



Psychology Department Newsletter Spring 2021

MPCAC is proud to announce that DelVal's graduate program is now recognized by the Council for Higher Education Accreditation (CHEA) for a period of 7 years!

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Congratulations, Grads!

Undergraduates

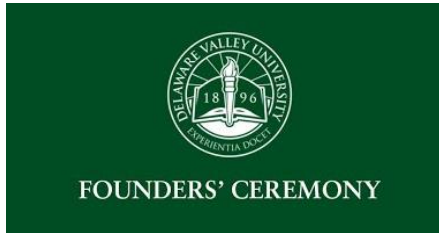
- Theodore Anya
- Amanda Ashton
- Shanna-Kay Beckford-Sterling
- Channing Beckles
- Jennifer Bell
- Kathleen Brinkos
- Ashlyne Carman
- Kayla Derstine
- Jessica Gesualdi
- Emily Gruver
- Dawson Hughes
- Jacqueline Kohl
- Kasandra Krzos
- Kamdyn Steets
- Veronica Valle
- Elizabeth Warburton
- Sarah Young

Graduates

- Brendan Barca
- Jameia Boone
- Lindsay Nicole Boyle
- Molly Jane Callaghan
- Emily Canale
- Meg Clawson
- Katherine Lynne Corcoran
- Jennifer Anne Cunnane
- Lindsey Nicole Gehman
- Molly Ling George
- Hannah Elizabeth Griffin
- Emily Hallahan
- Alyssa Horn

- Nicole Hutson
- Andrea Kirsch
- Kristen Michelle Morrison
- Genevieve Kobus
- Kiara Peralta
- Madelyn Reilly
- Victoria Schad
- Nicole E. Schultz
- Dakota Jade Sheehan
- Emily Nicole Sjogren
- Jillian Lynn Sullivan
- Alexis Viola
- Ashley Valkavitch Witynski
- Sarah R. Woods

Awards



We are so proud of all the counseling psychology students acknowledged during the virtual Founders' Day Awards. Sarah Young, an outstanding student athlete, received the Frank Wolfgang Scholar Award and was a finalist for the Founders' Award. Ashlyn Carman also was a finalist for the Founders' Award. Ezri Lutz received the Departmental

Achievement Award and many of our counseling psychology students received the University Scholars Award. The Presidential Scholars Award went to three students this year, two of which are counseling psychology students! Congratulations Veronica Valle and Richard White on your accomplishments. To all of our students, we are honored to be part of your educational journey!

The College Tour



DelVal will be featured on an episode of Amazon Prime's *The College Tour*. The series is hosted by Alex Boylan, who, in 2002, won *The Amazing Race*. Boylan has been working as a producer since then, earning several awards and an Emmy-nomination for his work on *The Steve Harvey Show*.

We're thrilled that undergraduate counseling psychology major, Sarah Young, was selected as a student to help highlight DelVal's gorgeous campus. When asked about her favorite part of the experience, Young said, "I loved meeting new people and, of course, showcasing the best of the University that has done so much for me!" Dr. Matthew Mutchler, associate professor in our department, also may appear on the episode. Along with students Sarah Young and Nikki Hartzel, he demonstrated our incredible counseling lab. We can't wait to watch the episode!

Interested in a Master's Degree?



Dr. Allison Keene is serving as the new Administrative Director of Graduate Studies within the Counseling Psychology Program! She is the point of contact for prospective students and applicants, managing the general admission process, and spreading awareness of the program and the many successes of our alumni. When considering whether to apply to graduate school, Keene reminds people that "The best investment you can ever make is in yourself!"

If you are interested in applying to the Graduate Counseling Psychology Program or would like to explore the program at DelVal, please visit: [Counseling Psychology \(M.A.\) | Delaware Valley University \(delval.edu\)](https://www.delval.edu/counseling-psychology). Any questions can be submitted through this website or by emailing Keene directly at: Allison.keene@delval.edu

Back from Sabbatical

transition from high school to college requires that students adapt to a multitude of change
lives. For many they face new physical living circumstances, and must adjust emotionally to
away from their hometown and from their families. Their social lives are disrupted and they r
gate new friendships and romantic relationships. Their own biological maturity is still progress
ey develop during this period of emerging adulthood (Steinberg 2016; Tabor-Thorn & He
r 2015). Ac
er education
et students to
are question
research show
t (e.g., Ben
kirk-Cohen & Platts in press; Freeman et al. 2007). Learner-centered education may
culturally well suited for today's emerging adults (Buskirk-Cohen et al. 2015). It specific
ids to the developmental needs of the learner, it "creates a sense of relevance for stud
enhances their engagement in the learning process" (Meyer & Rose 2013, p. 118). Stud
asked to bring their experiences, beliefs, and motivation to the classroom where they

Making Research Personal

Dr. Allison Buskirk-Cohen spent the Fall 2020 semester on a sabbatical. Her time was dedicated to research on emerging adulthood, the period of time between adolescence and adulthood. She worked on two major projects: an academic textbook that aims to provide professionals with the knowledge and skills needed to help students succeed in higher education.

The book will be published with Oxford University Press; the release is planned for spring 2021. Her other project involved working with psychology adjunct faculty member Tanya Letourneau on developing video interviews and educational resources to increase students' interest in psychological research. The project was funded through a grant from the Association for Psychological Science. All materials can be accessed for free through www.making-research-personal.info. Reflecting on the experience, Buskirk-Cohen said, "The projects were incredibly meaningful to me, as I rediscovered my passion for higher education." She brought a renewed sense of purpose back to DelVal just in time for the Spring 2021 semester to begin.

Graduate Speaker Series



On March 23rd, Dr. Jade Logan, Ph.D., ABPP, presented "When You Cut Me, I Bleed Too: The Impact of Racial Trauma on People of Color." With 60 guests in attendance via Zoom, Logan discussed the importance of historical and traumatic events that have shaped societal influences in our communities and people of color. This presentation brought awareness to the ways many individuals and families are being impacted by negative societal norms that can affect mental health including Post Traumatic Slavery Syndrome and how traumas can become ingrained in culture over time.

"Seeing the passion of Dr. Logan was absolutely amazing especially because it's something that so many people and families are suffering through. The class discussions we have been having this semester tied in so well with the discussion Dr. Logan led. Her passion and her drive to help the community is something I won't forget," commented graduate student, Rabeel Atif. DelVal strives to educate others on social justice issues, and this event helped our community discuss these important issues within our society.

Newest Member of Morgis Family



Dr. Brianna Morgis and her partner, Paul Morgis, welcomed the newest member of their family, Jack Martin Morgis, on March 26th. He arrived at 7:35pm, weighing 8 lbs. 3 oz and measuring 20 inches. Everyone is healthy and doing well! For Morgis, “the news of becoming a new mom came with a bunch of mixed emotions. I like order, organization, and preparation. And this news came amidst moving into our new home, getting a puppy, and starting my new position as a fulltime faculty member... oh, and in the middle of a global pandemic. Fast forward nine months and here we are- a happy family of three. And now the excitement and happiness completely outweigh the anxiety. The basis for my clinical work as a Marriage and

Family Therapist is grounded in family systems and attachment theories, and I'm really looking forward to applying everything I've learned (and taught) over the years to my new role as a mother.”

Anti-Semitism Events



In April, DelVal hosted two events focused on anti-Semitism, as part of the Business and Humanities *Question It/ Change It* Colloquium Series “Racism in the United States.” On the evening of April 6, members of the community came together for a virtual book discussion of *Life in a Jar: The Irena Sendler Project*. DelVal Psychology Chair, Dr. Allison Buskirk-Cohen, organized the event in partnership with The Peace Center’s, One Book-One Bucks initiative. DelVal’s Dr. Michael Stamps, Professor of English, and Dr. Craig

Stutman, Associate Professor of History, facilitated the discussion. Thirty people joined the virtual discussion. Most attendees were from Pennsylvania, including Philadelphia, Sellersville, Morrisville, Wyndmoor, and Doylestown (of course!) There also were participants from out of state, including Florida and New Jersey. The discussion lasted for two hours, covering impressions of the book, recent events, and available resources.

There was also an interactive workshop focused on understanding and challenging Antisemitism that took place on April 20 via Zoom, and was facilitated by two members of the Philadelphia Anti-Defamation League, Randi Boyette and Walter Myrick. Fifty people were registered for the event, mostly from the Bucks County area. The workshop occurred on the eve of the verdict in the murder trial of George Floyd, Jr. Participants emphasized the need to call out every action of hate- including racism and anti-Semitism. Undergraduate senior, Ashlyne Carman, said she “gained a better understanding of the hate directed towards Jewish people as well as ways in which I can act as an ally. I think it’s important for DelVal to host events like this because many people do not have adequate knowledge of the hateful acts being conducted towards specific groups of people nor the adequate resources to help. These events teach students how to recognize hate as well as how to stand up against it, so that one day we can live in a more accepting world.”

Teaching and Learning During the Pandemic



The COVID-19 pandemic has changed so many aspects of daily life, including teaching and learning. Dr. Audrey Ervin, professor and Academic Program Director of the Graduate Counseling Psychology program, has found creative ways to teach her counseling classes. Students are having fun during these times by learning how to use the emerging opportunities to learn and counsel in a new way. Online, Ervin incorporates internet platforms to engage in identification games to contemplate identity and development; video clips; and breakout rooms to practice counseling skills with observers, mock clients, and student counselors. Safety always comes first at DeVal, so students are properly spaced and masked when physically together.



In the undergraduate research methods class with Dr. Allison Buskirk-Cohen, professor and chair of the Psychology Department, students have had the opportunity to have online discussion with famous researchers. Buskirk-Cohen is thankful that Zoom allows for virtual interactions with people, regardless of distance. Students spoke with Dr. Stacey Sinclair, a professor at Princeton University, who studies prejudice. They also talked with Dr. Mihály Vöröslakos, a postdoctoral research at New York University about brain stimulation, including transcranial electrical stimulation. Finally, they conversed with Dr. Ken Rubin from the University of Maryland, an expert in child social-emotional development. Elizabeth Warburton, a senior in the class, commented that the conversations “give us a window of insight into their world that reminds us that this could be us one day. Talking to these researchers also gave us a wonderful opportunity to learn about the roles that we can play as an undergraduate in these areas of study. I feel like I have more options and hope in my ability now that we have spoken with such wonderful, down-to-earth people who have been so successful in the field!”



Zoom also offered graduate students a unique opportunity to interact with faculty from other universities. Dr. Jennifer Wade, an Assistant Professor of Religious Studies at Gwynedd Mercy University, spoke with the Psychology of Gender class. Wade discussed the history of the human skeleton, its significance in gender studies, and how it has impacted law and social change. Graduate student Nicole Eagan commented, “To see Dr. Wade, speak on these important topics that face woman past, present, and future was inspiring to say the least. I am so lucky to have had the

chance to meet with such a strong and educated woman that is fighting for all of us.”

Counseling psychology students in the graduate program faced an additional and different type of challenge in terms of their clinical practicum and internships. The structure of our program allowed for a nimble response. Many of our students began to work remotely and received Telehealth training and supervision at their sites – and experienced a quick and productive learning curve. As graduate student Katie Corcoran noted, “There are not many great things that have come from this pandemic; however, one great thing for me was utilizing telehealth at my internship site. Not only was it great for me to learn how to do therapy in this format, it also made services accessible to clients who would have never had access before. Reflecting back on my time, I am very lucky to have gotten this experience because I truly believe that it helped me grow and develop even further as a counselor.”



Dr. Matt Mutchler, the instructor for the practicum and internship seminars this semester, saw our students thriving despite the chaos in the world. “By honing their developing counseling skills during this strange and stressful time, our students are learning how to provide high quality telehealth at the same time most of their supervisors and colleagues (and professors!) are doing the same. They’ve played a role in shaping what counseling looks like during a pandemic, and this will have lasting impacts on their individual careers and on the helping professions as a whole. I’m continually impressed by their ability to thrive under these conditions.”

Our clinical coordinator, Mr. Chris Walter, emphasized, “We continue to support our students’ field placement experiences. We remind them that they are learning how to be counselors during a unique time and under unique circumstances. Training within the social, cultural, relational, and intrapersonal impacts brought about by the pandemic is shaping them in ways that are unexpected but ultimately meaningful. May a collective Philosopher’s Stone emerge from the crucible of Covid-19.”

Presentations & Publications

Our faculty and staff continue to work on professional presentations and publications, many of which are collaborative processes. Take a look below- all bolded names refer to people in the DelVal Psychology Department!

Buskirk, A.A. (2021, June). *Inspiring a sense of belonging in scientific research*. Faculty of the Future conference, Virtual.

Buskirk, A.A. (2021, May 26 – September 1). *Engaging students with research through virtual guest speakers*. Poster session presented at the 32nd Annual Convention of the Association for Psychological Science, Virtual.

Buskirk-Cohen, A.A., Balan, J., & Mutchler, M.S. (Under review). Compassion satisfaction and compassion fatigue in higher education faculty.

Buskirk-Cohen, A.A., Parker, J.G., & Nielsen, B. (Under review). Impact of maternal reasoning and coaching around jealousy on adolescents' friendship adjustment.

Duncan, T.A., & **Buskirk-Cohen, A.A.** (2021). Cautiously independent: How student-centered learning encourages emerging adults to take risks. In S. Hoidn & M. Klemencic (Eds), *Handbook of Student-Centered Learning and Instruction in Higher Education*. London: Routledge.

Ervin, A. (2021, March). *Microaggressions and racial trauma*. Lecture & learning module presented as part of the Business & Humanities colloquium series Racism in the United States, Delaware Valley University, PA.

Landry, M., Bailey, D. & **Ervin, A.** (2021). You are not an imposter: The registered dietitian nutritionist and imposter phenomenon. *Journal of Nutrition, Education and Behavior*, 000: 1-6.

Mutchler, M.S. (2020, December). *Racism & The Ecological Systems Model*. Presentation in the Delaware Valley University "Question it, Change it: Racism in America" Colloquium. Online.