

2018 GREAT LAKES REGIONAL COUNSELING PSYCHOLOGY CONFERENCE

RESPECTFUL DIALOGUES & BEYOND: WHAT ARE WE DOING?

WESTERN MICHIGAN UNIVERSITY
SANGREN HALL
APRIL 13-14



College of Education
and Human Development

WESTERN MICHIGAN UNIVERSITY



WESTERN MICHIGAN UNIVERSITY

Welcome from the Conference Host

The Counseling Psychology Program at Western Michigan University is proud to host the 31st Annual Great Lakes Regional Counseling Psychology Conference on April 13-14, 2018, in Kalamazoo, Michigan.

We are excited to be ushering in the 4th decade of the longest running annual regional conference of the Society of Counseling Psychology. The Great Lakes Region holds the distinction of being the only region to continue fulfilling the recommendation of holding a yearly conference that emerged from the Third National Counseling Psychology Conference held in Atlanta, Georgia in 1987. The first conference was held the very next year in 1988 at The Ohio State University and the rest, they say, is history! Over the years, the Great Lakes Regional Conference has served an important role in the socialization and mentorship of students who have enjoyed benefits derived from presenting and participation, professional networking, and being a part of conference planning and execution.

The theme of the 2018 conference is “Respectful Dialogues and Beyond: What Are We Doing?” The theme celebrates counseling psychology’s role in engaging in difficult conversations, often around challenging topics and in times of controversy and great need, with an emphasis on doing. Reflecting the words of Dr. Martin Luther King, Jr., “Life’s most persistent and urgent question is, ‘What are you doing for others?’” we ask the question “What are **WE** doing?” We welcome presentations that address innovative ways in which counseling psychologists and students in training are making a difference and seeking to have a positive impact in their communities, on our field, and with underserved populations. The conference theme also echoes an initiative of our current American Psychological Association Division 17 President, Dr. Arpana G. Inman, of Lehigh University, who will be a keynote speaker. We are also excited that Dr. Judith Kovach will be doing a special address on LGBT issues in honor of Dr. James Croteau. Over the next day and half, you can expect to be a part of some exciting symposiums, round tables, and posters that will satisfy and stimulate your intellect. You can expect to be challenged and to grow exponentially over the next day and a half. As you know the Great Lakes Regional Conference is known for bringing some of the most respected scholars in the profession. We look forward to productive and respectful dialogues and a celebration of the good work we all are doing.

In closing, I’d like to thank each of you for attending The Great Lakes Regional Conference and bringing your expertise. You, as counseling psychologists, future counseling psychologists, counselors, and social workers have the vision, the knowledge, the wherewithal and the experience to improve the lives of many who will utilize our services. Throughout this conference, I ask you to stay engaged, keep us proactive and help us shape the future of mental health services.

Sincerely,

Beverly J. Vandiver, PhD
Professor of Counseling Psychology
Co-Chair

Kelly A. McDonnell, PhD
Professor of Counseling Psychology
Co-Chair

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018
Registration: 8 AM – 4 PM Sangren Hall, 1st Floor Lobby

All events for the Conference will be in Sangren Hall, unless specified otherwise.

9 AM - 12 PM

Pre-Conference Continuing Education Workshop - "Please Don't Box Me In! Exploring the Importance of Identity and Intersections of Identity in Counseling Relationships"

Dr. Shannon Chávez-Korell, Michigan School of Professional Psychology
Room 1910, First Floor

OR

Pre-Conference Continuing Education Workshop - "Reflections on Ethical Dilemmas in Therapy and Supervision"

Dr. Sharon L. Bowman, Ball State University
Workshop
Room 2710, Second Floor

Both workshops are at intermediate/advanced level of training. CE = 3 credits

Poster Session #1 1:00 – 1:50 PM Sangren Hall, 1st Floor Lobby

A Vocational Intervention for Collegiate Student-Athletes
A. Benton Darling, M.A., West Virginia University
Alexandria Kinder, M.A., West Virginia University
Robert C. Hilliard, M.S., West Virginia University

Collegiate student-athletes represent a college-student subpopulation with unique challenges and implications for vocational counseling. Student-athletes often exhibit stunted career development compared to non-athletes leading to potential vocational and psychological consequences. This poster will present an intervention designed to enhance career development by increasing student-athletes' career decision-making self-efficacy.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #1 1:00 – 1:50 PM Sangren Hall, 1st Floor Lobby

Arab American Well-being: Where Counseling Misses the Mark
Rawan Atari, M.S., *Ball State University*
Marlenne Devia, M.A., *Ball State University*

The collectivist Arab cultural values run contrary to the components of well-being that clinicians are taught to identify as healthy indicators of autonomy, self-acceptance, and personal growth. Solely utilizing measures of well-being developed from Western theories and models neglects an influential component of clients' cultural identities and experiences.

Barriers to Counseling for African Americans
Jody Zhong, B.A., *University of Louisville*
Lali McCubbin, Ph.D., *University of Louisville*
Ja'lessa Hardwick, M.A., *University of Louisville*
Kaylyn Watterson, M.A., *University of Louisville*

The purpose of this presentation is to report preliminary findings for a qualitative action research study examining key community stakeholders' perceptions of mental health needs, community resources, counseling, and barriers to accessing counseling for African Americans residing in an under-resourced urban community.

Burnout Among Undergraduate Women in STEM: The Role of Identity Interference and Chilly Climate
Laura Jensen, B.A., *Purdue University*
Eric Deemer, Ph.D., *Purdue University*

This study seeks to examine the role of campus climate on women's identity as female and scientist, and how these interact to impact feelings of burnout on undergraduate women in STEM.

Career Indecision Profile-65 Scores' Measurement Equivalence in College and Non-College Samples
Margaret Nauta, Ph.D., *Illinois State University*
Casey J. Zobell, M.S., *Illinois State University*
Matthew S. Hesson-McInnis, Ph.D., *Illinois State University*

Responses to an online survey were used to examine the measurement equivalence of Career Indecision Profile-65 (CIP-65) scores in college and non-college-attending young adults.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #1 1:00 – 1:50 PM Sangren Hall, 1st Floor Lobby

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Content Analysis of Asian American Suicide Related Outcomes (2012-2017)

Yi Li, *Indiana University Bloomington*

Suicide is one of the leading causes of death in the United States. This paper focused on suicide-related outcomes among Asian Americans by examining articles that were empirically researched from 2012 to 2017.

Familism and Self-Stigma as Barriers to Seeking Psychological Care

Chelsea A. Latorre, M.Ed., *West Virginia University*

Adrionia Molder, M.S., *West Virginia University*

Connor Fais, M.A., *West Virginia University*

The Latinx population is the fastest growing minority group in the United States population. However, this group continues to be underserved in mental health settings. This poster will explore the relationship between familism and self-stigma of seeking psychological care in Latinx college students. Preliminary results will be examined.

How Underemployed Workers Feel Meaningfulness? The Indirect Path of Psychological Needs

Taewon Kim, M.A., *Purdue University*

Blake A. Allan, Ph.D., *Purdue University*

Due to increasing rate of underemployment, scholars developed The Psychology of Working Theory to explain how social structures influence access to stable employment that satisfies psychological needs to lead to well-being. We plan to investigate the psychological needs of autonomy, competence, and relatedness as mediators between underemployment and meaningful work.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #1 1:00 – 1:50 PM Sangren Hall, 1st Floor Lobby

Masculinity and Affectionate Touch: Investigating Emotional Intimacy in Male Social Circles
Jacob Alexander Moore, B.A., *Loyola University Maryland*

Evidence suggests that men within the United States are less likely to engage in emotionally intimate behaviors than women. The goal of this experimental study is to understand the roll of social networks and masculinity in men's emotional intimacy, and how these behaviors translate to public and private affectionate behaviors.

Predictors of Counselor Preference and Underutilization
Char Houben-Hop, *Western Michigan University*

This review examines five studies that focus on how cultural, race-related constructs influence African American clients' counselor racial preference. A deeper understanding of the relationship between cultural, race-related constructs and African American clients' counselor racial preference will help the mental health profession decide on what further research is needed to find a solution to the problem of the reluctance of African Americans to utilize professional mental health services.

School Climate and Mental Health: Comparing SES, Gender, and Race
Isis C. Prior, *Cleveland State University*
Steven M. Sanders, *Cleveland State University*
Brian E. Harper, *Cleveland State University*

This project is designed to evaluate the relationship between perceived school climate and mental health outcomes for individuals. There will be comparisons breaking the participants down into groups based on socioeconomic status, gender, and race to evaluate if the relationship holds true across subgroups.

Self-Affirmation and Responses to Threatening Health Information: A Review of the Literature
Victoria Day, M.A., *Ball State University*
Kristin Perrone-McGovern, Ph.D., *Ball State University*

This presentation provides an overview of studies that have examined self-affirmation and its effects on the acceptance or avoidance of threatening health information. Based on an integrated and critical review of the literature, recommendations for counseling strategies and future research will be provided.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #1 1:00 – 1:50 PM Sangren Hall, 1st Floor Lobby

Socioemotional Selectivity, Depression, and Older Adults With and Without
Dementia: An Integrative Literature Review

Brian Michael Stran, *Western Michigan University*

The current literature review serves to conceptualize the present research on depression in those with dementia through the through the framework of Socioemotional Selectivity Theory.

The Relationship Between Adult Romantic Attachment and Emotion Regulation

Madeline S. Herman, B.A., *Cleveland State University*

Megan N. Mancini, B.A., *Cleveland State University*

The present study examines the relationship between romantic attachment and emotion regulation. Participants completed a qualitative interview, examining dating views and personal relationship experiences, and also a comprehensive survey that covered a myriad of factors, including emotion regulation and adult attachment style. Results will be presented at the poster session.

The Role of Emotion Regulation in Depression and Social Anxiety in People With and Without
IBD

Katherine Petrochic, *Cleveland State University*

The present study investigates the relationships between IBD, ER, and internalizing disorder symptoms in a sample of those with and without IBD. Those with IBD experienced higher levels of depression at a trend level while individuals without IBD experienced significantly higher levels of social anxiety.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018
Concurrent Sessions #1: 2:00 – 2:50 PM

Symposium

How Does Discrimination Make us Depressed?

Patrick Possel, Dr. rer. soc., *University of Louisville*

Ashley Ann Marshall, M.Ed., *University of Louisville*

Eric J. Smith, B.A., *University of Louisville*

Kate J. Berghuis, M.S., *University of Louisville*

Lauren Hayes, B.A., *University of Louisville*

Sangren Hall, Room 2120

While research clearly demonstrates that discrimination increases the risk for depression, little is known about the mechanisms underlying these relations. Thus, the presentations examine possible mechanisms that are proposed in different well-established theories of depression. The potential to reduce depression in individuals who experience discrimination will be discussed.

Round Table

How to be a Counseling Psychologist: Advocacy, Identity and Self-care in the
Current Socio-Political Environment

Crystal Thornhill, *Purdue University*

Lindsay Mayott, *Purdue University*

Aashna Aggarwal, *Purdue University*

Ankita Nikalje, M.S., *Purdue University*

Ayse Ciftci, *Purdue University*

Sangren Hall, Room 3310

The goal of this roundtable is to talk about the challenges of being counseling psychologists during the current sociopolitical climate, especially with social justice being one of the principles of our profession. We will be discussing the impact of doing social justice work across multiple contexts on a college campus.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018
Concurrent Sessions #1: 2:00 – 2:50 PM

Round Table

#MeToo: Counseling Psychologists Addressing Sexual Misconduct

Sarah R. B. Milam, M.A., *West Virginia University*

Chelsea Latorre, M.Ed., *West Virginia University*

A. Benton Darling, M.A., *West Virginia University*

Sangren Hall, Room 4715

The #MeToo movement was introduced approximately two decades ago but has now gained global attention given recent public events. This roundtable will provide a space to discuss topics surrounding the movement, explore why some still doubt survivors' stories, and empower attendees to raise awareness and seek reform in their communities.

Round Table

Use of Technology in Performance Enhancement: VSM and VR with Golfers and Football Players

Kyle Kennedy, *Indiana University - Bloomington*

Jesse Steinfeldt, *Indiana University - Bloomington*

Sangren Hall, Room 3110

Visualization is an oft-utilized intervention with athletes/performers in an effort to improve performance. This Roundtable will discuss the use of visualization interventions, with specific focus on the effectiveness of VSM and VR interventions with golfers and football players, while opening discussion of applicability to other performance domains and populations.

Paper Presentation

Adverse Childhood Experiences, Resilience and Well-being

Laurie McCubbin, Ph.D., *University of Louisville*

Jody Zhong, B.A., *University of Louisville*

Emily Weber, B.A., *University of Louisville*

Sangren Hall, Room 4310

Using the Trauma, Adaptation and Resilience (TAR) framework (McCubbin, 2016), we examined the pile up of stressors including adverse childhood experiences, two different measures of resilience (individual and ecological models) and their impact on multiple domains of health (physical, psychological, social relationships and environment. The sample consisted of 375 adults. We found support for the TAR model and also different domains of resilience varied in prediction depending on the domain of health.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018
Concurrent Sessions #2: 3:00 – 3:50 PM

Workshop

Collaborating Music Therapy with Counseling: Finding Wholeness Through Young and Professional Issues

Chelly Neuenschwander, M.A., *Ball State University*
Cassandra Haines, MT-BC., B.S.M.T., *Indiana University - Purdue University Fort Wayne*
Sangren Hall, Room 3110

This workshop intends to discuss empirical evidence in regards to the issues in being young and professional, along with how to overcome these issues using a combined music therapy and counseling activity.

Round Table

Athletes and Practitioners: Agents of Social Change Within Sport
Jessica L. David, M.S.Ed., *Indiana University - Bloomington*
Jesse A. Steinfeldt, Ph.D., *Indiana University - Bloomington*
Jacqueline E. Hyman, M.Ed., *Indiana University - Bloomington*
Sangren Hall, Room 4310

This round table discussion intends to situate social justice activism as a core competency of multicultural sport psychology by providing a review of present and past examples of activism within sport and introducing attendees to a model that can be employed when working with athletes interested in expressing activist interests.

Round Table

Speak Out Reach Out: Student Led Social Justice and Service Organizations
Kelly Anne Thomas, M.S., *West Virginia University*
Taylor Sonia Allen, M.S., *West Virginia University*
Sarah R. B. Milam, M.A., *West Virginia University*
Sangren Hall, Room 2120

In this roundtable we seek to discuss our student led social justice and service organization, Speak Out Reach Out (SORO), and how with a bit of effort from a few people, a larger impact can be made in our lives and others'.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018
Concurrent Sessions #2: 3:00 – 3:50 PM

Round Table

The Effects of Community and Law on African Immigrants: A Contextual Discussion.

K. Chinwe Idigo, *University of Louisville*
Maame Safowaa-Geary, *University of Louisville*
Room 3310

Immigration is a topic of increasing concern to psychologists. This roundtable discussion explores motivation for immigration, social attitudes, contexts, policy, and adaptation with special attention to the rapidly growing African immigrant community. In keeping with the conference theme, the presenters will discuss integration of African immigrant well-being into teaching, advocacy, practice and research.

Round Table

The Impact of Trauma on Academic Admissions and Career Interests for Black Women

Angela C. Lewis, *Western Michigan University*
Sangren Hall, Room 4715

The purpose of this roundtable is to facilitate a discussion about whether racism intersects with traumatic experiences to inform the college admissions process and career interests for black women.

Paper Presentation

Experiencing Sexual Assaults: Understanding the Factors of Withholding Disclosure

Justin R. Harker, B.A., *Loyola University Maryland*
Jacob A. Moore, B.A., *Loyola University Maryland*
Michiko Iwasaki, Ph.D., *Loyola University Maryland*
Casie H. Morgan, *Loyola University Maryland*
Sangren Hall, Room 2720

Evidence suggests that two thirds of sexual assault victims do not report their assaults. The present study will examine factors related to “non-reporters” by using the existing survey data from 460 sexual assault female survivors. Preliminary analysis suggests age at assault as well as “closeness” to their perpetrators.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018
Concurrent Sessions #2: 3:00 – 3:50 PM

Paper Presentation
Predictors of Treatment Utilization in College Students
Kristyn Oravec, B.A., *Cleveland State University*
Zachary Tokar, A.A., *Cleveland State University*
Sangren Hall, Room 2720

This study examines the relationship between various demographic characteristics and individual differences that influence behavioral health treatment utilization among college students over a year period. Findings include key factors that influence college students treatment seeking behaviors and elucidates on how to have better inform prevention and awareness raising efforts.

Featured Address: 4:00-4:50 P.M.

Sangren Hall, Room 1920, First Floor

LGBT Well-being: The Importance of Research-Informed Public Policy Advocacy

Dr. Judith Kovach
Licensed Psychologist

Former Project Director of Michigan Project for Informed Public Policy

Dr. Judith Kovach, Licensed Psychologist and Project Director of the Michigan Project for Informed Public Policy. This is a special address in honor of Dr. James M. Croteau.

Social Hour: 5:00 PM - 6:30 PM

Enjoy a snack while you visit the concurrent poster session and socialize.
Location: 2nd Floor-Commons Area

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #2: 5:00 PM – 5:50 PM 2nd Floor Hallways

Athlete Coping and the Influence of Coach Leadership Behaviors in Elite Figure Skaters

Taylor Sonia Allen, *West Virginia University*

Athletes cope with stressful performance situations throughout their careers. Many factors impact athlete coping, including athlete perception of coach leadership behaviors. The purpose of the proposed presentation is to explore the findings of a research study that examined how athlete perception of coach leadership behaviors influences athlete coping strategies.

Counseling and Prevention Strategies for Work with Syrian Refugees

Anna Hope Covington, B.A.,

Lawrence Gerstein, Ph.D., *Ball State University*

Huda Al Herz, M.A., *Ball State University*

Rawan Atari, M.S., *Ball State University*

Syrian refugees represent the largest forced migrant population in the world, and experience traumatic events that place them at elevated risk of psychopathology, including depression, anxiety, PTSD, and prolonged grief disorder. Therefore, this presentation will discuss strategies for prevention, psychoeducation, and counseling when assisting Syrian refugees.

Distress and Resiliency: Qualitative Interviews with Akron Bhutanese Refugees

Nuha Alshabani, B.S., *The University of Akron*

This presentation analyses qualitative interviews with Bhutanese refugees living in Akron, Ohio. Specifically, the presentation examines the factors predicting distress among this population, factors related to substance abuse, and factors that may protect against both distress and substance abuse. Community member identified intervention strategies are also provide as potential solutions.

Does Physical Abuse or Mental Abuse During Childhood Yield Large Symptoms of Antisocial Personality Disorder Later in Life?

Zachary Tokar, A.A., *Cleveland State University*

The present study examined whether abuse type (psychological vs. physical) and abuse source (mother vs. father) differentially predict risk for Antisocial Personality Disorder (APD). Results suggest that psychological rather than physical abuse, particularly from mothers, is associated with elevated APD traits in adulthood. Clinical implications are discussed.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #2: 5:00 PM – 5:50 PM 2nd Floor Hallways

Effects of Microaggressions & Stereotype Threat on Self-esteem & College Adjustment

Catherine P. Chen, B.S., *Purdue University*

Eric D. Deemer, Ph.D., *Purdue University*

There are many stressors for college students and while some students have little difficulty adjusting to institutional environments, others may face more challenges due to their minority identity. We empirically examine the interactive effects of undergraduate students' experiences of microaggressions and stereotype threat on their self-esteem and college adjustment.

Emotional Intelligence and Prosocial Behavior in Adolescents

Courtney Hull, *West Virginia University*

Glenn Noble, *West Virginia University*

Emotional intelligence refers to an individual's ability to monitor their emotions and the emotions of others. Because of the identified positive outcomes on interpersonal functioning, emotional intelligence should be assessed in conjunction with prosocial behavior. This construct is particularly salient when discussing adolescent interpersonal development. This review will outline foundational concepts related to emotional intelligence and prosocial behavior, and will demonstrate that higher levels of emotional intelligence are critical components increasing prosocial behaviors in adolescents.

Exploring Caseworker Roles with Individuals with Developmental Disabilities in Intermediate Care Facilities, a Qualitative Pilot Study

Allison Griesmer, M.A., *Cleveland State University*

Rachael Smith, M.A., *Cleveland State University*

A qualitative pilot study exploring caseworker roles with individuals with developmental disabilities in intermediate care facilities utilizing a social constructivist framework and collective case studies.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #2: 5:00 PM – 5:50 PM 2nd Floor Hallways

Mindfulness and Emotional Disclosure as Unique Emotion-Regulation Strategies

Jeffrey Kahn, Ph.D., *Illinois State University*

Kyle Lawell, B.A., *Illinois State University*

Alyssa Allen, H.S., *Illinois State University*

Julia Henning, B.A., *Illinois State University*

Byron Heidenreich, Ph.D., *Illinois State University*

We examined correlates of two emotion regulation strategies: mindfulness and emotional disclosure. Participants completed questionnaires assessing emotion, emotion regulation, and psychological symptoms, and they rated their reactions to several emotionally evocative photographs. Analyses revealed that mindfulness and emotional disclosure had differential associations with many of these outcomes.

Mindfulness Based Intervention Programs for African American Women

Maya Jordan, B.A., *Western Michigan University*

Accumulating research has that demonstrated mindfulness based intervention programs are a promising intervention for stress reduction and stress related physical and mental health. The purpose of this literature review is to stimulate new research so that mindfulness based intervention programs will be used more with African Americans.

Novel Counseling Considerations in Regards to Females Serving in Combat Roles

Cassandra Hudak, B.S., *Ball State University*

Bryan Shurigar, B.S., *Ball State University*

The poster intends to examine new possible ways to counsel females that have or are currently serving in combat roles in the United States military while acknowledging the challenges females in these combat roles face.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018

Poster Session #2: 5:00 PM – 5:50 PM 2nd Floor Hallways

Personal Growth Initiative and Race/Ethnicity: What We Know

Elexia L. Verbick, *Notre Dame College*

Alexandria C. Dick, *Notre Dame College*

Ingrid K. Weigold, Ph.D., *The University of Akron*

Arne Weigold, Ph.D., *Notre Dame College*

Liam J. Tipton-Fletcher, *Notre Dame College*

Louisa Rygh, *Notre Dame College*

Angela H. Bush, B.A., *Notre Dame College*

Richelle M. Trunk, B.A., *Notre Dame College*

Stephanie E. Frick, B.A., *Notre Dame College*

Julia P. Smith, B.A., *Notre Dame College*

Personal growth initiative (PGI) refers to an individual's intentional and active desire to grow in salient domains. A small literature base has emerged examining PGI in racial/ethnic minority groups in the United States. We present about what is known and provide suggestions for future research.

Race, Gender, and Exercise Maintenance: The Mediating Effects of Task, Coping, and Scheduling Self-efficacy

Justin R. Harker, B.A., *Loyola University Maryland*

Michiko Iwasaki, Ph.D., *Loyola University Maryland*

Many Americans, especially women, Latinos, and Blacks, are found to be overweight and physically inactive. The literature suggests a major role of self-efficacy in individuals' ability to maintain exercise. The study will explore other factors that may be more salient for women and racial minorities.

Recovery from Self-stigma in Serious Mental Illness

Katie Watterson, *University of Louisville*

Lali McCubbin, *University of Louisville*

The proposed presentation presents a literature review for a qualitative study on the role of self-stigma in the recovery from serious mental illness.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Friday, April 13, 2018
Poster Session - #2: 5:00 PM – 5:50 PM

System Justification Theory and the Acceptance and Perpetuation of Sexual Violence Against Women

Alex Houseknecht, *Western Michigan University*

In the United States, nearly one in five women report experiencing rape. Female survivors' experiences tend to become secondary to the male perpetrator's public reputation. This poster will summarize information about sexual violence, utilize System Justification Theory to make sense of its acceptance, and provide recommendations for the future.

End of Session for Friday, April 13, 2018

Friday, April 13, 2018

After 6:30 PM

Student Socials: Ask at registration desk and listen for announcements

Dinner: On your own or ask at registration desk and listen for announcements. A list of restaurants will be available at the registration desk.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
All events will be in Sangren Hall unless specified otherwise.

Registration Continues 7:45 AM – 1:00 PM 1st Floor Lobby

Continental Breakfast 7:45 AM - 9:30 AM 2nd Floor - Commons Area

Poster Session #3: 8:30-9:20 AM Sangren Hall, 2nd Floor Hallways

A Fifth Component: Updating the Concept of Alexithymia
Shu Ling, M.A.

In this presentation, I will critique the current conceptualization, and argue for a fifth component – motivation to be added to the construct of alexithymia. Based on the literature, I will demonstrate that, for some individuals, the cost of engaging in emotional perception or awareness is higher than others. Consequently, they are motivated to selectively engage in emotional experiences and “develop” alexithymia. I will review possible prospects and benefits of incorporating motivation in the construct of alexithymia, and offer some relevant clinical, research, social justice implications for counseling psychologists who work with alexithymia.

Acculturative Stressors, Resilience, Quality of Life and Psychological Well-being
Among African Immigrants in the United States

Maame-Safowaa Geary, M.A., NCC
Laurie D. McCubbin, Ph.D., *University of Louisville*

The purpose of the study is to examine the process of resilience in connection to psychological well-being and quality of life. The study identifies stressors experienced by African immigrants and how these stressors affect measures of resilience and well-being.

African American Men, Hyper Masculinity, & Homophobia
Sandra Fanning, M.S., *West Virginia University*

For African American men, race/ethnicity is tied directly to their masculinity. While gender and sexuality are independent constructs, black culture uses the two interchangeably, equating masculinity to heterosexuality. Addressing their psychological distress may help reduce the stigma surrounding homosexuality and reduce the rates of new HIV cases in African Americans.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #3: 8:30-9:20 AM Sangren Hall, 2nd Floor Hallways

“Back When I Was A Kid...”: Facilitating Parent-Child Dialogue on Alcohol-Related Behaviors

Casie Morgan, *Loyola University Maryland*

Charlotte Little, *Loyola University Maryland*

Bystander Intervention: An Evidence-based Program for Sexual Assault Prevention on College Campuses

Tacianna Pinheiro Oliver Indovina, M.A., *Ball State University*

Kerry Beduna, M.A., *Ball State University*

Hunter Sully, M.A., *Ball State University*

Ashley Boester-Dean, Ph.D., *Ball State University*

Our presentation introduces an intervention program for families with college-aged children to help counseling psychologists and families engage in open dialogue about alcohol-related behavior (ARB). A few of the components included in the intervention include parent-child communication, family attitude towards drinking, and parent training.

Class, Race, and Contextual Factors on the Diagnosis and Treatment of Anxiety

Eileen E. Joy, *Purdue University*

Theodore T. Bartholomew, *Purdue University*

Therapists' diagnostic and treatment choices are fundamental components of mental health care.

The purpose of this study is to understand how therapists use client context – SES, race, and environmental stressors – to inform diagnostic and treatment decisions. Therapists' responses to client vignettes are described, with a focus on clinical applications.

Definitions of Asexuality and Perceived Counselor Competencies

Emily L. Boswell, *Ball State University*

Steven R. Scally Jr, *Ball State University*

Nathan Walters, *Ball State University*

Joshua Staples, *Ball State University*

Michele Owen, *Ball State University*

A research study comparing qualitative definitions of asexuality from clinicians and individuals who identify as asexual, as well as counselor's perceived competencies working with asexual clients compared to lesbian and gay clients.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #3 8:30-9:20 AM Sangren Hall, 2nd Floor Hallways

Differences in Describing Domestic Violence in Heterosexual and Homosexual Romantic Relationships

Kristyn Oravec, B.A., *Cleveland State University*

Perceptions and definitions of domestic violence are often based on masculine lines of power and dominance and thus often excluded homosexual relationships where this division is not as readily apparent. This study decreases the gap in the literature by comparing definitions of domestic violence between heterosexual and homosexual young adults.

Ending Ageism: The Need to Reevaluate Attitudes Towards the Elderly

Michiko Iwasaki, Ph.D., *Loyola University Maryland*

Matthew Picchiello, *Loyola University Maryland*

Anahys Aghababian, *Loyola University Maryland*

The purpose of this study is to evaluate the psychometric properties of five common scales used to assess an individual's attitudes towards older adults. We will also provide a discussion about the advantages and disadvantages of each scale, and their applicability to the field of counseling psychology.

Identifying as a Sexual Minority: While Increased Psychological Distress Rates are Seen, so are Rates of Mental Health Service Utilization

Chelsea Kelligher, M.A., *Cleveland State University*

Meghan Murray, M.A., *Cleveland State University*

The current study sought to reiterate findings seen in the extant literature by exploring the notion that sexual minority individuals, and in particular bisexual individuals, experience increased rates of psychological distress. This study also looked to verify that sexual minority individuals utilize mental health services more heavily than heterosexual individuals. The sample for this study was based on young adult responses (ages 18 to 26 years old; N= 4,833) gathered from the publicly available the 1994-2008 National Longitudinal Study of Adolescent to Adult Health Wave III data.

Results indicated, that individuals who identify as a sexual minority exhibited an increased likelihood for psychological distress, but were also seen to utilize counseling/psychological services more than their heterosexual peers.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #3 8:30-9:20 AM Sangren Hall, 2nd Floor Hallways

International Students, Area of Origin, and Acculturation

Alexandria C. Dick, *Notre Dame College*

Elexia L. Verbick, *Notre Dame College*

Ingrid K. Weigold, Ph.D., *The University of Akron*

Arne Weigold, Ph.D., *Notre Dame College*

Liam J. Tipton-Fletcher, *Notre Dame College*

Louisa Rygh, *Notre Dame College*

Acculturative stress is an issue for many international students studying in the United States. The similarities and differences in acculturative stress based on area of origin is examined. This includes a discussion of implications and the need for further research.

Social Comparison in the Digital Age

Alexandria Kinder, M.A., *West Virginia University*

Courtney Hull, M.S., *West Virginia University*

People have innate tendencies for social comparison. Social media enables social comparison without direct, face-to-face interaction. To date, no literature has addressed the effect of social media and social comparison on depression. This study will address: Does social media use predict social comparison scores? Is social comparison correlated with depression?

Stigma and Help-Seeking among Arab Muslim College Students in the U.S.

A. Benton Darling, M.A., *West Virginia University*

Tim Swiger, M.S., *West Virginia University*

Sarah R.B. Milam, M.A., *West Virginia University*

Stigma is a primary barrier to mental health services. Arab Muslim college students report a disproportional negative association between stigma and help-seeking. This poster will examine the impact of instructor support on Arab Muslim students' perceptions of stigma and treatment-seeking behaviors. Implications for counseling psychologists will be reviewed.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #3 8:30-9:20 AM Sangren Hall, 2nd Floor Hallways

The Resiliency of Ethiopian Migrants
Hawi M. Wako, *Western Michigan University*

The proposed poster presents findings from a literature review focused on community resilience. This review examines the perseverance of migrant communities after experiencing the disaster of displacement from their home countries. Additionally, it highlights the history of Ethiopian migrants, explores research indicating psychological wellbeing amongst Ethiopian migrants.

Why do People Justify a Racist System? Understanding the Psychological Motivator of Powerlessness in Relation to System Justification.
Ashley Fazekas, *Trinity Christian College*

Why do people justify a racist system? Understanding the psychological motivator of powerlessness in relation to system justification.

Concurrent Sessions #3: 9:30 AM – 10:20 AM

Workshop
Building Community From Within
Demarra Gardner, M.A., *Change Agent Consulting*
Sangren Hall, Room 4735

Explore how utilizing your passion to engage in meaningful projects that impact community with humility lens is critical for community engagement.

Symposium
Ethical Responsibility: Rethinking Research and Practice with Vulnerable Populations
Nuha Alshabani, B.S., *The University of Akron*
Samsara Soto, B.S., *The University of Akron*
Alejandra Gonzalez, B.S., *The University of Akron*
Sangren Hall, Room 4715

Ethical guidelines protect autonomy; ensure beneficence, non-maleficence, and justice; and establish fiduciary responsibility. However, research and practice with vulnerable populations requires additional measures to ensure ethical professional work. This symposium addresses informed consent, confidentiality, research design/methodology, communal decision making, and professionals' competency for ethical research and practice with vulnerable populations.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
Concurrent Sessions #3: 9:30 AM – 10:20 AM

Round Table
Inclusivity of Populations in Sport and Performance Psychology
DeJon Purnell, *Indiana University - Bloomington*
Jesse Steinfeldt, *Indiana University - Bloomington*
Sangren Hall, Room 4530

The purpose of this proposed Round Table is to facilitate discussion on expanding the inclusivity of participants--with a focus on sport referees as performers--so that the field can provide Sport and Performance Psychology services to a broad base of performers, while still connecting this to a broader discussion of best practices and research in Sport and Performance Psychology that is currently done with athletes.

Round Table
Preparing for the EPPP, EPPP2, and ABPP
Sharon L. Bowman, Ph.D., HSPP, LMHC, *Ball State University*
Sangren Hall, Room 4705

Students and Early Career Psychologists are often unaware of the steps to licensure as a psychologist. With changes in the EPPP, and the impending EPPP 2, it is helpful to get informed sooner rather than later. Further, many psychologists will eventually seek board certification in a specialty area (ABPP). The facilitator, a licensure board member and board certified in counseling psychology, can answer questions about these processes.

Round Table
(Re)modeling the “Myth”: Reexamining Asian American Pacific Islander Identity, Visibility, and Allyship
Yu Chak Sunny Ho, M.A., Ed.M., *University of Iowa*
Kamille La Rosa, B.A., *Western Michigan University*
Sonia Amin, M.A., *Western Michigan University*
Jacks Cheng, M.A., Ed.M., *Indiana University - Bloomington*
Michael Evitts, M.S., *Western Michigan University*
Sangren Hall, Room 4560

Asian American Pacific Islanders (AAPIs) encompass over 60 different racial and ethnic groups with unique religions, languages, and immigration histories. Many link AAPIs with the “Model Minority Myth,” but this only serves to strip away individual and collective identities, endorses assimilation, and creates a sense of invisibility.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
Concurrent Sessions #3 9:30 AM – 10:20 AM

Round Table

What are we Doing? - Continuing the Transformation of Career Counseling for the Diversity of the 21st Century

Kris Pence, *Western Michigan University*
Mark St. Martin, *Western Michigan University*
Tristan McBain, *Western Michigan University*
Rachel Petro, *Western Michigan University*
Amy Gill, *Western Michigan University*
Sangren Hall, Room 4540

This roundtable is designed to explore with participants the emerging practices and interventions in career counseling that are intentionally designed to better serve diverse populations, particularly services provided in university contexts.

Concurrent Sessions #4 10:30 – 11:20 AM

Round Table

Counseling Gifted Individuals

Kristen Reser, M.A., *Ball State University*
Samantha Marie Hinnenkamp, M.A., *Ball State University*
Sangren Hall, Room 4735

This round-table will focus on the counseling needs of gifted individuals. The focus will be on unique needs, such as perfectionism, over-excitabilities, and asynchronous development. Many counselors are unaware of the unique needs of this group, and this can affect diagnosis and treatment.

Round Table

Experiences Abroad: Not Just a Photo Op, but an Opportunity to Shape Practice and Research

Betsy Varner, B.A., *Ball State University*
Scott Barrera, B.S., *Ball State University*
Sangren Hall, Room 4540

Round table discussion will focus on how experiences abroad can shape practice and research to improve accessibility and quality of services. Presenters will speak about their experiences studying abroad in Peru and how it has shaped their own professional experiences.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
Concurrent Sessions #4 10:30 – 11:20 AM

Round Table
Integrating Spirituality and Religion into Counseling
Chelly Neuenschwander, M.A., *Ball State University*
Kara Patrick, B.S., *Ball State University*
Sangren Hall, Room 4560

This round table will focus on the following relevant issues related to integrating spirituality and religion into counseling: recognizing religion and spirituality as a piece of diversity, increasing counselor competency in religious and spiritual matters, and integrating religious and spiritual competencies into the therapeutic process.

Round Table
The Four Pillars and The Foundation on Which They Rest: A Student Affiliates of 17 Discussion
Samuel Colbert
Room 4715

Student Affiliates of 17 plan to engage in a roundtable discussion around SAS's four pillars. These include: Scholarship, Engagement and Collaboration Pillar, Social Justice Pillar, Multicultural Pillar and The Prevention and Promotion Pillar. Through dialogue, we hope to broaden our perspective, network, brainstorm and facilitate programmatic activities at various institutions.

Round Table
When the Rules Change: Assessment Challenges for Refugees Seeking U.S. Citizenship Post-2016 Election
Mike Evitts, M.S., *Western Michigan University*
Anne Stocker, *Western Michigan University*
Alex Housenecht, *Western Michigan University*
Char Marietje Houben-Hop, *Western Michigan University*
Alishia Salyer, *Western Michigan University*
Sonia Amin, *Western Michigan University*
Michael Saltzman, *Western Michigan University*
Sangren Hall, Room 4530

A panel of doctoral students working at the Center for Counseling and Psychological Services in Grand Rapids will discuss their experiences providing N-648 evaluations to refugees from South Asia who have suffered from trauma to assist them in obtaining U.S. Citizenship. Current challenges and cultural sensitivity implications are discussed.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
Concurrent Sessions #4 10:30 – 11:20 AM

Paper Presentation

How Discrimination in Schools Effects Acculturation in Arab Americans

Khadeja Najjar, B.A., *Cleveland State University*

Shereen Naser, Ph.D., *Cleveland State University*

Sangren Hall, Room 4705

Using a focus group approach, this exploratory study explored how experiences of discrimination in US schools may influence the acculturative process in Arab American youth.

Paper Presentation

Resilience and 1.5 Generation Korean American Young/Emerging Adults in the U.S.

Cecile H. Bhang, M.A., *Loyola University Chicago*

Sangren Hall, Room 4705

As resilience has been linked with positive influences and psychological well-being of ethnic minority population (Wagnild & Young, 1993; Lee, 2005), this study aims to explore culture specific resilience promoting factors for 1.5 generation Korean Americans in the U.S.

Lunch 11:30 AM - 1:00 PM

Bernhard Student Center, West Ballroom, 2nd Floor

12:00 PM – 1:00 PM

Featured Address

Respectful Dialogues: Holding the Tension

Dr. Arpana G. Inman

President, Society of Counseling Psychology, American Psychological Association

Dr. Arpana G. Inman, President of the Society of Counseling Psychology of the American Psychological Association, is Professor of Counseling Psychology and Chair of the Department of Education and Human Services at Lehigh University.

Bernhard Student Center, West Ballroom, 2nd Floor

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
1:00 – 1:50 PM

Student Conversation with Division 17 President
Dr. Arpana G. Inman

Bernhard Student Center, West Ballroom, 2nd Floor

Concurrent Sessions #5: 2:00 PM - 2:50 PM

Symposium

Counseling Psychology Students as Sport and Performance Psychology Interns:
Program Building, Group Programming and Coach Consultations

Jackie Hyman, *Indiana University - Bloomington*

Patrick McFadden, *Indiana University - Bloomington*

Jeffrey Grimes, *Indiana University - Bloomington*

Jesse Steinfeldt, *Indiana University - Bloomington*

Sangren Hall, Room 4715

This Symposium intends to provide attendees with a deeper understanding of the experiences of Counseling Psychology students operating within the role of Sport and Performance Psychology Interns at high school practicum sites, including but not limited to logistics in starting a program, consultation and collaboration with coaches/administrators, and programming initiatives.

Symposium

Peer Education as a Tool for Prevention and Social Justice in a University Counseling Center

Kerry Beduna, M.A., *Ball State University*

Tanisha Islam, *Grand Valley State University*

Tanner Derror, *Grand Valley State University*

Megan Hofman, *Grand Valley State University*

Smriti Abraham, *Grand Valley State University*

Sangren Hall, Room 4705

Peer educators will share methods utilized in destigmatizing the use of mental health services, promoting awareness of the University Counseling Center and increasing accessibility to its services, and engaging in dialogues and outreach to further social justice and prevention initiatives through the university community.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
Concurrent Sessions #5: 2:00 PM - 2:50 PM

Round Table

Cross-cultural Considerations of Clinical Supervision for Minority and International Trainees

Yue Shi, M.A., *Arizona State University*
Chun Tao, M.S., *Arizona State University*
Sangren Hall, Room 4735

The roundtable discussion is designed to closely examine relevant cross-cultural considerations for minority and international trainees in clinical supervision. Additionally, methods supervisors and trainees can utilize in order to successfully address cross-cultural issues will be discussed.

Round Table

Exploring New Ways to Support Academically Vulnerable Students: An
Interpersonal Group Processing Approach

Walter T. Malone, M.A., *Western Michigan University*
Marc J. Greene, M.A., *Western Michigan University*
Sangren Hall, Room 4560

Many American universities have increased efforts to assist students in academic jeopardy by offering *academic recovery* courses aimed at improving retention. In this roundtable discussion, we propose a new method of learning using interpersonal processing groups as the primary means of gaining knowledge and assisting students in achieving academic success.

Round Table

How to Get Published in Psychological Journals

Beverly Vandiver
Sangren Hall, Room 4540

The purpose for this roundtable is to highlight the general guidelines of submitting a manuscript for review to a refereed psychology journal and to generate a discussion about areas that need clarification. Areas of importance will be highlighted and samples of best and worse practices will be highlighted.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018
Concurrent Sessions #5: 2:00 PM - 2:50 PM

Round Table

The Opioid Epidemic: Counseling Psychology's Role in Prevention and Recovery

Timothy Swiger, *West Virginia University*

Adrionia Molder, *West Virginia University*

Connor Fais, *West Virginia University*

Sangren Hall, Room 4530

This roundtable is an opportunity for health service psychologists to come together and have an open dialogue regarding the opioid epidemic afflicting the Great Lakes Region. The discussion will focus on prevention and recovery through evidence-based practices and community resources that will assist interdisciplinary team members' serving areas in need.

Poster Session #4 3:00 – 4:00 PM Sangren, 2nd Floor Hallways

Acceptance and Identity as Moderators of the Relationship Between Negative Disability-related Stereotypes and Academic and Social Outcomes.

Michael Lotz, M.S.Ed., *Purdue University*

Eric D. Deemer, Ph.D., *Purdue University*

This poster presentation will present a linear regression model that examines how an individual's reported disability identity and acceptance of their disability influences the relationship between stereotype threat vulnerability and academic satisfaction, academic self-efficacy, and social self-efficacy. The results hope to show the moderating effects that one's acceptance of disability has on stereotype threat vulnerability and the negative correlating effects.

Analyzing Evaluation of Counseling Psychology Student Competence

Ashley E. Schoener, M.A., *Ball State University*

Samantha Hinnenkamp, M.A., *Ball State University*

The evaluation of competence can be a difficult and complex process, but it serves a critical purpose by maintaining professional accountability within the field of Counseling Psychology. The current report provides a brief historical overview of evaluation models, describes the current system, and offers recommendations for continual development and improvement.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #4 3:00 – 4:00 PM Sangren, 2nd Floor Hallways

Attribution Style as a Moderator in the Relationship Between Post-traumatic Stress and Relationship Satisfaction

Jessica Olin, *Cleveland State University*
Elizabeth Goncey, Ph.D., *Cleveland State University*

The purpose of this study is to further the understanding of the relationship between posttraumatic stress symptoms and relationship satisfaction by exploring attribution styles as a moderator of the relationship. Participants are students and student veterans of the armed forces who completed self-reports on PTSD, attributional style, and relationship satisfaction.

Discrimination Against Asian Indian International Students

Aashna Aggarwal, B.A., *Purdue University*
Ayse Ciftci, Ph.D., *Purdue University*

The proposed poster will present a literature review on racial discrimination in Asian Indian international students and how it may relate to color blind racial ideology. After the literature review, clinical and research implications will be discussed in regards to this population.

Examining U.S. Military Resiliency Training Programs

Alishia Salyer, *Western Michigan University*

Resilience is a multi-faceted, malleable construct, and this poster advocates for a commitment to understanding and supporting dynamic-process resilience as contrasted with trait resilience. Future considerations are provided in an effort to promote the growth in dynamic-process resiliency research, assessment, and critical evaluation of current military resilience training programs.

Motivational Interviewing for Decreasing Maladaptive Health Behaviors

Kelly Anne Thomas, M.S., *West Virginia University*
Courtney Nicole Hull, MS., *West Virginia University*

Motivational interviewing can be used as an intervention for decreasing maladaptive health behaviors including, but not limited to, substance abuse, avoidance coping, and self-injury. Limitations of using this intervention include lack of psychoeducation, healthcare-professional burnout, and limited time spent with clients. Recommendations will be presented in poster.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #4 3:00 – 4:00 PM Sangren, 2nd Floor Hallways

Paper-and-Pencil and Computer Self-report Survey Equivalence

Arne Weigold, Ph.D., *Notre Dame College*

Ingrid K. Weigold, Ph.D., *The University of Akron*

Sara N. Natera, M.A., *Cleveland State University*

Charity A. Smith, M.A., *The University of Akron*

John P. Bruner, Ph.D., *The University of Akron*

Elexia L. Verbick, *Notre Dame College*

Alexandria C. Dick, *Notre Dame College*

Louisa Rygh, *Notre Dame College*

Liam J. Tipton-Fletcher, *Notre Dame College*

We conducted a meta-analysis examining the comparability of mean scores for self-report surveys completed via paper-and-pencil and the computer. All 70 effect sizes were from within-subjects design studies. Results indicated equivalence of the two conditions, with little systematic variance across effect sizes.

Perspectives on Career Support Between Adolescents and Parents

Samantha A. Morel, M.A., *Purdue University*

Catherine P. Chen, B.S., *Purdue University*

Laura E. Jensen, B.S., *Purdue University*

Eric D. Deemer, Ph.D., *Purdue University*

It is important for students to receive support from their parents in their career decision making but it is unclear whether parents and students actually agree on their relative perceptions of support. This study seeks to fill in this literature gap by comparing student and parent perceptions of support.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #4 3:00 – 4:00 PM Sangren, 2nd Floor Hallways

Professional Identity Crisis in the Integrated Care Era
Shu Ling, M.A., *The University of Akron*

In this poster, I first review and summarize literature on the history of counseling psychology in integrated health care. Next, I will make a case for the necessity of including counseling psychologists in the integrated health care model with emphasis given to counseling psychologists' meaningful contribution to integrated care. Then, using counseling psychology literature, I will demonstrate how integrated health care is consistent with our professional identity as counseling psychologists. Finally, I will discuss possible ethical pitfalls that counseling psychologists should be mindful while working in the integrated care settings.

Racism & Colonial Mentality: Indians in the United States
Ankita Nikalje, M.S., *Purdue University*
Ayşe Çiftçi, Ph.D., *Purdue University*

This poster presentation will highlight the impact of racism-related stress and the endorsement of colonial mentality in Asian Indian people in the United States. Additionally, the mental health impact of racism and colonial mentality will also be discussed.

The Effects of Resilience on Psychological, Relational, and Academic Well-being among International Students in the United States
Tianhong Yao MPhil, *University of Louisville*
Laurie McCubbin, Ph.D., *University of Louisville*

The current study investigated the relationship between stressors (e.g. acculturative stress, current political and policy stress) that are often experienced by international students and psychological, relational and academic wellbeing including depression and anxiety symptoms, connectedness to U.S. society and sense of belonging to campus community, academic control and self-efficacy. In addition, the current study also used a resilience framework to directly examine international students' resilience and its impact on the relation between stressors and wellbeing. 111 international students currently studying in the U.S participated in the online survey. Results showed that acculturative stress negatively predicted sense of belonging to campus community and feelings of connectedness to the U.S. mainstream society. Resilience factors measured by both Connor-Davidson Resilience scale (CD-RISC) and Resilience Scale of Adults (RSA) predicted depression and anxiety symptoms, academic control and academic self-efficacy. Only Connor-Davidson Resilience scale (CD-RISC) predicted students sense of belonging to campus community. There was not an interaction effect between stressors and resilience.

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Saturday, April 14, 2018

Poster Session #4 3:00 – 4:00 PM Sangren, 2nd Floor Hallways

Tough Talks; Sexual Assault Survivors' Experiences with Reporting

Michiko Iwasaki, Ph.D., *Loyola University Maryland*

Matthew Picchiello, *Loyola University Maryland*

Anahys Aghababian, *Loyola University Maryland*

Charlotte Little, *Loyola University Maryland*

Amy Henninger, M.S., *Loyola University Maryland*

The purpose of this study is to understand why such a small amount of sexual assault survivors report their assault to police. We will explore why so many sexual assault survivors do not move forward with their case after encountering emergency personnel, and look for common themes in their suggestions.

Understanding the Career Aspirations of Community College Students Through an SCCT Lens

Margo A. Gregor, Ph.D., *The University of Akron*

Heather V. Ganginis Del Pino, Ph.D., *Montgomery College*

Alejandra Gonzalez, B.S., *The University of Akron*

Samsara Soto, B.S., *The University of Akron*

The purpose of this study was to investigate the degree to which social support, career decision self-efficacy, perceptions of educational barriers, overcoming educational barriers, and willingness to compromise career for partner and children, were predictive of educational and achievement aspirations utilizing a Social Cognitive Career Theory lens. Data from a diverse sample of 236 community college students indicated that career decision self-efficacy, sacrificing career for partner, and efficacy in overcoming barriers were unique predictors of achievement and educational aspirations. Moreover, differences were found between racial/ethnic groups on perceptions of barriers, achievement aspirations, and educational aspirations. Implications of these findings for research and counseling are discussed.

Unprotected Symbolic Speech: Taking a Knee to Take a Stand

Steven M. Sanders

Anne M. Galletta, *Cleveland State University*

The purpose of this particular study was to give a space for participants to express their beliefs, feelings, and thoughts about African-American athletes choosing to protest systemic racism and police brutality by kneeling during the national anthem prior to playing football games

Conference concludes.

Thank you for your participation

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

Presenter Affiliations

Arizona State University
Ball State University
Change Agent Consulting
Cleveland State University
Grand Valley State University
Illinois State University
Indiana University – Bloomington
Indiana University - Purdue University Fort Wayne
Loyola University Chicago
Loyola University Maryland
Montgomery College
Notre Dame College
Purdue University
The University of Akron
Trinity Christian College
University of Iowa
University of Louisville
West Virginia University
Western Michigan University

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
 Program Schedule
 April 13-14, 2018
 Western Michigan University
 Kalamazoo, MI

The Counseling Psychology Program at Western Michigan University
 Thanks the following sponsors who had made it possible to host the 31st
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 Association**

We also want to thank all of the WMU's student volunteers:

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	Patrick Marcoux	

Thirty-First Annual Great Lakes Regional Counseling Psychology Conference
Program Schedule
April 13-14, 2018
Western Michigan University
Kalamazoo, MI

One Last Thank You!

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Ming Li, Dean, College of Education and Human Development

Sharine OBare, Associate Vice President for Research

Conference Planners

Co-Chairs: Beverly J. Vandiver & Kelly A. McDonnell

Communications: Mary Z. Anderson

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