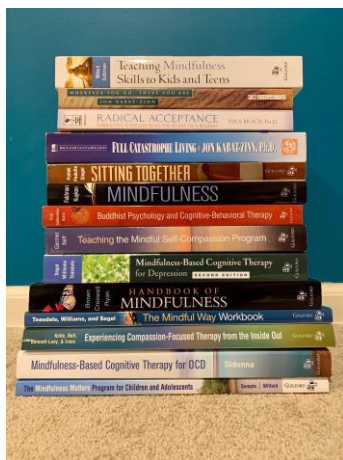
Congratulations, Dr. Mutchler!



In December 2019, Dr. Matthew Mutchler, associate professor, became an *Approved Supervisor* through the American Association for Marriage & Family Therapy (AAMFT). Interns in Couple & Family Therapy programs, as well as new professionals seeking to become Licensed Marriage & Family Therapists (LMFT) are required to engage

in supervision with AAMFT Approved Supervisors. To earn the Approved Supervisor designation, candidates must complete a 30-hour “Fundamentals of Supervision” course, write a “Philosophy of Supervision” paper, and complete 180 hours of supervision under the mentorship of an AAMFT Approved Supervisor Mentor. The credential is renewed every 5 years and requires taking a refresher course in each renewal period. Earning this credential helps Mutchler mentor DelVal GCP students through their internships.

Dr. Ervin Returns from Sabbatical



During her sabbatical in the spring of 2019, Dr. Audrey Ervin, Academic Program Director of Graduate Counseling Psychology, further explored Mindfulness - Based Interventions in Counseling. Ervin has certificates in mindfulness from Harvard and the University of Pennsylvania, and used this time to deepen her clinical skills in mindfulness-based practices in counseling. She completed over 45 hours of continuing education, advanced certificates in mindfulness-based cognitive therapy, and developed a graduate course on mindfulness-based interventions in counseling.

Ervin believes “there are many approaches to using meditation for psychological well-being; the practitioner needs to consider what approach works for whom under which circumstances.” She would like to see mindfulness practiced campus-wide in groups as it can be helpful to meditate with others. Ervin looks forward to implementing mindfulness-based activities in her undergraduate and graduate classes.