Congratulations to the 2012-2013 intern class!!

- Tina Hoffman
  University of Missouri at Columbia Counseling Center
- Jerrod Koon
  University of Tennessee at Knoxville Counseling Center
- Sharon Lee
  University of Maryland at College Park Counseling Center
- Rebecca Stinson
  VA Medical Center-Minneapolis, Minnesota

This issue of the newsletter marks the end of the academic year. Since the last issue, we completed our self-study for our upcoming accreditation site visit in the Fall. The data from the alumni and student surveys show people are very satisfied with the program and their education. Another demonstration of knowledge in the foundations of psychological science comes from the Association of State and Provincial Psychology Boards (ASPBB). First, those students from our program who took the licensing examination all passed (100% passing rate). Additionally, for 2010 (the last reporting date and available data), the percent correct suggests a strong knowledge of psychology. In the Biological Bases of Behavior, the students from the counseling psychology program had 78% correct; in Cognitive-Affective Bases of Behavior, 79% correct; in Social and Multicultural Bases of Behavior, 81% correct; in Growth and Lifespan Development, 81% correct; Assessment and Diagnosis, 78% correct; Treatment and Intervention, 82% correct; Research Methods, 79% correct, and Ethical/Legal and Professional Issues, 84% correct. Overall, our graduates do very well in the licensing examination and pass with very good margins.

For the Fall, we look forward to inducting a new group of 8 students. We had another successful year for admissions with over 70 applications. These new students are diverse and come to us from all over the United States.

Also, students have been busy preparing to leave for internship. We had another successful year placing students into internship. More and more the market for internship is competitive, but due to our highly qualified students and their preparation from Betsy Altmaier, students have found strong APA accredited internships. The students leaving for internship are: Tina Hoffman will be leaving for the University of Missouri at Columbia Counseling Center; Jerrod Koon will be leaving for the University of Tennessee at Knoxville Counseling Center; Sharon Lee will be leaving for the University of Maryland at College Park Counseling Center; and Rebecca Stinson will be leaving for the Veterans Administration Medical Center in Minneapolis, Minnesota. We wish them well on their new year of internship.

Related to the qualifications of our current students, many students are getting external training and education from workshops, training institutes, and national conferences. The program has a little money to support student travel. If you are interested in supporting student travel, as alumni, you may donate monies to the program through the University of Iowa Foundation. If you have questions on this, feel free to send me an email and I can provide you information. Any amount helps our students to defray costs associated with their additional training and education.

I look forward to keeping you posted on the status of the program. But please feel free to contact me with any questions.
[Selected Publications & Presentations]

Publications:


Presentations:

- Westefeld, J. S. (2012, April). "Suicide". Presentation at annual meeting of Great Lakes Counseling Psychology Conference, Purdue University, West Lafayette, IN.

[Recent Awards]

Awards:

- Munni Deb: Received the Margaret P. Benson Memorial Scholarship at the Celebration of Excellence and Achievement Among Women
[Recent Happenings]

Munni Deb at the 29th Annual Cultural Psych. Winter Roundtable

2012 CP Squared Cultural Potluck

Mollie Burke presenting at the Spring 2012 IPA Conference

CPers take part in 2012 CP Social Service Event

Angel Cheng, Lauren Levy, Steve Hayes, and Wendy Rasmussen at the 2012 Acceptance and Commitment in Psychotherapy Conference

Faculty well represented at 2012 CP Squared Potluck
The aim of the MCSJ discussion group is to provide students an opportunity to share clinical, research, and social justice based experiences related to multicultural issues or populations.

What makes this group different for other multicultural or diversity groups? It focuses on the core tenants and distinguishing aspects of counseling psychology, and provides a safe space for students to confidentially share past or anticipated future experiences. Additionally, the MCSJ discussion group intends to ignite participant’s interest in social justice or community based interventions, through mutual sharing.

Tentative Fall 2012 Schedule:

September 5, 2012 at 5:30 – 7 pm
September 26, 2012 at 5:30 – 7 pm
October 17, 2012 at 5:30 – 7 pm
November 14, 2012 at 5:30 – 7 pm

All meetings will take place in Jones Commons Lindquist Center. Reminder emails will be sent to the list serve, one week prior to each meeting.

Looking forward to seeing you there!

Please contact Domonique Casper with any questions (domonique-casper@uiowa.edu).

Attn Alumni:
Please contact William Liu if you have changed addresses and/or jobs since graduating.
William-Liu@uiowa.edu
Each edition of the newsletter will highlight selected alumni who practice in a common setting. This edition features alumni who have worked within the business field.

[Alumni Spotlight – Andrea Wieland]

A lifetime entrepreneur, my first endeavors started with polishing brass candlesticks for $0.50 a stick, and mowing lawns as a kid. At 18, I began receiving requests to coach goalkeepers at various summer field hockey camps. By age 21, after an internship with Carole Harder in Cedar Rapids, an exceptional professional speaker in personal development, I started to offer motivational/personal development speaking for the campers that the directors, coaches and campers seem to really appreciate. At age 24, I incorporated my first company, Winning Systems, Inc., and I have never looked back!

The persistence required to become an Olympian and earn a Ph.D. from UI’s rigorous program has shaped my career path in significant ways. The successes and hardship have proved invaluable about how to focus your heart and mind on what you are intending to create, how to stay upbeat and optimistic in spite of setbacks, and making sure you are having fun and enjoying the journey (or what’s the point?!).

Winning Systems, Inc. started as a seminar company to build teams and leadership, typically within the sporting context. I traveled to consult with many Division I colleges to help their athletic teams develop the mental skills and teaming behaviors necessary to win, while helping coaches with the most effective way to communicate to optimize performance. Now, Winning Systems, Inc., serves as the holding company for the other companies that I develop.

The Counseling Psychology program at Iowa was a perfect fit for my life’s mission: eliminate unnecessary suffering and ignite permanent well-being. Throughout graduate school, I continued to provide seminars and presentations through Winning Systems. For 5 of those years, I started and directed my own field hockey camps, The Winner’s Circle Camps. My camp’s marketing differentials were to offer campers the opportunity to be coached by top coaches, my Olympic teammates and international players, and learn leadership skills and teaming behaviors, not just the skills of the sport.

During graduate school, it became obvious that an M.B.A. would not only serve to further enhance my counseling psychology degree when consulting with others on their businesses, it would also help me optimize my own business. Upon graduating, I started to get very serious about developing a multidisciplinary performance and health center, a 15 year vision I had as an undergraduate. The center was inspired by my father, a psychiatrist, who opened the Emotional Wellness Center in Atlanta when I was in high school.

In 2006, with the help of investors, I launched and led the International Center for Performance & Health (ICPH) whose flagship product was branded The 360 Advantage. This comprehensive executive assessment and coaching program featured an integrated, team-based approach and full assessments in medical, physical therapy, exercise physiology, nutrition, psychology, personal training and massage services. Ancillary services included group classes in yoga, indoor cycling and total body training. The penthouse facility offered 360 views of the entire front range in Denver, high-end testing and training equipment, while our highly credentialed, degreed and experienced staff provided extensive consultation, feedback and coaching.

With the fall of the economy in 2008, we were forced to close our doors in 2009, which freed me up to develop E1Fit.com (Every1Fit, LLC), an online, comprehensive training plans company for athletes and "everyday life athletes". The 4, 8 and 12 week plans include daily emails and an online tracking system for nutritional, mental and physical training behaviors. I have never strayed from my love for coaching others how to bring out the best in themselves.