



# DIV17 NEWSLETTER

FALL 2023

DIV17SAS@GMAIL.COM

## NEEDS ASSESSMENT Student Well Being

SAS is conducting a needs assessment to better understand the well-being of Master's and Ph.D. counseling psychology students and would like your input!

Questions or Concerns? Contact:  
Mel Holman: [mh4393@tc.columbia.edu](mailto:mh4393@tc.columbia.edu) or  
Crystal Lundmark: [crystalboehm0516@gmail.com](mailto:crystalboehm0516@gmail.com)

SAS | APA DIVISION 17

## NEW YEAR NEW NEWSLETTER

Hello Division 17! We hope that your fall semester hasn't been too hard on you! This year we want to revitalize the SAS DIV 17 Newsletter and maintain strong communications among each other. With this newsletter, we intend to continue to foster communication and provide a space to get updates on SAS, DIV 17, and provide a resource for students whether it be related to tips for grad school, interviews, internship, scholarships, etc. and a space for the community to be informed of upcoming events or people doing cool research or work in the field!

## UP AND COMING

There will be a **Healing Circle for BIPOC International Students and Recent Immigrants** on November, 30th at 6:00pm-7:30pm EST. Fill out this form to register!  
<https://forms.gle/eqKmxhe9QuuWv8Zv6>

There is a **self-compassion webinar** hosted by the Positive Psychology section of Div 17 coming up in December! Check their Instagram for more updates  
[@apapositivepsychology](https://www.instagram.com/apapositivepsychology)

Submissions for the **APA 2024 conference** is now open! The deadline for proposal submissions is January 10th, 2024 at 5:00pm EST. Click this link to learn more:  
<https://convention.apa.org/proposals>

The link to the **Student Well Being Needs Assessment** of the above flyer!  
<https://bit.ly/sas-needs>

## Healing Circle

*For BIPOC International Students and Recent Immigrants*

Thursday, November 30th 2023  
6:00 to 7:30 PM EST  
Zoom





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## RECENT AWARDS

### Outstanding Dedication to Advocacy Awards:

**Rachel Dyer** is being awarded for her work that has included nonprofit work and support for people following abortions, training hundreds of mental health clinicians on the topic of abortion, and mentoring undergraduate and graduate students on abortion-related scholarship.

**Rita Rivera** is being awarded for her community-based work and interventions that have created and disseminated Spanish based resources to increase access for Hispanic/Latinx community members.

### Demonstration of Clinical Excellence Awards:

**Hannah Hwang** is being awarded for her work in providing innovative methods in assisting client and working through a liberatory lens toward communal empowerment.

**Tracy Guan** is being awarded for her dedication to liberatory work in her clinical practice, anchored in assisting clients reclaim power and resisting as well as her community interventions.

### Travel Convention Awards for APA:

**Karanbir Bhatti (Keurenbir Puhti)**

**Tatyana Nichelle Smith**

**Megan Zhou**

**Denise Powers**



## RECENT AWARDS

### Outstanding Research Contribution Awards:

**Han Na Lee** is being awarded for her work on projects such as multiracial individuals' identity development, individualism/collectivism and mental health, orphans' psychological and social experiences in Central China, migratory loss for first-generation immigrants, and COVID-related **discrimination and racial awakening among Asian Americans.**

**Kirsten Klein** is being awarded for her work which is committed to deconstructing the traditional power differentials between the researcher and the participant. Some projects include: a health promotion and social connection program for low-income Black older adults, a group intervention framework for wellness and community for Black transmasculine adults, and a mental health coach training program for Black religious leaders.



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## PSYCHOLOGY SHOUTOUTS

**Dr. Sarah Knox, Professor, Marquette**

**University Counseling Psychology:** Dr. Knox has been a great advisor to many students at Marquette's program. She pushes students to become better writers and think critically about therapeutic process and training. Dr. Knox's most recent publication: Hill, C. E., Knox, S., & Duan, C. (2023). Psychotherapist advice, suggestions, recommendations: A research review. *Psychotherapy*, 60(3), 295–305. <https://doi.org/10.1037/pst0000476>  
Brief Overview: Psychotherapists provide at least some advice, suggestions, and recommendations (ASR) in most treatment approaches. We define ASR, offer clinical examples, and review the research evidence for the immediate in-session, immediate delayed, and intermediate effects of ASR, as well as for the moderators of these effects in individual psychotherapy.

This shoutout is from Asianna Harris, 2nd year Marquette University doctoral student and SAS Tri-Chair

## PSYCHOLOGY SHOUTOUTS

**Brianna Baker, Doctoral Candidate of Counseling Psychology at Columbia**

**University:** Brianna Baker is an activist, YouTuber, marathoner and somehow still finds time to be a brilliant counseling psychology doctoral candidate. Brianna's work focuses on Radical Hope in Black women activists and the mental health of Black women and girls. This work is important and has been funded by the Robert Wood Johnson Foundation's Health Policy Research Scholars Program and by the American Psychological Association's Minority Fellowship program. She has just been elected as an APAGS Member-At-Large. Congratulations on all your hard work! You inspire other graduate students through your scholarship, leadership, and commitment to justice.

This shoutout is from Vanessa Anyanso, 5th year University of Minnesota doctoral candidate and SAS Scientist-Practitioner-Advocate co-chair





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## NAVIGATING INTERNSHIP APPLICATIONS

By: Cheyenne James

This is a stressful time in doctoral programs as students embark on applications. Integrating feedback and advice is essential during this process and can be challenging. We have compiled some tips to consider. Go with your gut and what site will be a "FIT" for you. Sleeping, eating, and SELF-CARE are imperative to prevent burnout during this process. Many students share that applications and interviews can be the most exhausting process for them. Carefully consider your finances and the numbers game when applying to sites. Don't wait until the last minute to apply and submit your applications. For interviews, practice often and make sure you have a good setup with your Zoom account. Stay positive and good luck!

## HELPFUL RESOURCES

Click on these links for more resources!!

[APA Graduate Student Resources \(APAGS\)](#)

[Working Bibliography on the History of Psychology, Blackness, and Racism](#)

[Share Your Experiences Discussing Palestine and Israel](#)

[Resources to Learn about Palestine and Israel](#)

[Toolkit of Behavioral Health Resources Pertaining to the Israel-Hamas Conflict](#)

[Supporting Trans and Nonbinary Graduate Students](#)

[APA Guidelines on Equitable & Respectful Treatment of Students in Graduate Psychology Programs](#)

## SHOWCASE YOUR STUFF

Do you want to add to the next issue of the newsletter? You can! You can write your own column, shoutout cool research or people in the counseling field, inform others of any upcoming events, inform others of opportunities for funding, or share resources that you've found helpful to others! Click the link below to start or scan the QR code!

<https://forms.gle/PaFNRzYCbTgTp3xp8>

