[Greetings From The Program Director – William Ming Liu]

Hello Counseling Psychology community at Iowa,

As we end the fall semester, I can say we had a very successful site visit. For our part, the site visitors were impressed with our academic program and our students. They all remarked, at the end of their visit in early November, how well the students participated in all of the meetings. Students and faculty provided them with an honest and thoughtful review of the program. At this point, the faculty will respond to the site visitors’ assessment of the program and all of the materials are turned over to the Committee on Accreditation (CoA). CoA will then review the reports and render a decision in Spring 2013. I will be able to tell you more about the final outcome of the accreditation process.

Early in January and February 2013, we will be starting again the admissions process. It is hard to imagine that a year has passed by already but here we are reviewing applications and inviting them to our open house days. This year, our open house visit days will be in early February. At present, our applicant pool will likely be around 100. Our program is among a handful of programs on campus which receive this many applications. We have always been fortunate that we have so many applicants, that we can invite so many to visit us, and that we have a strong diverse pool of candidates to invite to our program each fall. We anticipate another strong year and we look forward to our upcoming admissions process.

Simultaneous to our admissions is the internship process. Currently we have seven students in the internship process; all of whom are exceptional candidates for internship and who have applied nationally to Veterans Administration hospitals, counseling centers, consortia, and hospitals, to name a few. We wish them well during their interview process. We will know the results of the internship match in February 2013 and we will post the results on our website.

Also for our alumni, please feel free to contact me directly with any updates and changes, life and career highlights, and with anything you would like to share with our current students and alumni. Please contact me at william-liu@uiowa.edu. The faculty wishes you all well for the holidays, safe travels, and restful and fulfilling breaks.

Sincerely,

Will
[Selected Publications & Presentations]

Select Publications:


Select Presentations:


[Upcoming Events]

2013 Open House and Interviews
- **Dates:** Monday, February 4 & Friday, February 8
- **Location:** Jones Commons, Lindquist Center

Annual Social Service Committee Backward Bowling event
- **Date:** TBA

Iowa Psychological Association Spring Conference
- **Date:** April 19-20, 2013
- **Location:** Renaissance Savery-Des Moines, Iowa

[Comments or Questions]

Contact Us:
CP Newsletter Committee
361 Lindquist Center
319.335.5578
Ryan-Pittsinger@uiowa.edu
Marcus-Alt@uiowa.edu
Mollie-Burke@uiowa.edu

[Division 17 Military Special Interest Group]

The Special Interest Group on Military Issues is being developed to address issues related to working with military populations. The group intends to provide networking opportunities and professional support for practicing clinicians and bring together those interested in collaborating on research. Additionally, we hope to update members on legislation and policy relevant to this area, as well as any newsworthy events.

Please contact Wendy at wrasmussen@iowa.uiowa.edu if interested.
[Happenings]

1st year students at the 2012 CP fall picnic and 1st year pinning ceremony

[CP Students’ Military Involvement]

In June 2011, fourth year student, Joanna Wiese was selected for the USAF Health Professions Scholarship Program (HPSP) and commissioned as a 2nd Lt in the USAF. She will likely be attending Commissioned Officer Training in June and then completing internship at one of three USAF sites. After completing internship she will serve three years active duty at the rank of Captain.

In June 2012, third year student, Wendy Rasmussen, was selected for the Navy's HPSP, and commissioned as an Ensign in the US Navy Reserve over the summer. She will be interning (and superceding to LT) in 2015-2016 at the Naval Medical Center, Portsmouth, VA. She will be then serving three years active duty.
Project HOPE (Healthcare Occupations Preparation and Exploration) is a career exploration program to help early adolescent students explore their own interests, learn about health care careers, and better understand how they can achieve their career goals. Project HOPE is currently in its fourth year of implementation, and consists of a five-session program modeled after the scientific method as well as simulation experiences at various healthcare-related sites at the University of Iowa. Overall, the goal of the program is to get students thinking about what the career options are in the healthcare fields, what they would have to do to pursue one of those careers, and who they can ask for help if they experience difficulties along the way.

The program is run by Dr. Saba Ali and a research team made up of several counseling psychology and college of education students. It was recently chosen as one of twelve STEM (Science, Technology, Engineering, and Math) programs that are funded by the Governor’s STEM scale up initiative to serve Iowa schools. Because of this, the 2012-2013 school year will serve six programs, including middle school classes and after school programs.

[How to Donate to the Counseling Psychology Program]

For more information about how you can give designated gifts to benefit the UI Counseling Psychology doctoral program, please contact Debbie Green at deborah-green@uiowa.edu or reference http://www.education.uiowa.edu/alumni/gift_opportunities/.

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 in private practice.

[Alumni Spotlight – Michele Greiner]

While there are certainly more distinguished alumni to showcase in this newsletter, I am happy to oblige the request to share my journey since graduating in 1990 from the Counseling Psychology program. I suspect many aspects of being a graduate student have changed since my tenure in the 1980’s, due in large part to the advancements in technology. Consider that literature searches then were conducted by thumbing through indexes, finding the journal on the shelf in the psychology library and photocopying the article. I shudder to think about how many coins I fed into the copying machines in those days! However, my recent interactions with the CP program show me that many important aspects of the program have not changed. As was the case then, and I believe now, the program’s superb faculty is dedicated to developing knowledgeable, ethical, and culturally competent psychologists. What a great program to have graduated from!

After obtaining my degree in August of 1990, I needed to complete postdoctoral supervision of my clinical work in order to be licensed and certified as a health service provider. I was fortunate to accomplish this work at Psychological Consultants; a practice in Cedar Rapids (IA) operated by CP faculty member Dr. Carl Davis and CP alum Dr. Karen Pirnot. At that time, services rendered under the supervision of a licensed and credentialed supervisor were reimbursed for by insurers, making the hiring of postdocs economically feasible. I will always be grateful for the clinical and business of practice experience I gained there and for the respect that was shown me, a lowly postdoc. In part, because of that experience, I have a significant interest in training and respect for trainees.

Licensure/HSP certification and the birth of my first child occurred within months of each other. The bouncing baby boy took precedence over my career for a while until I began work as the chief psychologist on a fledgling inpatient mental health unit. Working with the mental health team and hospital administration to start the unit was exciting. The assessment skills I had acquired in graduate training, as well as skills acquired through inpatient practica sites, were of significant value now. In graduate school I never predicted that I would someday work on an inpatient unit. When I make presentations to students now, I stress that diversity in graduate school experiences is critically important. Investment advisors encourage diversity in a stock portfolio to protect a client’s assets. Just like in a stock portfolio, diverse training experiences will protect your career no matter what twists and turns it may take.

My career took another turn as my second child arrived and once again I took a break from practicing psychology. I later returned to practice with CP alum, Dr. Miriam Meyer at Psychological Services in Washington, Iowa. I began working in her rural office shortly after a devastating tornado had torn through the community and as local National Guard units were being mobilized. Just as I never thought I would work on an inpatient unit, I never had much interest in disaster, trauma or grief issues when I was in training. Yet, these themes characterized a sizable share of my client load at Psychological Services and at my next rural practice site. A reality of my practice in rural Iowa is that I am frequently challenged to weigh carefully my areas of professional competency vis a vis the needs of persons seeking my services. After many years of rural practice and seeing how people just go without treatment if they can’t receive it locally, I am better at weighing the competency versus access to services dilemma and making a decision on whether I can ethically offer services. My involvement with the Iowa Psychological Association (IPA) has been invaluable to me as I’ve wrestled with these and other professional issues. Being part of the Association has given me opportunities to consult with and learn from many wise psychologists with diverse areas of expertise.
In addition, IPA has given me the opportunity to engage in one of my areas of interest—training. As the current Training Development Director, I collaborate with sites in Iowa to develop postdoctoral training experiences in rural areas. With over 50% of Iowa psychologists age 55 or older and Iowa’s rank as 46th in the nation in psychologists per capita (per 100,000 citizens), it is critical that Iowa address its significant shortage of psychologists. Since the start of the program we have been able to train 11 psychologists—all whom continue to serve Iowans.

I have suspended my clinical practice which is co-located in a rural primary care clinic to serve as Training Development Director. The current models of integrated care are intriguing to me and remind me again of the value of having a variety of experiences during graduate training, as well as the advantages of knowing how to be good colleagues with other health care professionals. As I await the next step in my professional journey I am glad to have been trained at the University of Iowa Counseling Psychology program that provided me a solid foundation for a rewarding career.

[Alumni Spotlight – Raelynn Maloney]

After working at The Children’s Hospital (TCH) in Denver, Colorado in various units for the year following a great internship, I began private practice work in Littleton, CO. It was a wonderful shift in my career and a leap I have deep gratitude that I took at a time when it would have been much easier to stay in a secure job at TCH. My practice has been growing steadily every since and so have I.

My work as founder and owner of A Mindful Place in Littleton, CO has evolved into a wonderful career where I combine my love for educating, writing, and sitting one on one with clients during their own personal journey toward growth and healing. As an author, educator, and counselor, I spend my days providing guidance to parents and children struggling with a variety of relationship challenges and life transitions. I also do consultation with schools to address the common relationship challenges that arise with the context of peer and student-teacher relationships.

I am acutely aware of how easily the many aspects of life interfere with the ability to be an awake, aware, and connected parent. Balancing my work with my home life of raising two daughters has been challenging, but an enlightening experience. Through my own daily practice of vinyasa flow yoga and mindful meditation, I have learned the significance of practicing presence in my everyday life. This has been such a gift to my work as a psychologist as well as my relationships outside of work.

I recently published a book for parents on mindful parenting. In Waking Up: A Parent’s Guide to Mindful Awareness and Connection I invite parents to take on the greatest parenting challenge of staying present and aware of the influence they have on their children while juggling busy schedules, daily distractions, and constant power struggles. No matter what the age of the child, this resource helps parents bring their best self into every interaction. I wanted to create a resource that would help parents address many of the common daily challenges all parents face and provide tips for responding to children in ways that maintain a healthy parent-child connection. Hopefully, there will be more to come in this area of my writing.

I have also recently co-authored two books on Divorce grief, as relationship transitions are another area where I have a passion for helping. Healing a Child’s Heart After Divorce: 100 Practical Ideas for Families and Healing After Divorce: 100 Practical Ideas for Kids. I enjoy being able to provide the sacred space needed to help children and adult who are supporting children through divorce, to actually do the grief work that naturally arises when a marriage ends. These two
resources were one way to encourage more than just the clients I see in Littleton to give attention to their divorce grief. Since graduating from the CP program, so many wonderful opportunities have come my way and in many ways I feel like I am in the middle of my journey toward something more. I sincerely hope that all of my mentors and colleagues from the CP program know how much they have all influenced and contributed to making my career such a rewarding part of my life. Be well!