



Psychology Department Newsletter Spring 2022

In this Issue

Congratulations, Grads!	1
Awards	2
Psychology Club Update	2
Truth in Relationships	3
Faculty Band Performs A-Day Celebration	3
Graduate Students at AWP Conference	4
Student Profiles.....	4
Jessica Mayo	4
Ashley Barrett	5
Kaela Stankiewicz	5
Katelyn Schwartz	5
Samantha Friend	6
Josh Elliott	6
Quazetta Alexander	7
PA Psychological Association	7
Doylestown PRIDE 2022	7

Congratulations, Grads!

Undergraduates

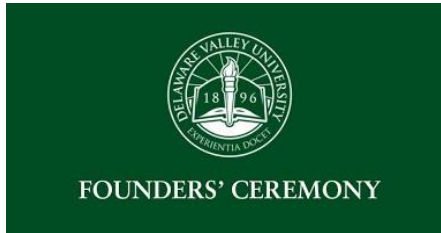
Elijah Alexander
 Dylan Chappelle
 Jennifer Cauto
 Alexandria Cozzi
 Ashley Cravo
 Bryce Dorsey
 Nicholas Fischette
 Shalena Gonzalez
 Nicole Hartzel

Giannina Lebo
 Justin Leiva
 Linda Martin
 Jessica Mayo
 Ashley Romeo
 Jessie Schulman
 Leah Sitar
 Gerald Spearing
 Olivia Webster

Graduates

Nichole Eagan
 Veronica Evans
 Samantha Friend
 Julia Hess
 Darby McGurk
 Hailey Ruegsegger
 Lisa Schell
 Alison Teter

Awards



We are so proud of all the counseling psychology students acknowledged during the virtual Founders' Day Awards. Leah Sitar, Class of 2022, was awarded both the Departmental Achievement Award and the Founders' Day Award. Lisa Schell, Cohort 7, was recognized with the Graduate Student Award. Congratulations to all!

Psychology Club Update

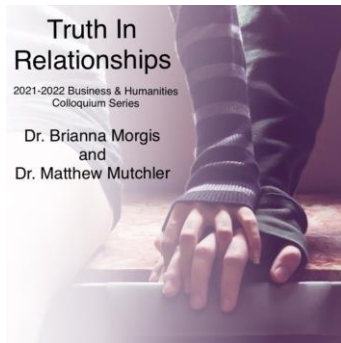


Members of the Psychology Club have devoted themselves to supporting students and the surrounding community this semester. While DelVal strives to create the academic setting to be rich in information and material, the Psychology Club has been complimenting these experiences with activities that build in other areas of academia and camaraderie such as "Color Me Mondays," where everyone colors in their own coloring book. They also have engaged in discussions about self-care and watched psychology-related videos together.

The Psychology Club also participated in DelVal's A-Day weekend, which took place April 22- 24. Members wanted to raise awareness for mental health and suicide by using their creative skills. They made yellow & green key chains to sell, donating proceeds to the American Foundation for Suicide Prevention.

Leah Sitar, club president, shared, "The Psychology Club was a good way for me to share my passion about mental health with others and the campus community. It gave me the opportunity to get more involved on campus and spread mental health awareness around the community." If you are looking to support the psychology club or are interested in being a member of the psychology club, you can contact Dr. Brianna Morgis, faculty advisor, at Brianna.Morgis@delval.edu.

Truth in Relationships



In February, during the Business & Humanities colloquium series, Dr. Matthew Mutchler and Dr. Brianna Morgis discussed “Truth in Relationships”. They addressed questions surrounding the typical challenges couples have within relationships and how to work through them effectively. Morgis and Mutchler shared information surrounding primary and secondary emotions, such as anger being a “safer” emotion to express when one is feeling hurt, rejected, or abandoned. They also talked about common areas couples and partners can get “stuck” and how to rebuild the important components of a successful

relationship.

Morgis and Mutchler based their presentation on research from empirically sound studies and wisdom from practicing within the field. It’s the process, they emphasized, that matters much more than the content of any disagreement. “The ‘truth’ doesn’t matter,” they explained to the audience. It’s how people talk to each other about their truths, disagreements, and other issues that can strengthen or weaken a relationship. They also emphasized that the current political climate makes the focus on process that much more important.

They went on to discuss how cultural identity plays a role in how one constructs truth, focusing on ways that social position affects how different people might experience the same events. It’s these experiences and responses that matter, rather than the objective truth about “what happened.” Stay tuned for future talks in the Business & Humanities colloquium series!

Faculty Band Performs A-Day Celebration



DelVal University celebrated A-Day on the weekend of April 22- April 24, 2022. The event brings together the campus community with its Bucks County neighbors for educational exhibits, entertainment, children’s activities, and fun. Faculty band, Jess and the Mansplainers, performed on Sunday morning. The band features the Psychology Department’s Dr. Matthew Mutchler on the drums. After a two-year hiatus, due to the COVID-19 pandemic, the band was thrilled to be performing again! Mutchler said, “Music is something I’ve turned to throughout the pandemic and the rest of my life as a form of self-care, and it was a great

feeling to be out playing live with my friends again. We love to perform and to bring some fun to those who listen!”

Graduate Students at AWP Conference



Counseling Psychology graduate students, Jocelyn Balan Lopez and Emily Easter, presented at the national conference for the Association of Women in Psychology (AWP) with faculty member, Dr. Audrey Ervin. The title of their presentation was, *Faith in Feminism: An Exploration of Intersecting Religions and Feminist Identities*. Their interactive discussion provided a space for feminist activists to deepen the exploration of intersecting feminist and religious identities. In thinking about her experience at the conference, Easter said, “I was challenged academically, professionally, and personally. I value my time at this conference

so much because it not only taught me what current research is saying about feminist topics, but it also challenged me to consider what those findings mean to me personally and professionally.” Balan Lopez and Easter encourage other students to participate in conferences. Balan Lopez said, “Experiencing a conference during your time at DelVal fuels your passion for the profession and helps you become a more competent professional. Networking and building relationships with a variety of professionals in the field helps you establish a greater professional identity.” Well done!

Student Profiles

The Psychology Department is so proud of all our students. We’ve selected a student to represent each class (undergraduate and graduate) and asked them to share some highlights of their DelVal experience the following profiles. Their stories are inspiring!

Jessica Mayo **Class of 2022**



“I have really enjoyed getting to know all my classmates as well as my professors. One of my favorite things about DelVal is how small the classes are. Both my classmates and my professors have been so supportive here, and are always willing to help me out, whether it is related to graduate schools, future job opportunities, or even just offering advice! My advice for other students would be to enjoy where they are at right now and to not be too hard on themselves. These four years flew by, and while I have been counting down the days to graduation, as I am getting closer, I am realizing how much I am truly going to miss about school!”

Ashley Barrett
Class of 2023



“What I enjoy most about the counseling psychology at DelVal is the authentic, genuine, and close-knit relationships among myself and my professors. These relationships have created an environment for me in which I am comfortable to learn without judgment and fear of making mistakes on my journey to becoming a future counselor. While at DelVal I have also enjoyed volunteering as a mock client for DelVal's Graduate Counseling Psychology Program. This experience has allowed me to learn the importance of the therapeutic relationship and has allowed me to gain a glimpse into what the Graduate program at DelVal is like.”

Kaela Stankiewicz
Class of 2024



“I was always interested in mental health. Further said, I wanted to expand my knowledge at a higher level that would provide me with diverse courses with amazing professors. So, I knew the counseling psychology program at DelVal was the perfect fit for me. I would advise students to never underestimate themselves and their intelligence. College is not easy but keeping faith in yourself will remind you of how far you have become and that you deserve to be here. I am looking forward to senior year and reflecting back not only on the progress that I have made over the past four years, but also my friends, peers, and the DelVal

community.”

Katelyn Schwartz
Class of 2025



“I have always had an interest in wanting to help others, and this is what inspired me to become a counseling psychology major at DelVal. Pursuing a psychology degree will enable me to learn the skills needed to help others address and work toward resolving their issues and living more fulfilling lives. The advice I would share with an incoming student is to develop a positive support system consisting of peers and staff. A new student should not feel afraid to ask their professor questions or to ask for help when needed. I have been fortunate to form friendships with students in my classes who share similar interests to mine. Through these

friendships, we were able to help support each other with class assignments and with studying for exams. “

Samantha Friend
Cohort 7 Graduate Counseling Psychology, Class of 2022



“The Cohort model of the GCP program attracted me to DelVal. Having the benefit of going through your classes with your peers provides a built-in support system for the duration of the program. My favorite part of the program so far is the overwhelming support from the professors and staff. They meet all members of the Cohort where they are at and have always been flexible. They are compassionate, understanding and see us as more than simply students. I always feel comfortable in classes regardless of format and appreciate the genuineness of all professors I have had throughout this program. My own

experience in counseling and my desire to help others inspired me to pursue this field. I’ve always wanted to join a helping profession and counseling felt like the best fit. My therapist has guided me through difficult times in my life and I hope to be able to do the same for others.”

Josh Elliott
Cohort 8 Graduate Counseling Psychology, Class of 2023



“I currently am in my practicum at the Lenape Valley Foundation, and I will do my internships there as well. The best part of my experience is the amazing support that I have gotten from everyone at LVF. They provide formal and informal supervision throughout the week, but everyone I have worked with is willing to stop what they are doing and discuss any questions and concerns I have. This support has allowed me to make a positive impact on the lives of the clients I work with. As with most people I have met in the program and in my placement, I came into this field because I wanted to help people. I spent

the first part of my life teaching, and working with people in that environment, but I have felt like there was much more that I could do. This career change has allowed me to work with people in a different way, one that I feel can be much more impactful on their lives.”

Quazetta Alexander
Cohort 9 Graduate Counseling Psychology, Class of 2024



“What attracted me to DelVal’s grad program is the smaller class sizes, which ensures I can receive all the help I may need. This was the only program that had all the classes that I was interested in, and within a reasonable program completion timeframe. What inspired me to pursue this field in counseling psychology was my desire and life’s mission to empower and uplift women and preferably minority women. I felt this program would provide me with the foundation to reach people in ways that could be life changing for the both of us. When thinking about the next year, what excites me the most is the relationships I will build, and the opportunities that I will encounter. I am extremely excited for practicum and internship.”

PA Psychological Association



Dr. Audrey Ervin, Counseling Psychology Academic Program Director and Professor, presented at the May annual meeting of the Pennsylvania Psychological Association. Ervin’s presentation was entitled, “The Ethics of Working with Non-Binary and Gender Expansive Folks.” At the conference, Ervin, "attended powerful presentations about decolonizing psychology, current ethical practices in the field, child abuse reporting, and suicide prevention. I networked with psychologists in the field connecting DelVal students with potential employment and E360 sites." Kudos, Dr. Ervin!

Doylestown PRIDE 2022



In June, Doylestown celebrated its third annual PRIDE festival. It included a week-long celebration of diverse sexual orientations and gender identities. Local organizations and businesses came together for a series of film screenings, drag brunch, block party, music day, and other various events. On June 18, DelVal hosted an informational table as part of the PRIDE Block Party. Counseling Psychology graduate students, faculty, and staff along with Dr. Tanya Casas, Dean of Business and Humanities, participated in the day’s festivities. Graduate clinical coordinator, Mr. Chris Walter, acknowledged that it was “wonderful to see all the good energy and love at the Block Party... How DelVal and our program shows up at these events contributes to getting the message of acceptance out there and helps sustain it through these very challenging times.”