



News You Can Use

Clinical Psychology Newsletter

American School of Professional Psychology
Schaumburg

Special Points of Interests.

- Faculty and Staff updates.
- Neuropsychology concentration
- Graduation 2009
- Student Council 2009-2010.

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Issue IV

Fall 2009

Message from Dr. Wasner Campus Dean, ASPP Chair, Clinical Psychology Programs

As the leaves are beginning to change and a bite is the air it's a reminder that the fall semester is well on its way. I hope you all are doing well whether you are a new graduate student excited by the road ahead or a seasoned one anticipating completion. Below is some information I hope you will find helpful and even thought provoking.

Spring Registration:

Many of you have already registered for the upcoming spring (January 11 – April 24) semester. We are again offering a large number of both core and elective courses this fall. We will notify you as soon as we can about courses that have too low an enrollment to be viable so you can choose an alternative section or elective. Dr. Dodzik and I work hard to make sure everyone gets the classes they need to progress in the program even though we can't always guarantee everyone will get the exact section they desire or every elective offered will have sufficient enrollment.

In terms of electives, several electives (those with the designation Special Topics) are listed with the course number SP 8950 (instead of PP8950). Please be sure to note that these courses are part of the Psy.D. elective offerings. Currently there are still several electives that are under enrolled and if you are considering them please enroll soon. They include Dr. Galewskis's Treatment of Anxiety and Depression in Children; Dr. Goldman's Emotion Focused Therapy with Individuals; Dr. Oster's Intermediate Hypnosis and Dr. Soto's new course in Latino Psychology.

APA Re-accreditation Process Update:

We are moving along the accreditation process and recently submitted some revisions to our self-study that provided additional information and detail regarding our program and its goals and outcomes. We should get a response within 4 to 6 weeks and then should be proceeding with a site visit.

Continued on page 2

**Message from Dr. Wasner
Campus Dean, ASPP
Chair, Clinical Psychology Programs**

Message Continued....

APA Re-accreditation Process Update continued:

It is a grueling and time consuming process (the self-study was nearly 2,000 pages including appendices) but well worth it in the knowledge gained regarding the success of our program and students and the feedback for strengthening our curriculum and training. Stay tuned for more information about this process and how students can help in our reaccreditation and site visit planning. If anyone is interested in reading the self-study feel free to contact myself or Dr. Dodzik. We will also make a copy of the self-study narrative and tables available to all in the library and on the website.

MACL to Psy.D. Clarification:

Recently there has been some confusion regarding the procedures for our MACL students who are interested in applying to the Psy.D. program. The policy is that MACL students can apply to the Psy.D. program after they have completed at least 30 credit hours in their MA program (or are currently enrolled in the 30th credit). This usually is the Fall of the beginning of their second year. However, if accepted, students do not officially begin their Psy.D. program until they have completed all their MACL requirements including all required coursework, the MA practicum and the MA Comprehensive exam. This almost always (95%) is in the Fall semester following the completion of their MA practicum. Students who are accepted cannot start the Psy.D. program until they have completed the Masters program. Masters students who have been accepted in the Psy.D. program may take a select few Psy.D. course in the spring and summer previous to starting the Psy.D. program but should consult closely with their faculty advisors regarding the sequence and appropriateness of taking certain Psy.D. courses. Remember, even if you take a Psy.D. course you will not be enrolled in the Psy.D. program until the following Fall (Psy.D. Financial Aid and other considerations will not begin until then) and your enrollment in the Psy.D. program is conditional on successful completion of your MACL program. Current Psy.D. students, of course, have first priority and precedent in any Psy.D. courses if these courses are full. Let me know if you have any questions regarding this process.

Evidence Based Practice: The Ongoing Debate and Dialogue:

A recent article in Newsweek (Oct 12, 2009), has re-ignited the ongoing dialogue and debate on the role that evidence based practice or Evidence Supported Treatments (EST's) should play in clinical psychology. This article was based on an Article published in *Psychological Science in the Public Interest* (Baker, McFall, & Shoham, 2009) which argues forcefully of a widening gulf between clinical practice and science and that clinical psychologists as a whole do not utilize the research on empirically supported treatments and rely too heavily on their own personal experience in choosing interventions and assessment tools. The article goes on to compare the field of clinical psychology to medicine in the early 1900's before the publication of the Flexnor Report which pushed Medical Schools to improve their overall standards and move to more scientific outcomes.

Continued on page 3

Message from Dr. Wasner
Campus Dean, ASPP
Chair, Clinical Psychology Programs

Message Continued....

Evidence Based Practice: The Ongoing Debate and Dialogue Continued:

One of their solutions is to propose the development of a new accreditation system for clinical psychology programs committed to a more scientific and research based model and challenge APA as the central standard for clinical psychology accreditation. While there is certainly plenty of room to argue some of their premises and conclusions it is a provocative article and I would encourage all students and faculty to read it and discuss it. (We will place a copy of the article on the auschaumburg.net website, under Clinical Psychology/Professional Practice, along with other resources related to this issue)

These issues surrounding evidence based practice are crucial for the ongoing development of our field. As I recently discussed in my psychotherapy practicum seminar, regardless of whether you lean towards reliance on primarily empirically validated treatments that have emerged from rigorous and controlled efficacy studies looking at specific diagnostic categories or are more sympathetic to the broader effectiveness studies on psychotherapy outcome and process including common factors and alliance research, we are obligated as clinical psychologists to continually assess the effectiveness of our interventions and assessments and integrate the emerging research into our practice. For what I think is a fairly balanced discussion of the complexities and pragmatics of evidence based practices I would also recommend the book *Research for the Psychotherapist: From Science to Practice* by Jay Lebow, Ph.D. (2006) Routledge Press. Our own faculty member Dr. Mirman has joined the dialogue with his letter to the Illinois Psychological Association (IPA) copied later in the newsletter. I hope these readings stir ongoing discussion and I would welcome follow up comments that we can post on our local website or in the next newsletter.

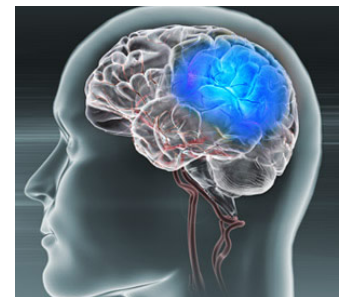
Have a Good Semester and an early Happy Holidays.

Dr. Wasner

Argosy University, Schaumburg proudly announces...

The approval of the **Neuropsychology concentration** by Argosy University and the State of Illinois.

Please see Dr. Dodzik for more information.



FACULTY & STAFF UPDATE....

Although we said good-bye to Dr. Tracy Robinson this summer we welcome **Dr. David VanWinkle** as our new Vice President of Academic Affairs.

Dr. VanWinkle started at Argosy Schaumburg in 2007 as the Chair of the College of Education. He also serves as the Illinois State Board of Education Certification Officer for Argosy's Chicago and Schaumburg campuses. He currently serves as a member of the Panel of Judges for the Lincoln Foundation for Performance Excellence, which recognizes high performing organizations in Illinois. Dr. VanWinkle received a Masters degree from Southern Illinois University, and earned his Ph.D. at Saint Louis University.

Dr. VanWinkle officially began serving the role of VPAA as of September 1st.

Congratulations Dr. VanWinkle on your new appointment.

Argosy University, Schaumburg welcomes our newest faculty member, **Dr. Maricela A. Soto**

Dr. Maricela A. Soto received her Psy.D. in 2002 from the California School of Professional Psychology with a multicultural/community emphasis and got her BA in psychology and sociology from Concordia University, River Forest, IL. Dr. Soto was Director of Clinical Services and Director of Ambulatory Care at UHS-Hartgrove Hospital in Chicago. Dr. Soto supervised Psy.D. students in the outpatient, inpatient, and partial hospitalization programs while at Hartgrove Hospital. Dr. Soto was Adjunct Faculty member at the Chicago School of Professional Psychology. She is interested in mentoring emerging professionals in the field. Dr. Soto's research interests include Latino issues, diversity, language, spirituality, and self-care. Dr. Soto maintains a private practice in Oak Park, IL.

If you haven't had a chance to say hello to Dr. Soto yet, please do so and welcome her to our campus.

From the desk of Janan:

Marian Barclay, who has worked in our library for many, many years has sadly departed. She started working for me when we were still the Forest Institute of Professional Psychology. We are indebted to Marian for her many years of service and dedication to our students and faculty. The position she held was changed to a professional librarian position, which requires a Masters in Library Science. The change was prompted by the need to have a degreed librarian on staff to provide services to our students and staff on some weeknights and weekends hours. I'm happy to announce that **David Jansen** has accepted the position of part-time Assistant Librarian. Dave received his MLS degree from the University of Wisconsin--Milwaukee. He is also currently employed at the Glenside Public Library. Dave's hours will be Monday – Wednesday, 1pm – 9pm, and rotating Saturdays from 10:30–3:30. Come by and introduce yourselves.

Welcome Dave!

FACULTY & STAFF UPDATE continued....

Congratulations **Dr. Tews-Kozlowski** on her newest member of her family.

Baby Tobias Thomas Kozlowski made his special appearance on August 19th. Tobias weighed in at 9 pounds 8 ounces and 21 inches. Argosy, Schaumburg wishes the best for the growing Tews-Kozlowski family!

We sadly say goodbye to **Aliana Ceballos**, our esteemed Administrative Assistant for Argosy University, Schaumburg.

Aliana has been an integral part of our Argosy family since 2007. While Aliana will be missed, we wish the very best as she works towards advancing her business.

Good Luck Aliana!

Recent Faculty Publications, Presentations, & Works in progress**Publications:**

Eme, R. (2009). Male life-course persistent antisocial behavior: A review of neurodevelopmental factors. *Aggression and Violent Behavior*, 14, 348–358.

Professional presentations:

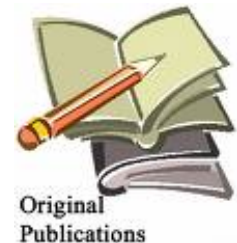
Dr. Eme authored a paper entitled "Substance Use Disorder and ADHD" during the summer. Such paper was presented at the APA convention in a poster session by Psy.D. student *William Jarvis*.

In September (2009) *Dr. Rastogi* is traveling to India to present at the Indian Association for Family Therapy conference. My workshop is titled: "Culturally sensitive family therapy with adolescents."

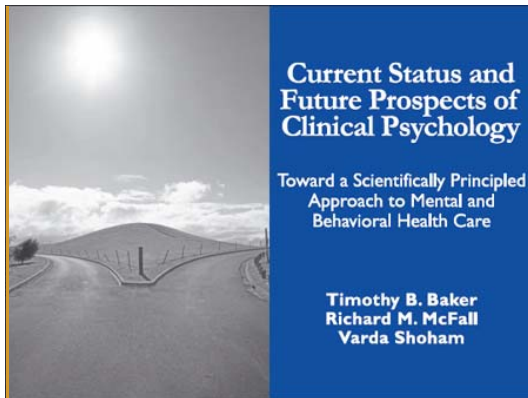
In October (2009) *Dr. Rastogi* is presenting at a workshop at the American Association for Family Therapy conference. It is titled: "Multicultural couple therapy: Clinical considerations."

Works in progress:

Dr. Mahoney is actively working on an article (with a fellow student from the EdD Counselor Education program, *Deb Wilke*) entitled Obsessive-Compulsive Disorder and the Theory of Narcissism: Treating the Tormented Self. The journal has not yet been decided on.



Comments of Evidence Based Practice and the dialogue and debate surrounding the recent Baker, McFall, Shoham article discussed by Dr. Wasner:



Baker, T., McFall, R.M., & Shoham, Varda. Current Status and Future Prospects of Clinical Psychology: Toward a Scientific Principled Approach to Mental and Behavioral Health Care. *Psychological Science in the Public Interest*, Vol. 9, No. 2

From the desk of Chet Mirman, Ph.D.

Letter to Illinois Psychological Association by ASPP, Argosy, Schaumburg Faculty Dr. Chet Mirman regarding the article in *Newsweek* by Sharon Begely and the article *Current Status and Future Prospects of Clinical Psychology: Toward a Scientifically Principled Approach to Mental and Behavioral Health Care* in *Psychological Science in the Public Interest*, by T. Baker, R. McFall & V. Shoham November, Vol 9. No. 2.

"The divide between academics who do research about psychotherapy, and clinicians who actually spend their time doing psychotherapy, is not new. These two groups have different points of view that are very much in sync with the biases that each would be expected to have. Each plays an important role in psychology, and, I believe, each needs to not only question, but also respect, the wisdom of the other.

Academic researchers, not surprisingly, value systematically obtained empirical data and elegant research designs that can isolate variables. As such they tend to examine specific clinical entities (e.g., phobias, anxiety, etc.) and tend to exclude patients with multiple diagnoses from their samples. The research that they do is important, stimulates professional dialogue about issues that need to be addressed, and helps clinicians to be better clinicians than they would otherwise be. The findings and insights they present should be used by clinicians to inform and enhance what they do in their clinical practice.

But informing and enhancing is not the same thing as dictating. Of course, we all know that there are clinicians who use approaches that most clinicians would raise an eyebrow to. These clinicians should be dealt with on a case by case basis. But this is not the norm and the fact that we can find some disturbing anecdotes should not lead us to profoundly change how the rest of the profession practices.

Discussion continued on page 7

Comments of Evidence Based Practice and the dialogue and debate surrounding the recent Baker, McFall, Shoham article discussed by Dr. Wasner Continued:

From the desk of Chet Mirman, Ph.D. Continued:

As a practicing clinician for the past quarter of a century, I can tell you that very rarely do I have a patient come through my doors who I could even consider treating as a narrowly defined pathological condition (at least not once I get to know them). Disorders don't come for therapy; complex human beings do.

With the exception of a few relatively compartmentalized diagnoses (e.g., phobias), most research has failed to find effective treatment approaches to problems that have a large enough effect advantage to actually make them worth considering, let alone be considered the only treatment the clinician can do without having to worry about a lawsuit. What does continue to be more and more clear is the following: the best predictor of a successful therapy outcome is not the technique or theoretical model being used - it is the quality of the therapy relationship itself.

Studies showing effect advantages that are "statistically significant" are misunderstood to be "clinically significant" (i.e., meaningful), no matter how miniscule the differences are. Understandably, the pharmaceutical and insurance industries jump on any opportunity to minimize the perceived value of more intensive, long-term (yes, I used that taboo phrase, "long-term") therapies and so they refer to the opinions of supportive academic nonclinicians to legitimize their claims. This is to be expected - they are simply protecting their own economic interests. What is outrageous is when our own academic colleagues, blinded by the double-whammy of a preference for data obtained by elegantly designed studies and an absence of adequate (or even any) clinical experience with real patients, try to destroy what they don't understand."

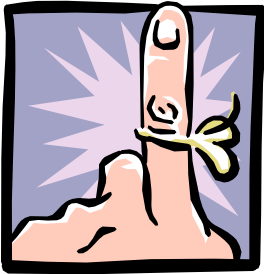
- Chet Mirman, Ph.D.

From the desk of Robert Eme, Ph.D.

My essential reflection on the evidence based article is this. I am in complete agreement with the two central points, which are unassailable from the viewpoint of APA accreditation. First, students must be superbly educated in evidence based assessment and treatment. Second, however one might want to define 'evidence, ' it absolutely must include students being superbly educated on the relevant research. Or in the words of *Katherine C. Nordal, Ph.D.* (Executive Director for Professional Practice American Psychological Association) response to the Newsweek article. " *The APA's policy on evidence-based psychological practices mirrors the Institute of Medicine's definition as "the integration of best research evidence with clinical expertise and patient values."* Therefore, whatever else students are taught in assessment and treatment, they must be superbly educated in the "best research evidence," if any type of meaningful 'integration' with "experience and patient values" is to take place.

- Bob Eme, Ph.D.

Insightful Reminders



Fall 2009 Semester

Session 1: September 8, 2009 - October 28

Session II: October 29 - December 19

Lost and Found

We have your missing stuff! Please see the 8th floor receptionist, for all lost and found items.

Campus Website:

As many of you know the campus website suffered a meltdown a couple of months ago. The only cure was to move the website to another server. To visit the current newly rebuilt website you will want to type in **Auschaumburg.net**.

If you had the campus website set up as a favorite it most likely is linked to the old server <http://64.205.204.206/pm5/>. Please delete this link.

The Clinical Psychology department has taken steps to direct you to the new site by removing information on the old site and asking you to proceed to the new server by clicking on the new link. Once you are in the new website we recommend saving that link to your favorites for future access.

Clinical Training Corner

Practica

- Two weeks from the start of practicum: Practicum agreement and Learning Contracts.
- **11/14 by 4pm**: Practicum Intent and Pre-Placement Forms.
- **12/1**: SPAR 1, SPAR 2 and Site Evaluation form.
- **12/4**: Mandatory practicum application information meeting for students in Practica/ Professionalization Groups and first time practicum applicants.

Internship

- **9/15 6-7:30pm**: Mandatory internship meeting.
- **10/13 6-7:30pm**: Mandatory internship meeting.
- **10/15**: CRP Proposal must have been successfully defended and IRB application submitted.
- **11/10 6-7:30pm**: Mandatory internship meeting.
- Order graduate transcripts from Student Services for APPI Online!
- Register with National Matching Service (NMS)



Dr. Carnazzo



Dr. Tews-Kozlowski



Barbara Hochgesang

*Please remember to **sign** all forms before submitting them to Clinical Training. They will be returned!*

Take a around!

Fall class schedules and room assignments are posted on the cubicle walls in front of the reception desk and faculty mailboxes.

... Please note that room changes may be inevitable and when it occurs...

Watch for classroom changes on the new video monitors displayed throughout our campus.



We are proud of our faculty!

Stop in and see the newly updated and improved faculty publication display case on the 8th floor by Clinical Training.

Answers to frequently asked questions

What is the difference between an offer letter and an acceptance letter?

An offer letter is provided to the student by the practicum/internship site. Most frequently, the student and the organization have verbally negotiated the conditions of hire and the offer letter confirms the verbal agreements.

An acceptance letter confirms the details of employment and formally accepts the job offer. This letter is provided to the practicum/internship site from the student.

Clinical Training requires a copy of **both** the offer and acceptance letters to confirm your placements. Please refer to <http://www.auschaumburg.net/documents/OfferAcceptguidelines2009.doc> for further details and a sample acceptance letter.

Remember to keep copies of your documents for personal records!



***“Questions
are the
creative acts
of
intelligence”***

~ unknown

Where can I find a comprehensive list faculty recommended therapists?

http://www.auschaumburg.net/clinical_psych.asp



Argosy University, Schaumburg
2009 Commencement Ceremony

November 1, 2009
Ceremony 11am

Hemmens Cultural Center
45 Symphony Way
Elgin IL, 60120

A message from the Psi Chi Representative

Rachel Pobanz



This year at graduation we are offering all Psi Chi members the opportunity to wear a medal at graduation to signify membership, if they choose to do so. Names will be automatically denoted within the graduation program, whether or not members chose to purchase the suggested regalia. The merchandise that was chosen this year is a 2-inch Blue/White/Gold-colored medallion attached to royal blue and gold neck ribbon to wear at graduation. The medallion is a replica of the Psi Chi seal (national version). This medal is to recognize students that have achieved recognition within the academic field of psychology and encourage individuals to get involved and stay active within the field.

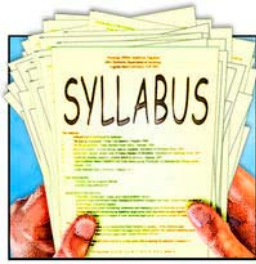
For any individual that is graduating, invitations to purchase this medal have been sent out. For any students who are not currently members, but are interested in doing so, applications are always being accepted.

Psi Chi is the National Honor Society in Psychology and aims at "encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology," (taken from the Psi Chi website). [Membership](#) is open to graduate and undergraduate men and women who are making the study of psychology one of their major interests, and who meet the minimum qualifications.

Requirements for membership include: For Undergraduates: 9 credit hours, GPA in top 35% of the class (at least a 3.0); For Graduate students: enrolled in psychology graduate program with a GPA of at least 3.0 on a 4 point scale. Transfer: Graduate students can also transfer membership from an undergraduate to graduate chapter.

Applications for Psi Chi membership are available on campus in the front office (Suite 800). There is a folder labeled "Psi Chi" in the adjunct faculty mailbox drawer. Applications should be filled out completely, as should both portions of the Membership card page. Also, a one time fee of \$35.00 is required for membership by the national office. This check can be made out to Mike Topel (so that we can send one inclusive check).

Anyone who is currently a member or plans on applying for membership and would like to take a more active role please email Rachel at: rpobanz@cnw.stu.argosy.edu or Mike at michaeltopel@comcast.net. More information is available at www.psichi.org. If you have any questions please feel free to contact Rachel Pobanz, Mike Topel, or Dr. Dodzik.



Clinical Psychology Syllabi can be found at <http://www.auschaumburg.net/syllabi.asp>. Please note that syllabi may be updated and/or revised at any time therefore it is important to continuously check auschaumburg.net for updated syllabi information.

Argosy, Schaumburg is currently holding a large number of both core and elective courses this fall. You may have noticed that the number of offered sessions have also increased to improve students' scheduling options. *As a result, class schedules are tight as classrooms are booked!* Please be considerate of your fellow classmates and professors and promptly exit the classroom at the conclusion of your class time so as to give both the incoming students and the professor ample time to settle in before their class begins.



Please utilize the library for "study room" purposes. If you need to schedule a classroom please do so with Ali Ceballos at least one (1) week in advance.

Your cooperation is greatly appreciated!

The votes are in

Student Council 2009-2010

Executive Board:

President:	Cristnei Aquino
Vice Present Elect:	Annette Mastalerz
Treasurer:	Molly Misher
Social Chair:	Stella Quimby

Representatives:

Psi Chi:	Rachel Pobanz and Michael Topel
4th Year Clinical Psychology:	Amanda Motz
3rd Year Clinical Psychology:	Chrissy Constantino
2nd Year Clinical Psychology:	Nadir Behrem
Education Class Rep:	Larry Cochran
Business Class Rep:	Yasoob Ahmed
Undergraduate Class Rep:	Crystal Cannan



Congratulations!

Student Council looks forward to serving the Argosy University, Schaumburg student body!

**The Diversity Committee announces the
upcoming presentation...
Cultural Competency in Working with
Latinos and Counseling Latinos with
HIV**



WHEN: THURSDAY, 11/19/09 12:15-1:45 (**FREE LUNCH**)

DETAILS:

Our own **Dr. Soto** will moderate the presentation and discussion with **Eddy F. Borrayo**, MSW, CADC, MI/SA II, Director of the Substance Abuse Division at Pilsen Wellness Center, Inc. and **Hal Fuentes**, Psy.D., Primary Care Coordinator of Adolescent Medicine at the Ruth M. Rothstein Core Center.

Both presenters will draw on their extensive experiences in working with the Chicago area Latino/a population and time will be allowed for student Q & A.

PRESENTER BIOS:

Eddy Borrayo was born in Guatemala and migrated to Chicago when he was 2 years old. He was raised in the community of Pilsen in Chicago. He obtained his bachelors degree in psychology from Loyola University of Chicago. He has graduate degree in social work from the University of Chicago, School of Social Service Administration.

Mr. Borrayo has presented on various topics that include cultural competence, mental health, suicide and suicidal ideation, integrated treatment for substance abuser, working with the dually diagnosed client, and topics addressing community awareness and health disparities. Mr. Borrayo has presented in local, national and international conferences. Mr. Borrayo presented in the Inaugural International Migrant Summit in Morelia, Mexico (May, 2007).

Hal Fuentes, PsyD is a clinical psychologist who currently works primarily with HIV positive youth. He has experience providing psychological assessment and therapy in a variety of clinical settings, primarily hospitals and forensic settings, and with Spanish-speaking populations. Hal is also Assistant Adjunct Professor at the Chicago School of Professional Psychology and teaches graduate psychology courses in cultural diversity issues, assessment, and psychological theory.

Keep in Touch!

Please remember to update your address, phone number, e-mail address, etc. in case of a change.

University emails are being sent to student's ar-gosy email accounts.



We welcome feedback!

We welcome any questions, comments, and suggestions!

Please refer them to **Cristnei Aquino**, newsletter editor.

"Feedback is one of the essential elements of good communication."

~ unknown

Issue Quote:

Remember, if you ever need a helping hand, you'll find one at the end of your arm ... As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others.

Audrey Hepburn

Issue Joke

Neurotics build castles in the sky.
Psychotics live in them.
Psychologists collect the rent.



Good luck to all students participating in match process for the 2010-2011 internship year.

We look forward to seeing where your next phase of training will take you.





2009-2010 Student Council Members

Executive Board

Cristnei Aquino, President
Annette Mastalerz, Vice President
Molly Misher, Treasurer
Stella Quimby, Social Chair

cristneiaquino@comcast.net
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stellaestrella01@yahoo.com

Representatives

Rachel Pobanz, PsyD Psi Chi Representative
Micheal Topel, PsyD Psi Chi Representative
Amanda Motz, Forth Year Clinical Psych
Chrissy Constantino, Third Year Clinical Psych
Nadir Behrem, Second Year Clinical Psych
Larry Cochran, Larry Cochran
Yasoob Ahmed, Business Class Rep
Crystal Cannan, Undergraduate Class Rep

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nbehrem@cnw.stu.argosy.edu
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yasoobahmed@gmail.com
angeleyz1103@aol.com

We are on the Web!
[http://
www.auschaumburg.net](http://www.auschaumburg.net)



Contact Information

Below is a list of contact information should you have questions during your enrollment at Argosy Schaumburg.

Academic Administration

Jim Chitwood, MBA, President
David VanWinkle, Ph.D.
Jim Wasner, Ph.D., Campus Dean, Clinical Psychology Program Chair
Peter Dodzik, PsyD, Associate Chair, Clinical Psychology

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Academic and Student Services

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Evelyn Humphries, MA, Registrar
Margaret Cusick, Academic Advisor
Janan Reyna, Director of Library Services

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Rebecca Tews-Kozlowski, Ph.D., Assoc. Director of Training, Clinical
Barbara Hochgesang-- Clinical Psychology Support Coordinator

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