

NOV 2019

THE CP SCENE



Melissa Whitson, Ph.D.

A Word From Melissa...

Welcome to our fall edition of the CP Scene, celebrating the diversity and excellence of the Community Psychology and Clinical Mental Health Counseling M.A. programs! In May, we saluted our graduates from the Community Psychology program, who are already taking their new jobs or doctoral programs by storm (see this issue for a list of the honorees). Then this Fall, we were excited to welcome 11 and 16 new students to the CP and CMHC programs, respectively. Even more inspiring is that the diversity of the students in the program is at it's highest in terms of gender identity and nationalities, creating amazing learning experiences both in and out of the classroom.

I'd also like to introduce our new graduate assistant for the CP Program: Rebekah Stafford. Rebekah has worked with CMHC Grad Assistant Samantha Kent on this issue of the CP Scene to bring you interviews and information that apply to both programs. In this issue, you will find interviews with esteemed faculty member Dr. Torello, an alumnus, and current students, including the first two graduates of our CMHC Program: Keona and Sophia. It is wonderful to hear students comment about the diversity and sense of community in our programs, as well as the real-world application they experience – these are some of the things that make our programs so valuable! You'll also read some important tips for self-care, as well as opportunities to participate in relevant professional organizations and conferences. Finally, you'll see some pics from the Family Therapy study abroad class I had the amazing pleasure of teaching at our campus in Prato, Italy this past summer.

Our Community Psychology club remains active with social events and community service activities, and our CP & CMHC Research Lab members are working on new studies and submitting proposals for conference presentations. Data on career outcomes has found that 95-100% of graduates from the Community Psychology program in the last two years are employed in the field or pursuing advanced degrees – quite impressive.

As always, WE...BE...CP & CMHC!

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Frances Jaynes, First Year

Where did you grow up/where are you from?

I am from Hartford, Connecticut.

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my undergraduate degree at the University of Connecticut where I majored in Psychology and double minored in Neuroscience and Criminal Justice.

What is your concentration in the CP program?

Forensic Psychology

How did you become interested in the Community Psychology Program?

I was attracted to the idea of working with the community to solve social issues regarding mental health and welfare.

What aspect of the CP program have you found to be the most beneficial/interesting?

The most interesting part of the CP program is that it truly reflects what it means to be a community. The size of the program allows room for closeness and space for everyone to be involved, however, despite the size, it is also diverse. Diversity and intimacy are some of the things that I personally look for in a community.

What are your future professional goals? What sort of job would you like to have 5 years from now?

I would like to do research on mental illnesses and use the knowledge from that and the experience I have in urban communities to somehow bring the two together to find better solutions and understanding for those who may not have the proper resources.

What advice would you give to undergraduate students thinking about applying to the CP program?

If you are someone who is interested in making a difference in people's lives and transforming communities for the better, I believe the CP program might be a good fit for you.

What are some of your hobbies/interests? What do you like to do in your free time?

Making music, watching and listening to soundtracks of old Disney movies, and taking naps to name just a few.

Student Spotlights

Where did you grow up/where are you from?

I was born and raised in Washington D.C

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I am a proud alumnus of Winston-Salem State University in Winston-Salem North Carolina where I received a B/A in psychology.

What is your concentration in the CP program?

My concentration is program development.

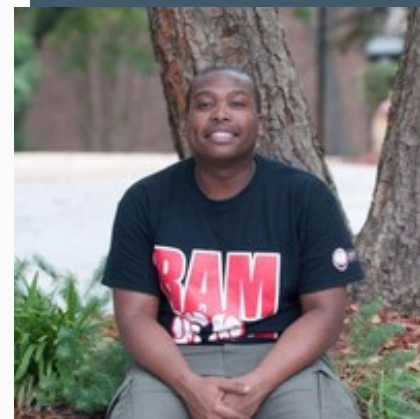
How did you become interested in the Community Psychology Program?

While in undergrad, I became interested in the practice of community psychology. After speaking with my professors, they informed me of different programs they thought I would be interested in (UNH being one of them). After researching each one I noticed that the university of new haven was one of the only programs that had a concentration in program development. I instantly knew I needed to apply!

What aspect of the CP program have you found to be the most beneficial/interesting?

From an educational perspective, the variety in information that we learn and the ability to directly apply it to real world application. From intro to CP and those thought-provoking tests to research methods through understanding when and why we use different research designs to program evaluation, doing an actual program evaluation that companies can use. From a personal perspective it's the family you gain through shared experiences in graduate school.

DayQuan Garrett, Second Year



What are your future professional goals? What sort of job would you like to have 5 years from now?

Short-term goals are to pursue a doctoral degree in community psychology or evaluate and consult about programs that address communities in need. Long term goals are to develop programs centered around community policing, the school to prison pipeline and gentrification in areas highly populated by minority communities and become a professor of psychology.

Where are you doing your internship, and what are the main things you do there?

I am currently doing my internship at the Tow Youth justice institute at the University of New Haven. I am apart of the research team. We are currently working on research for a grant awarded to the Tow and two other entities through the Office of Juvenile Justice and Delinquency Prevention.

What are some of your hobbies/interests? What do you like to do in your free time?

During my free time I love to listen to music and do creative writing. Creative writing has been a hobby of mine for quite some time and I'm working on a book that I hope to get published once its done!

Student Spotlights



Jackson Monarca, Second Year

Where did you grow up/where are you from?

I grew up in Seymour, CT – a small town in the valley of CT that is about 25 minutes away from New Haven.

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my undergraduate degree at the University of New Haven and graduated in 2018 with a bachelors degree in psychology (community-clinical concentration).

What is your concentration in the CMHC program?

I am in the general concentration of the CMHC program.

What are some of your hobbies/interests? What do you like to do in your free time?

Some of my hobbies include watching movies, reading books for pleasure rather than coursework, spending time with friends, and spending time in nature. When I have free time I typically like to spend it with people who are important to me (and my cats). I also enjoy using some of my spare time to participate in local events within the LGBT+ community like running a support group for transgender young adults and presenting workshops at various conferences. This gives me relevant work experience while also connecting me with others in my community.

How did you become interested in the Clinical Mental Health Counseling Psychology Program?

I learned about the CMHC program while searching graduate school options in my senior year of undergraduate. I have had a goal of being a counselor or similar profession for years so this caught my interest along with the opportunity to stay at a college where I knew I already liked the environment and staff.

What aspect of the CMHC program have you found to be the most beneficial/interesting?

Some of the most beneficial aspects of the CMHC program are the opportunities I have to work with people in different circles than my own program. I am able to share courses and social spaces with members of the community psychology program, criminal justice programs, and other related fields. I also appreciate the opportunity to meet and work with various professors in my own program and others who bring many perspectives and experiences to the table. I enjoy being able to learn about different ways a counseling degree can be used and hear the stories of my professors and fellow students.

Where are you doing your internship, and what are the main things you do there?

My internship is at APNH in New Haven. APNH began as AIDS Project New Haven and changed their name to A Place to Nourish your Health in 2018 after broadening their client base beyond just clients with HIV or AIDS diagnoses. At APNH I assist in facilitating group therapy sessions and see clients for individual counseling. I also assist with other services as needed like facilitating psychoeducational programs and assisting case managers.

What are your future professional goals? What sort of job would you like to have 5 years from now?

In the future my professional goal is to work primarily with clients in the LGBT+ community or survivors of abuse. I also recognize that there is often overlap between these two groups and I would be happy to work in many different capacities to serve these communities. My ideal job 5 years from now would likely be a counselor in an LGBT-oriented facility or practice.

What are your plans for winter break?

During the upcoming winter break I mostly plan to relax and enjoy my free time with close friends and family. Christmas is one of my favorite times of year and my older sister will be coming home for the holiday this year. In January I will be participating in a retreat with the other members of my department at my place of work, Trans Lifeline. Details of this trip have yet to be determined but it will give me an opportunity to travel to another state and meet some of my coworkers who I have only spoken to by phone before since our work is primarily done remotely.

Graduate Spotlights

Where did you grow up/where are you from?

I am from Middletown, Connecticut

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my undergraduate degree at Mitchell College in New London, Connecticut. Many people find this area to be unfamiliar but when I mention that it is near the Casino, it becomes familiar.

What was your concentration in the CMHC program?

My concentration is Mental Health Counseling – general

Where did you complete your internship? How has it helped you prepare for securing a job after graduation?

I completed my internship at Rushford in Middletown, Connecticut. Rushford is part of Hartford Health Care, in which it is a Substance Use and Mental Health faculty that serves both males and females from ages 18 and older. These individuals are either struggling with substance use and/or mental health in relation to their use of substances. It has prepared me for securing a job after graduation, by providing more tools for my toolbox. This opportunity has not only added to my resume but it has given me a more eye opening experience when working with those dealing with both substance use and mental health. This site has shown me the correlation between the two and how the opioid crisis has made a significant impact in society.

Looking back on your last few years at the University of New Haven, what aspects of the Clinical Mental Health Counseling graduate program did you find most valuable?

Looking back, the opportunity to transfer into the Clinical Mental Health Counseling graduate program has been the most valuable. When applying to the University of New Haven, I struggled in connecting to my previous major of Community Psychology. The Clinical Mental Health Program has become an avenue for me because I have always dreamed of being an LPC. Learning how different experiences can impact our mental health has significantly changed my personal perspective.



Keona Leary, Clinical Mental Health Counseling Graduate 2019

What advice can you give to graduate students who have just entered the program, and those who are finishing their last year?

While finishing their last year, its important to practice self-care. As students we struggle in making sure we have set aside time for ourselves, although we work extremely hard for our education, friends, family and other extra curricular activities. Also, make sure you have a plan by beginning the process of planning for employment and seeking opportunities, because our biggest fears are to graduate and not be prepared for employment.

What is a self-care practice that has helped you through the graduate program that you would like to share with others?

A self-care practice that I have used during my graduate experience is meditation, relaxation and wellness activities. I really enjoy just being alone, away from friends, social media, assignments, etc and just focusing on myself during the moment. After reading my portion of the newsletter, practice some self-care techniques and also check out Pinterest.

What are your plans after graduating?

After graduation, I plan to take a week off, lay in bed and watch one of my favorite television shows, "The Office". On a more professional note, I plan to apply for my LPC (A) and continue to work for The Department of Children's and Families (DCF). I have been offered a Social Worker position for the department and I will be starting shortly after I receive my degree.



Sophia Fisk, Clinical Mental Health Counseling Graduate 2019

Where did you grow up/where are you from?

I was born and raised in New Haven, Connecticut where I still reside today.

Where did you complete your undergraduate degree? Did you have a major/minor outside of psychology?

I completed my undergraduate degree at the University of New Haven. I received my Bachelor's in General Psychology.

What was your concentration in the CMHC program?

I decided not to declare a concentration in the Clinical Mental Health Counseling Program. I wanted to learn about the different concentrations by taking various electives.

Where did you complete your internship? How has it helped you prepare for securing a job after graduation?

I completed my internship at Ross Woodward Classical Studies Magnet School in New Haven, Connecticut. I worked under supervision of the school social worker. It has helped me to find my interests for my future career and has affirmed my inspiration to continue to work with children.

What are your plans after graduating?

After graduating, I will be applying for my LPCA as well as different jobs. I want to start working on my 3,000 work hours for my LPC requirement. After achieving those hours, I will be sitting for the licensure exam. I am hoping that in the next two years I will have my work hours completed and I'll have achieved my LPC.

Looking back on your last few years at the University of New Haven, what aspects of the Clinical Mental Health Counseling graduate program did you find most valuable?

The thing that I have found the most valuable in the Clinical Mental Health Counseling graduate program at the University of New Haven is the support of the faculty. It is nice to be in a program where the faculty shows that they care about your future and help you plan your next steps. Being one of the first students in this program, different requirements were extremely intimidating. It was nice to know that as a student I was not alone, and the faculty was always there to answer any questions.

What advice can you give to graduate students who have just entered the program, and those who are finishing their last year?

The advice that I would give to students entering this program or finishing their last year is to be confident in your skills and knowledge. Going into an internship can be intimidating because we are new to the placement you go to, but it is important to be confident and know that everything you have learned will come in handy! Although it is important to be confident in yourself, it is also important to know that your education is not going to end! There are always new things to learn and follow in this field.

What is a self-care practice that has helped you through the graduate program that you would like to share with others?

Making time for myself and my family has really helped me get through graduate school. Whether it was spending time with my family or watching Youtube videos on my phone, it is always nice to do something that does not have to do with school or work! It is important to give your mind a break every once in a while!



Jodyan

Where are you from? Where did you complete your undergraduate degree?

I am originally from Jamaica and completed my undergraduate degree in the US Virgin Islands at the University of the Virgin Islands.

What was your concentration in the CP program?

My concentration was Clinical Services

Where did you complete your internship? How did it help you prepare for your future?

I completed my internship at Dixwell Newhallville Community Mental Health Center which was located in New Haven. This internship gave me enormous clinical experience which is where my passion was. It was extremely intensive and required much more than the CP program required, but it helped me become a competent and successful practitioner.

What is your current job? Where do you work? What is a “typical day” like for you?

I am currently running my own Private Practice called Integrity Counseling and Consultation. I have an office in West Hartford and also work in the New Haven area two days per week. My days are interesting, since I provide both in office and in-home therapy. Overall, I have creative control over how my days are organized and usually reserve my office days separate from in-home days. I see an average of 4-6 clients per day.

What are the most and least satisfying aspects of your job? What are the biggest challenges you face in your work?

The most satisfying part of my job is working with my clients and seeing the progress in their lives. Also having autonomy as a private practitioner has been extremely beneficial to be able to focus on tailoring the support my clients need. The least satisfying part of my job is definitely paperwork... You just can't get away from it. The greatest challenge in my work is seeing the difficulties that clients face in navigating the systems and being somewhat powerless to change this. Being in someone's home and being an active advocate sheds so much light on the extent of the challenges that people face everyday. It is much different from simply sitting in an office and hearing their story. Being able to witness firsthand their environment and how systems meant to help sometimes unintentionally become barriers gives a deeper understanding to how psychosocial factors can significantly impact a clients journey to mental and emotional wellness.

On a more personal level, being a private practitioner requires constant discipline in dealing with the challenges of learning and keeping up with the healthcare system and relying on client consistency to meet your own financial needs.

Looking back at your time at UNH, what aspects of the program did you find to be valuable?

I think the most valuable aspect of the UNH program for me was the time spent in trying to ensure that my internship met my needs as an individual and an aspiring clinician. There was always a personable aspect about the CP program that made me feel like part of a community.

The quality of the classes were also valuable. I found that most of my professors were not only teachers but were actively engaged or had been in some related experience which made the learning more practical and applicable.



Advice to Graduate Students

From UNH Alumna,
Jodyan Gaynor

1

Use the access you have to your professors and their knowledge to help you plot a good way forward post graduation.

2

Be as intentional as possible about your internship with the advice and support of your program adviser. Your internship will provide baseline experience for your resume post graduation. Be careful not to simply choose one that will look good on your resume, but be considerate of your needs and goals, as well as your capabilities.

Faculty Spotlight



Dr. Rachel Torello, Psy.D., Clinical Psychologist

Where did you grow up/where are you from?

I grew up in Naugatuck, CT, which is about a 30-minute ride from West Haven.

Where did you complete your undergraduate and graduate degrees? What is your field of specialization?

My undergraduate degree in psychology is from Quinnipiac University. After a few years of work experience in the field, I moved to Chicago for graduate training in Clinical Psychology. I received my MA and PsyD from the Chicago School of Professional Psychology.

What drew you to the field of psychology?

Like most of us, I was drawn to the field by a curiosity about the human experience. I also recognized in myself several characteristics that I believed would be strengths when applied to a career in psychology. I've discovered that I was correct about some of these qualities and very incorrect about others!

What do you like about teaching at the graduate level? What are the biggest challenges?

I really appreciate graduate students' commitment to their education. I admire their ability to manage so many of life's demands while also navigating the rough waters of graduate school. I also value the diversity of our students. It makes for a really rich learning environment.

What types of professional practice or research activities are you involved in other than teaching?

I am a practitioner, so I spend approximately 8-10 hours each week at my psychotherapy practice. I work with adults from diverse backgrounds and with diverse presenting issues. I tend to adopt a psychodynamic approach to treatment in that I am constantly attuned to the role of the unconscious and its emergence in therapy and in the transference.

What do you know now that you wish you had known BEFORE you started graduate school?

I wish I had a more accurate notion of what not being in school would mean. I had no idea that I would miss it! Opportunities for learning will always be present, but I do miss taking classes. There are times when I wish I could do it again – I think I would learn much more the second time around.

What advice would you give to undergraduate students thinking about applying to a graduate degree in psychology?

In this field, there are so many options for graduate study. Unlike most undergraduate programs, graduate school requires that you have a clear sense for what the degree involves (coursework, field experience, dissertation, etc.), and where you see yourself when you finish. I frequently talk with students who feel pressured to attend graduate school immediately following undergrad, but are uncertain about what kind of program to attend. I would recommend that students take some time to gain relevant experience in the field and have ample time to research programs to confirm (or disconfirm) what they would like to do.

What are some of your hobbies/interests? What do you like to do in your free time?

I love Maine and I love kayaking. If I can put the two together, I'm a happy glammer! Otherwise, I'll settle for playing cards.

What is something interesting about yourself that you would like to share?

I sang karaoke for the first time at age 40. It was a mess.

FAMILY THERAPY SUMMER SESSION PRATO, ITALY

Photo Credit: Urdis Castrovillari

This past summer, four graduate students in the Community Psychology and Clinical Mental Health Counseling programs studied abroad at the University of New Haven's sister campus in Prato, Italy. Graduate Program Coordinator, Dr. Melissa Whitson, taught a course on Family Therapy where graduate students worked closely with the family therapy institute: Centro Studi Psicologia Relazionale di Prato.



Photo Credit: Dr. Melissa Whitson

**JULIANNA MALICO
(2ND YEAR - CP)**

"My favorite memories about Italy were being able to travel Italy so easily, my favorite place we went to was Venice, it was absolutely beautiful. A tip I would give to students thinking about studying abroad would be just do it, you may never get this opportunity again. And a tip for those who are going I would tell them to eat gelato as much as you can, calories do not count!"



Photo Credit: Molly Cordero

**MARISA ASPROMONTI
(2ND YEAR - CMHC)**

"One of my favorite moments on the trip was celebrating my 23rd birthday surrounded by great people and amazing food. This trip allowed me to see the world from a new perspective and gain knowledge about the Italian psychological perspective of family therapy. As a counselor in training, the trip expanded my toolbox of counseling skills and techniques. Overall, I will never forget this life changing experience. Definitely worth it!"



Photo Credit: Molly Cordero

**URDIS CASTROVILLARI
(2ND YEAR - CP)**

"Even though I travel to Italy every summer with my family, I truly enjoyed experiencing Italy from a student's perspective - as well as traveling to new places with friends! Being able to learn about family therapy during class and going out into this new culture to apply it was definitely a highlight of the study abroad experience!"



Photo Credit: Urdis Castrovillari

**MOLLY CORDERO
(2ND YEAR - CMHC)**

"My trip to Italy was incredible. With the University and during my personal time, I visited a total of 10 different cities. My favorite moment was riding a gondola in Venice and hearing the gondolier sing, it was truly a dream come true. Studying abroad gives you the opportunity to not only learn about a different culture and immerse yourself in it, but it allows you to create a sense of independence that I do not think you could acquire otherwise."

Photo Credit: Molly Cordero



Congratulations to our 2019 Graduates!

M.A. Community Psychology
Class of 2019:

Kara Caouette
Lauren Christian
Malwin Davila
Jordan Drake
Alecia Dulaire
Meghan Flynn
Malina Maladore
Alexandra Mercado
Kaylyn Taylor
Mayah Williams



LPC(A) KEY POINTS

1. If you are currently in the CMHC program, you will be **required** to apply for your LPC(A) before starting your 3,000 post-graduate hours.
 - This does not require an exam.
2. Required forms include:
 - An **official transcript** and **course of study form** sent directly from each educational institution attended verifying all graduate level coursework completed and degree conferred.
 - A completed application and fee in the amount of **\$220**. Applications are **only accepted online**.
 - The transcript and course of study form should be **submitted directly** from the educational institution(s) to:
 - Connecticut Department of Public Health Professional Counselor Licensure
410 Capitol Ave., MS #12 APP
P.O. Box 340308
Hartford, CT 06134
3. The LPC(A) licensure **does not allow you to practice privately**. To practice privately, you must **take and pass the NCE or NCMHCE exam** and pay a fee of **\$315** to gain licensure as an **LPC**.

SELF CARE

self-care/*self'ker*/
(noun)

the practice of taking an active role in protecting one's own well-being and happiness, in particular, during periods of stress.



SELF-CARE ISN'T SELFISH

Living in a society where we are measured by our accomplishments, we have all heard or said:

"I didn't get enough done today." or "I'm so stressed out, there just isn't enough time in the day."

Constantly overrun by our hectic schedules and graduate courses, we forget to rest, take care of ourselves, and spend time with those who matter to us. Yet, with everything going on, we need to take a moment to remember:

"You can't pour from an empty cup."

As mental health professionals in training, it is extremely important for us to acknowledge our limitations and to listen to our bodies. We will be unable to help those who truly need us, if we fail to take care of ourselves.

Self-care is different for every person, and can range from physiological, emotional, and cognitive needs. It is beneficial to know what works best for you in times of stress, so finding a balance and having a tool kit prepared are essential to practicing self-care frequently.

FINDING BALANCE



Finding a balance can be difficult - especially when different parts of our lives can be so demanding. We try every day to get all we can done, and by the time the sun has set, we find ourselves staring at unfinished assignments, dishes in the sink, laundry that's piled up, and people around us who need our attention.

"Remember that your worth is NOT measured by your accomplishments."

An important component of self-care is being **reasonable** and **realistic** with your time. Make a to-do list, but don't overwhelm yourself with EVERYTHING you have going on. Make categories for each section of your life, and then prioritize within them. Try to only look at the most immediate items that need your attention to lessen stress. This can make your schedule more flexible and free up some much needed time. Use a large calendar to look ahead at long term projects and incorporate them into your schedule as needed.



SCHOOL

- Paper due end of this week
- Quiz tomorrow

WORK

- Prepare for meeting Thursday
- Employee schedules due Friday

INTERNSHIP

- Midterm Evaluation due end of week
- Prepare outline for case study

FAMILY

- Wedding Saturday
- Pick up kids from school Tues./Thurs.

PERSONAL TIME

- Movie night with friends
- Self-care activity

TOOL

KIT

**MAKE
YOUR
OWN**

Creating a tool-kit is a helpful way to incorporate standard items of self-care that you need. This can range from meal-planning, to taking a nap, or anything that you find helps your cognitive, emotional, and physiological well-being. Scheduling these items into your "personal time" on your schedule turns them from aspirational ideas into scheduled self-care. Below are a few ideas to get you started!



**FOOD IS IMPORTANT!
MEAL PLANNING, PACK SNACKS FOR SCHOOL
& WORK, SCHEDULING TIME FOR EATING
DAILY MEALS, GROCERY SHOPPING, MAKE
PLANS TO SEE FRIENDS/FAMILY OVER A
MEAL.**



**SCHEDULE BREAKS!
TAKE A WALK OUTSIDE, MEDITATE, GRAB
COFFEE WITH A FRIEND BETWEEN CLASS,
TEXT OR CALL A FRIEND/FAMILY MEMBER,
TAKE A NAP.**



**BE KIND TO YOUR BRAIN!
READ SOMETHING NOT SCHOOL RELATED,
PLAY A BRAIN GAME ON YOUR PHONE, WORK
ON A PUZZLE OR COLOR.**



**CHECK IN WITH YOUR EMOTIONS!
JOURNAL, PRACTICE BREATHING/GROUNDING
EXERCISES, SCHEDULE A THERAPY SESSION,
JOIN A SUPPORT GROUP.**

**USE
LIFE**



*what have
you done
to take
care of
yourself
today?*

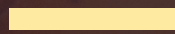
CARE



FRIENDLY REMINDERS.

FRIENDLY REMINDERS.

JOIN THE COMMUNITY PSYCHOLOGY CLUB!



**General Body Meetings Every Other
Wednesday
5:00pm - 5:45pm Kaplan 202**

Please Contact Julianna Malico for more information
jmali2@unh.newhaven.edu

INTERESTED IN RESEARCH?

JOIN THE CP/CMHC RESEARCH LAB!

**GET HANDS-ON EXPERIENCE
PARTICIPATING IN DIFFERENT STAGES
OF RESEARCH PROJECTS!**

Including: data collection, data input, data management, and analysis, transcription, coding, filing and organizing data, running focus groups, literature reviews, and more!

Please contact Dr. Whitson or Dr. Macias if interested: [mwhitson@newhaven.edu]
[rmacias@newhaven.edu]

LET'S GET PROFESSIONAL

Professional organizations in your field.

APA AMERICAN
PSYCHOLOGICAL
ASSOCIATION

STUDENT MEMBERSHIP: \$67
VISIT: WWW.JOIN.APA.ORG



ACA AMERICAN
COUNSELING
ASSOCIATION

STUDENT MEMBERSHIP: \$102
VISIT: WWW.COUNSELING.ORG

CCA CONNECTICUT
COUNSELING
ASSOCIATION

STUDENT MEMBERSHIP: \$40
VISIT: WWW.CCACOUNSELING.COM

SCRA SOCIETY FOR
COMMUNITY
RESEARCH &
ACTION

DIVISION 27 OF THE APA
STUDENT MEMBERSHIP: \$30
VISIT: WWW.SCRA27.ORG

A.P.A.
DIVISION
44

LGBTQ

&

PLANNING

Student Memberships: \$67

<https://www.join.apa.org>

BE
AN
ALLY

**WORLD
PROFESSIONAL
ASSOCIATION
FOR
TRANSGENDER
HEALTH**

Student Memberships: \$35

<https://www.wpath.org/student-membership>

UPCOMING CONFERENCES

NEW ENGLAND PSYCHOLOGICAL ASSOCIATION (NEPA)

NOVEMBER 8-9, 2019
SOUTHERN NEW HAMPSHIRE UNIVERSITY
REGISTRATION: \$30
NEWENGLANDPSYCHOLOGICAL.ORG

EASTERN PSYCHOLOGICAL ASSOCIATION (EPA)

MARCH 12-14, 2020
BOSTON, MASSACHUSETTS
PROPOSAL SUBMISSION DEADLINE: NOV. 15TH @ 5PM
EASTERNPSYCHOLOGICAL.ORG

AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)

AUGUST 6-9
WASHINGTON, D.C.
PROPOSAL SUBMISSION DEADLINE: DEC. 2ND @ 5PM
CONVENTION.APA.ORG/PROPOSALS/DIVISION-PROGRAMS



Connecticut Counseling Association

A Branch of the American Counseling Association

UPCOMING EVENTS

**Changing Your Narrative - Using Metaphor, Story and
Therapeutic Writing with Your Clients**

Presenter: Nancy Sherlong, LCSW, PTR, CJT, M/S

Saturday, December 7th, 2019 (Backup Date: 12/14/19)

Western CT State University

181 White Street, Danbury, CT 06810

White Hall, Room 023

Animal Assisted Therapy

Presenter: Lauren Crowley, LCSW, MEd, CHAIS

Saturday, June 6th, 2020 (Backup Date: 06/13/19)

Western CT State University

181 White Street, Danbury, CT 06810

White Hall, Room 023

All events are **FREE!**
RSVP preferred.
Please email:
cca_exec_dir@msn.com