WELCOME!

University of Oregon
Counseling Psychology
September 20, 2022

The University of Oregon is located on Kalapuya Ilihi, the traditional indigenous homeland of the Kalapuya people. Today, descendants are citizens of the Confederated Tribes of the Grand Ronde Community of Oregon and the Confederated Tribes of the Siletz Indians of Oregon.
Welcome to the Counseling Psychology program

We’re glad you are here!

Please share your name and a few more things:

• Who is your advisor?
• Where did you move from, and where else have you lived?
• Where do you consider “home”?
• What is something (hobby, activity, interest, history) about you that we may not know that you would like to share?
CPSY Advisors

- Krista Chronister, Professor (Vice Provost for the Division of Graduate Studies)
- Jessica Cronce, Associate Professor
- Wendy Hadley, Professor (HEDCO Clinic Director)
- Nichole Kelly, Evergreen Associate Professor
- Atika Khurana, Associate Professor
- Jean Kjellstrand, Assistant Professor
- Leslie Leve, Lorry Lokey Chair & Professor (CPHS Department Head)
- Anne Marie Mauricio, Associate Research Professor (Director of Clinical Training)
- Benedict McWhirter, Professor
- Ellen Hawley McWhirter, Ann Swindells Professor (CPHS Assoc Dept Head Fac Dev)
- Emily Tanner-Smith, Thomson Professor
- Beth Stormshak, Knight Chair & Professor
- Jeff Todahl, Associate Professor (Couples & Family Therapy Program Director)
Overview

- UO and College of Ed
- CPHS Department
- CPSY Program
  - Awesome things
  - Culture
  - Expectations
- SALA
- Curriculum
  - Including Fall term coursework
Scientist-Practitioners in the Counseling Psychology and Human Services Department in the College of Education are committed to community-based research and scholarship focused on improving prevention and intervention practice for children, youth, adults, and families. We are committed to training socially-aware and multiculturally competent researchers and interventionists who, in partnership with their communities, promote social justice, engage in systems change, enhance individual and family well-being through evidence-based practice, and apply behavioral science toward resolving human problems.
COE Counseling Psychology & Human Services Department (CPHS)
Leslie Leve, Department Head; Ellen McWhirter, Assoc Dept Head for Faculty Dev

Counseling Psychology (CPSY) PhD

Director of Clinical Training:
Anne Marie Mauricio

Faculty:
Krista Chronister
Jessica Cronce
Wendy Hadley
Kate Hails*
Nichole Kelly
Atika Khurana
Jean Kjellstrand
Leslie Leve
Anne Marie Mauricio
Benedict McWhirter
Ellen Hawley McWhirter
Brianna Mintz*
Geovanna Rodriguez*
Beth Stormshak
Emily Tanner-Smith
Emily Walden*
Ben Wood*

Couples & Family Therapy (CFT) MS

Program Director:
Jeff Todahl

Clinic Director:
Tiffany Brown

Faculty:
Tiffany Brown
Jean Kjellstrand
Brianna Mintz*
Jeff Todahl

Prevention Science (PREV) PhD, MS, MEd

Grad Programs Co-Directors:
Nicole Giuliani
Nichole Kelly

Faculty:
Elizabeth Budd
Krista Chronister
Jessica Cronce
Dave DeGarmo
Jen Doty
Nicole Giuliani
Wendy Hadley
Nichole Kelly
Jean Kjellstrand
Leslie Leve
Benedict McWhirter
Ellen Hawley McWhirter
Chris Murray
John Seeley
Beth Stormshak
Emily Tanner-Smith

Family & Human Services (FHS) BA, BS, BEd

Program Director:
Chair of Undergraduate Council
Benedict McWhirter
Team: Kristen, Emma, Christina

Faculty:
Elizabeth Budd
Krista Chronister
Jessica Cronce
Dave DeGarmo
Jen Doty
Nicole Giuliani
Wendy Hadley
Nichole Kelly
Atika Khurana
Jean Kjellstrand
Leslie Leve
Sheila Lopez*
Benedict McWhirter
Ellen Hawley McWhirter
Chris Murray
Rhonda Nese
Rachel Rochester*
John Seeley
Beth Stormshak
Emily Tanner-Smith
Karrie Walters
Numerous COE Graduate Employees

Spanish Language Research and Practice Specialization
(serves CPSY, CFT, SPSY, PREV)
Non-degree specialization
Specialization Coordinator: Ellen Hawley McWhirter
UO Counseling Psychology

- CPSY is a Top 4 Doctoral Program at UO
  - Research productivity
  - Grant funding
  - Number and quality of students
  - Diversity of students

- APA-Accreditation through 2028

- Internship match rate for those who participate in the match:
  - 2011-2016: 97.5% (39/40)
  - 2017-2022: 100% (40/40)
Program Features & Assets

- Cutting edge science contributing to design, delivery and evaluation of informed interventions with children, youth, adults, and families
- Diverse UO Research Institutes and Graduate Programs Prevention Science Institute and Prevention Science graduate programs enrich training experiences and opportunities
- Faculty grant-funded research provides excellent research and clinical opportunities
- Clinical training with adults AND children & families
- Option for Specialization in serving Spanish-speaking individuals and families
- Infusion of multicultural competencies and commitment to social justice
CPSY was very well represented!
Program Culture

• Science and scholarship define Ph.D. degrees.
  – Distinct from Psy.D. programs or scholar-practitioner training models
• Research and practice are integrated for socially responsible purposes (community well-being, social justice, equity)
• Community-based research and practice
• Move beyond dichotomies
• Continuous reflection, feedback, growth
  – Tolerance for ambiguity, not knowing, being vulnerable, taking risks
Program Expectations: Program Progression

• Stay Informed and Up-to-Date
  – Read the CPSY Handbook, refer to it often!
  – Check CPSY Student Blog site for documents and other info
  – https://cpsy.uoregon.edu/

• Class Attendance
  – Attend every class, and notify when absent
  – Classes are a part of your professional environment
    • It is important to be respectful of peers and instructors by being present during in-person, remote, and hybrid classes and meetings
  – Communicate with your instructors and provide advance notice when planning to be absent or making requests that fall outside stated course guidelines
  – Plan your time well, so that you can check email, social media, texts, web-surf, and make phone calls before or after, but not during, classes and meetings
Program Expectations: Professional Affiliations

- **American Psychological Association (APA) and the Society of Counseling Psychology (SCP/Division 17)**
  - You are required to join APA and Division 17 as a student affiliate
  - Sections of SCP include Vocational Psych, Ethnic & Racial Diversity, Women, Positive Psychology, Health Psychology, etc.
  - Other Divisions of APA include Family, Women, Ethnic & Racial Diversity, International, etc.
  - Visit [www.apa.org](http://www.apa.org) and [www.apa.org/about/division/div17.html](http://www.apa.org/about/division/div17.html)

- **Other Professional Associations**
  - Check with your advisor about professional affiliations that may be best suited to your research interests. These are just a few:
    - Asian American Psychological Association (AAPA)
    - National Latinx Psychological Association (NLPA)
    - Society for Research in Child Development (SRCD)
    - Society for Research on Adolescence (SRA)
    - Society for Prevention Research (SPR)
Program Expectations: Advising

• Your relationship with your faculty advisor is one of the most important relationships you will develop during your doctoral training.

• Their job is to support and help guide you through your doctoral training but, like you, they will be busy and it’s important to be respectful of their time.

• When scheduling meeting with advisors, as well as other colleagues and supervisors:
  – **Be informed:** Before meeting, gather the information that can be easily found online or in your program materials
  – **Have goals** or an agenda for each meeting and bring relevant materials
  – **Take notes** during meetings, so that you don’t ask the same questions multiple times

• Your advisors will not have all the answers. Identify their strengths and make the most of the resources they can provide.
Program Expectations: Professionalism

• **Communication & Participation**
  – Check UO email **daily** and respond in a timely fashion
  – Show up and participate at CPSY, COE, and other UO events, e.g., faculty colloquia, workshops, subcommittees, etc.

• **Engage in the Feedback Process**
  – Actively seek and integrate feedback from your advisor, GE supervisors, clinical supervisors, and peers
  – When problems arise, **and they will**: (1) Identify your needs; (2) Seek consultations from administrators, faculty, and peers; (3) Be willing to provide constructive feedback; and (4) Stay open to receiving feedback and adjusting expectations

• **Graduate Employee (GE) Positions**
  – Your GE is not a “given” and performance and professional expectations are high
  – GE is separate from the academic (student) role – it’s employment
  – Be available during the time period of your GE contract; trainings and meetings are frequently scheduled during that time period
Student Groups

COE Groups
• Students of Underrepresented Racial, Cultural and Ethnic Groups (SOURCE)
• Dean’s Student Advisory Board
• UO Alliance of Graduate Students for Diversity
• AccessABILITY Student Union
• Rehearsals for Life
• SALA
• LEAD

Campus Groups
• Academic (13)
• Cultural (11)
• Departmental (13)
• Environmental Organizations (7)
• Faith-Based/Religious (4)
• Graduate/Law (24)
• International (4)
• LGBTQA (4)
• Media (10)
• Multicultural (19)
• Other (29)
• Performing (10)
• Political (11)
• Professional (18)
• Recreational (8)
• Residence Halls (1)
• Service Learning (7)
• Student Government (6)
Welcome, First-Year Cohort!

We are your co-facilitators for SALA, or the Student Advocacy and Leadership Association.

- Our mission is to provide **support, advocacy, and leadership opportunities** for CPSY students.
- We strive to create and maintain a **collaborative environment** for students to explore and address the concerns that affect our education and educational environment.
- Additionally, **representation** is a crucial element of this organization, which brings us to y’all!
- We are **looking for a first-year rep** to serve on the board and provide insight into how we can best support the first-year cohort. Please discuss and elect a representative (or two) and get back to us by the end of this week. Please reach out to us with questions: Frank fmojekwu@uoregon.edu or Michelle mmendoza2@uoregon.edu
2022-2023 Student Advocacy and Leadership Association (SALA) Executive Board

Michelle Mendoza  
Co-Facilitator

Frank Mojekwu  
Co-Facilitator & Treasurer

Kelly Jean Doty  
CPSY Community Co-Chair

Reid Thompson Cañas  
CPSY Community Co-Chair

Angela Allmendinger  
Faculty Representative

To Be Confirmed:  
Historian/Record Keeper

First Year Rep

Second Year Rep

Aaron Honn  
Third Year Rep

Reid Thompson Cañas  
Fourth Year Rep

Jordan Matulis  
Fifth Year Rep

Robyn Metcalfe  
Sixth Year Rep
Bottom line for today:
You will leave here with far more than a Ph.D.!
Curriculum Planning
UNIVERSITY OF OREGON
SPANISH LANGUAGE
PSYCHOLOGICAL SERVICES AND
RESEARCH SPECIALIZATION

FOR COUNSELING PSYCHOLOGY, SCHOOL PSYCHOLOGY,
AND COUPLE & FAMILY THERAPY STUDENTS

https://education.uoregon.edu/cpsy/slpsr
**Goals:**

- Produce mental health professionals competent to provide mental health services and/or engage in research with Spanish speaking communities
- Provide opportunities to increase knowledge and competencies for working with Latino and Spanish-speaking populations as clinicians and researchers

**Structure/Requirements of Specialization:**

- 16 course credits, including some courses already required by your programs
- Collaborative efforts to work with Spanish speaking clients in your existing sites
- 20 hours of other documented experiences that foster knowledge and experience with Latino and Spanish speaking communities
Eligibility

- Enrolled in Counseling Psychology, Couples & Family Therapy, or School Psychology program
- Minimum graduate school GPA of 3.0, performing well in pre-clinical or clinical work to date
- Pre-existing fundamental competencies in speaking Spanish, and
- Advisor approval

Steps

1. Read website carefully:
2. Talk to your advisor, submit application materials to director (Ellen McWhirter)
3. Upon Specialization Director approval, submit Declaration to Graduate School
4. In the meantime, take the classes & keep track of your learning experiences!
<table>
<thead>
<tr>
<th>Title</th>
<th>Term Offered</th>
<th>CREDITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPSY 612 Professional Ethics</td>
<td>Annual, fall</td>
<td>3</td>
</tr>
<tr>
<td>CPSY 615 Counseling Diverse Populations</td>
<td>Annual, winter</td>
<td>3</td>
</tr>
<tr>
<td>CPSY 626 Psychological Services for Latinx Pops</td>
<td>Annual, fall</td>
<td>3</td>
</tr>
<tr>
<td>CPSY 608 Topics in Latinx Mental Health</td>
<td>Annual, spring</td>
<td>3</td>
</tr>
<tr>
<td>CPSY 609 Practicum: Bilingual Supervision (1 credit for 3 terms)</td>
<td>Annual; fall, winter, and spring</td>
<td>3</td>
</tr>
<tr>
<td>CPSY / CFT / SPSY 609 Practicum or Externship (In student’s major, clinical work with Spanish-speaking clients)</td>
<td>Annual, offered through your home program</td>
<td>1</td>
</tr>
</tbody>
</table>

TOTAL CREDITS: 16
To build your clinical Spanish vocabulary, enroll in the 1 credit CPSY 609 Bilingual Supervision course (pre-requisite: Ethics).

Everyone in the room is continuously learning from each other. Leave pride at the door and ¡Échale fuerza!

Direct questions about assessing your Spanish competency to Ellen McWhirter (ellenmcw@uoregon.edu)
<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>CPSY 601</td>
<td>Doctoral Research Seminar</td>
</tr>
<tr>
<td>CPSY 611</td>
<td>Counseling Skills</td>
</tr>
<tr>
<td>CPSY 612</td>
<td>Professional Ethics</td>
</tr>
<tr>
<td>CPSY 613</td>
<td>Introduction to Counseling Psychology as a Discipline</td>
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<tr>
<td>EDUC 612</td>
<td>Social Science Research Design</td>
</tr>
<tr>
<td>EDUC 610L</td>
<td>Introduction to Data Analysis in Education and Social Services</td>
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</tbody>
</table>
Fall Classes- Master’s Entry

If Enrolling in Adult Practicum:

**CPSY 613:** Intro to Counseling Psychology as a Discipline

**CPSY 690:** Adult Practicum

**EDUC 610L:** Intro to Data Analysis in Education and Social Services

**EDUC 612:** Social Science Research Design

**CPSY 601:** Doctoral Research

Alternative Options if course(s) can be waived

More research credits and/or:

**CPSY 626:** Psych Services Latinx

**PREV 631:** Intro to Prev. Sci.

**CFT 625:** Violence, Trauma, and Healing

**SPED 626:** Grant Writing

*Check with advisor since these are not required courses*
# First Year Bachelor’s admits

<table>
<thead>
<tr>
<th>FALL (16 credits total)</th>
<th>WINTER (16 credits total)</th>
<th>SPRING (16 credits total)</th>
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<tr>
<td><strong>CPSY 601</strong>: Doctoral Research Seminar</td>
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<tr>
<td><strong>CPSY 611</strong>: Counseling Skills</td>
<td><strong>CPSY 614</strong>: Theories of Counseling</td>
<td><strong>CPSY 617</strong>: Theories of Career Dev.</td>
</tr>
<tr>
<td><strong>CPSY 612</strong>: Professional Ethics</td>
<td><strong>CPSY 615</strong>: Counseling Diverse Populations</td>
<td><strong>CPSY 618</strong>: Group Dynamics &amp; Counseling</td>
</tr>
<tr>
<td><strong>CPSY 613</strong>: Introduction to Counseling Psych as a Discipline</td>
<td><strong>CFT 620</strong>: Mental Health &amp; Diagnosis</td>
<td><strong>CPSY 621</strong>: Lifespan Developmental Psychology (or year 2)</td>
</tr>
<tr>
<td><strong>EDUC 612</strong>: Soc. Sci. Research Design</td>
<td><strong>EDUC 610L</strong>: General Linear Model I</td>
<td><strong>CFT 640</strong>: Beginning Practicum</td>
</tr>
<tr>
<td><strong>EDUC 610L</strong>: Introduction to Data Analysis in Education and Social Services</td>
<td></td>
<td><strong>EDUC 610L</strong>: General Linear Model II</td>
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# First year for Master’s admits

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</tr>
<tr>
<td><strong>CPSY 690</strong>: Adult Practicum</td>
<td><strong>CPSY 615</strong>: Counseling Diverse Populations</td>
<td><strong>SPSY 651 /or 652</strong>: Cognitive-Affective /or Bio Aspects of Behav.</td>
</tr>
<tr>
<td><strong>CPSY 612</strong>: Professional Ethics</td>
<td><strong>CFT 620</strong>: Mental Health &amp; Diagnosis</td>
<td><strong>SPSY 672</strong>: Intellectual Assessment</td>
</tr>
<tr>
<td><strong>CPSY 613</strong>: Introduction to Counseling Psych as a Discipline</td>
<td><strong>SPSY 651 /or 652</strong>: Cognitive-Affective /or Bio Aspects of Behav.</td>
<td><strong>CPSY 618</strong>: Group Dynamics &amp; Counseling (if needed)</td>
</tr>
<tr>
<td><strong>EDUC 612</strong>: Soc. Sci. Research Design</td>
<td><strong>EDUC 610L</strong>: General Linear Model I</td>
<td><strong>CPSY 621</strong>: Lifespan Developmental Psych (or in Year 2)</td>
</tr>
<tr>
<td><strong>EDUC 610L</strong>: Intro to Data Analysis in Education and Social Services</td>
<td></td>
<td><strong>EDUC 610L</strong>: General Linear Model II</td>
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</table>
Review Handbook

Go to Student Blog
Program Information Page:

https://cpsy.uoregon.edu/course-information/
What to do when you have questions

You have many resources – use these in order:

1. Check your handbook
2. Ask your assigned CPSY 3rd year student mentor
3. Email cpsy@uoregon.edu (CPSY Academic Program Coordinator (APC), Danette Roberson)
4. Bring questions to your friday doc sem
5. Attend the office hours of the CPSY program coordination GE (luew@uoregon.edu)
6. Email your advisor or attend their office hours

If you still don't have the answer to your question:

1. If related to externship, practica, or internship, contact the DCT (amariem@uoregon.edu)
2. If a department-wide topic, email Department Head (leve@uoregon.edu)
QUESTIONS??