

**Adelphi School Psychology  
NASP Student Leader Newsletter  
September/October 2021 Issue Number # 11**



**Adelphi and NASP News from Your Student Leaders and Faculty Sponsor**

Welcome to the September/October Adelphi School Psychology NASP Student Leader Newsletter of the 2021/2022 school year. Your student leaders, Lily Warner and Taylor Collins will continue in their roles this year.

Seneca said, “**Every new beginning comes from some other beginning’s end.**” This quote helps us reflect on the growth of our school psychology programs. We began with an MA program in school psychology, then developed a Psy.D. Program and are working toward APA accreditation for the latter program, as well as NASP re-accreditation for the MA program. Our staff is also growing, as we welcome new faculty, Dr. Christy Mulligan and Dr. Rachell Pierre-Louis.

Most recently, Dr. Sapountzis directed the school psychology programs. Starting in September, Dr. Theodore has become the director of the two school psychology programs.

In addition, we can take pride in our graduates working in various school psychology positions

**We hope to hear from you. Please share your news with your leaders (e.g., dissertation milestones, presentations, honors, tips for surviving graduate school). Send your information to [weisz@adelphi.edu](mailto:weisz@adelphi.edu) with the subject including the word newsletter.**



around the country, including some who are now faculty or supervisors of current students!

In this issue of our newsletter, we include resources, opportunities for your professional

development, self-care tips and we celebrate both personal and professional milestones (engagement, births, presentations, dissertation defense).

We want to hear from you. Let us know what would help you during this year from tips, events, announcements and perspectives. Your voice is important!

We wish everyone a safe, healthy, and productive fall.

*Respectfully,*

**Lily Warner (Psy.D. Student)**

**Taylor Collins (MA Student)**

*NASP Student Leaders, Adelphi University*

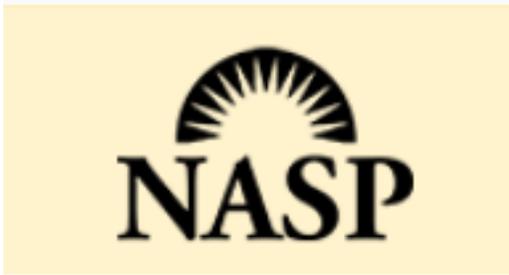
**Dr. Gaston Weisz, Psy.D.**

*Faculty Sponsor, Adelphi University*

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# ANNOUNCEMENTS

## National Association of School Psychologists Convention 2022



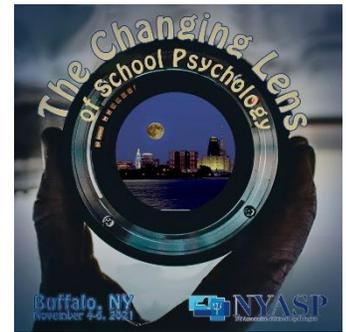
Save the Date for the NASP 2022 Convention!

The [NASP 2022 Annual Convention](#) will take place February 15–18, in Boston, MA at the Hynes Convention Center.

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The New York Association of School Psychologists (NYASP) will be holding their annual conference, virtually, from November 4 - November 6, 2021. The NYASP Conference is entitled, 'The Changing Lens of School Psychology.'

To find out more details about the NYASP Conference and to register, please use this link: <https://app.ce-go.com/nyasp2021/home?fbclid=IwARo-fkyZIN14E-fXr1EtNhoAbf9RGJbpPwI8MBTukJ6rAO7uH1ERgyo8v58>



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## UPCOMING WORKSHOPS AND EVENTS

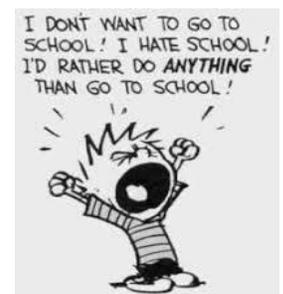
### Practical Strategies for Supporting Students with School Refusal Behavior

**Friday, October 1st, 2021, 1:00-3:00pm EST**

CE credits: 2.

Cost: \$75

In this session, participants will learn to define and understand the causes of school refusal and will learn several key strategies for supporting students. Additionally, participants will learn to apply a 5-step problem-solving process to design a comprehensive intervention plan for their students experiencing school refusal. For more information and registration, please [click here](#)





**Adult Onset Trauma Seminar**  
**Sundays October 3rd, 17th, 31st, 2021,**  
**10:00 am-2:00 pm**

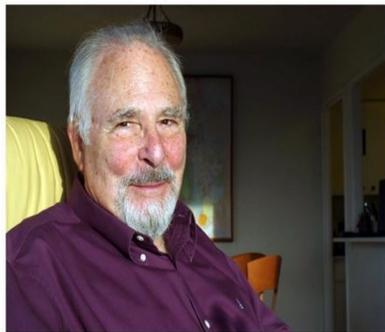
CE credits: 12  
Cost: \$720

Dr. Ghislaine Boulanger is a psychologist and psychoanalyst in private practice in New York City and a member of the Relational faculty at New York University's Postdoctoral Program in Psychotherapy and Psychoanalysis. She has taught and published extensively on the psychodynamic dilemmas facing adults who have survived violent and life threatening events and the clinicians who work with them. Dr. Boulanger is the author of *Wounded by Reality: Understanding and Treating Adult Onset Trauma*.

For information and registration [click here](#)

**An Evening with Paul Ekman: A Giant in Our Understanding of Emotions**  
**Monday, October 4th, 2021, 6:30pm – 7:30pm EST**

Renowned Psychologist Paul Ekman PhD '58, '08 (Hon.) is the worldwide leader in explaining one's emotions. Dr. Ekman's talks share how to control one's impulses and actions and help us understand and apply the idea of emotional control.

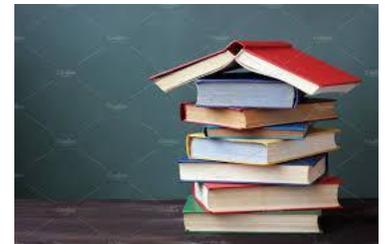


Through years of studies and research, Paul Ekman helps people understand that everyone wants to be able to control their emotional outbursts, but that's not always an easy thing. He discusses how to spot signs of a coming outburst and prevent it from happening. Through step-by-step ideas, such as an emotional trigger diary, Dr. Ekman teaches his audiences how to be more skilled at noticing when an emotion is just beginning, when an emotion is being concealed, and when a person is unaware of what they are actually feeling. For information and registration [click here](#)

**Reading Group Discussion following Culturally Informed  
Psychoanalytic Psychotherapy**  
with Usha Tummala-Narra Ph.D.

**Moderated by Drs. Ionas Sapountzis (Faculty) and Brianna  
Blanchard (Postdoc)**

**Friday, October 8th, 2021 from 4:00-5:00pm EST**



Usha Tummala-Narra, Ph.D. is a Professor of Counseling, Developmental and Educational Psychology and Director of Doctoral Training in Counseling Psychology at Boston College. She is also in Independent Practice. Her research and scholarship focus on immigration, trauma, race, and cultural competence and psychoanalytic psychotherapy. She has served as the chair of the Multicultural Concerns Committee and Member-at-Large on the Board of Directors in American Psychological Association Division 39 (Psychoanalysis), and as a member of the APA Committee on Ethnic Minority Affairs, the APA Presidential Task Force on Immigration, and the APA Task Force on Revising the Multicultural Guidelines.

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The presentation concerned psychoanalytic understandings of sociocultural context in psychotherapy, focusing on a framework for the systematic inclusion of cultural competence as a core emphasis of psychoanalytic psychotherapy.

Tummala-Narra, P. (2020). Fear of immigrants. *Psychoanalytic Psychology*, 37(1), 50–61.

Tummala-Narra, P. (2021). Interpersonal violence and the immigrant context. In P. Tummala-Narra (Ed.). *Trauma and racial minority immigrants: Turmoil, uncertainty, and resistance* (pp. 205-225). Washington, DC: APA

The paper & book chapter will be provided upon registration.

To register please e-mail Ms. Susan (Haacke) Price at: [audernerpostgrad@adelphi.edu](mailto:audernerpostgrad@adelphi.edu)

**Field Placements in the School Psychology Doctoral Program: What You Need To Know**  
by Dr. Gaston Weisz for Psy.D. Students  
**Friday, October 22nd, 2021 from 3:00-5:00 pm EST**

This presentation, which will be via Zoom, will review important information and answer questions for students in the School Psychology Doctoral Program about applying to field placements (e.g., externship, practicum, and internship). It will also include discussion of requirements and procedures while on placements. An email will be shared with the zoom information.



The sessions will also be recorded in case anyone is not able to attend.

**Agenda:**

- **3:00pm:** Introduction and overview to the required field placements and the use of Time 2 Track to log hours and track placement evaluations
- **3:30pm:** Application for externship placements
- **4:00pm:** Application for practicum placements in school
- **4:30pm:** Application for internships
- **5:00pm:** Questions and answers



**Foundations of Early Childhood Mental Health and Why it Matters for All School Psychologists**

Live Webinar, presented by Dr. Rachel Stein, LP, NCSP

**Friday, Oct. 29th, 2021, 3:00pm - 4:00pm EST**

CE credit: 1

Cost: \$30

Within the field of school psychology there has been increasing recognition of the importance of early childhood mental health. Yet, oftentimes the specialized features of mental health in early childhood are not covered in school psychology training. This presentation will cover principles of early childhood mental health, the long term implications of early experiences on mental health, and related service provision. It is essential that school psychologists who work in early childhood recognize key influences on early childhood mental health. For those school psychologists who work with older children it is important to understand how early experiences matter to later mental health presentation and functioning.

To register and get more information, [click here](#)

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## Understanding & Engaging Difficult Parents to Facilitate Effective Child and Adolescent Therapy.

**Thursday, November 4th, 2021 from 10am-5pm EST**

Live Webinar, presented by Lily Warner, MPS, ATR-BC, LCAT (PsyD student)

CE credits: 6 for NASW, MFT, SWNYS, LMHC, LCAT but not eligible for APT Credits

Cost: \$126 through October 3rd, after \$153

Have you ever wished that you could work with a child/adolescent client without the parent? If so, you're not alone. Child and adolescent therapy can be particularly challenging because the therapist is essentially working with at least two people: the child and the parent(s). That said, research and experience clearly

confirm that parents matter. Not only are they the most important factor in a youngster's emotional-social development, but if they don't value treatment, parents will remove their child/adolescent from virtually any clinical situation. In this 6-hour online master class, we will clarify the role of parents through the lens of attachment theory and Darwinian principles. We will review and describe the most frequently encountered types of difficult parents encountered in child/adolescent psychotherapy, including: intrusive, intimidating, avoidant, punitive, and inconsistent parents. Next, we will identify common pitfalls of working with difficult parents including avoiding, outshining, complementary and concordant identification, and the trap of the good/bad split. Lastly, we will describe strategies to help us move from a place of reacting to engaging through 1) art-making, writing, and movement to process countertransference, 2) reconceptualizing parents' behavior in context and 3) highlighting process rather than content when facilitating parent collateral sessions as means of using countertransference productively. To register and get more information, [click here](#)

## APA ACCREDITATION PROGRESS!



We are very excited to announce that ***the American Psychological Association (APA) has approved our Intent to Apply for APA Accreditation.*** This approval means that our nascent doctoral program in school psychology at Adelphi University is one step closer toward achieving accreditation! We are now actively drafting our Accreditation on Contingency application so that it may be submitted in a timely manner.

## Welcome!

This year we are especially pleased to announce a few additions to our faculty. We are delighted to welcome **Dr. Christy Mulligan** and **Dr. Rachell Pierre-Louis** as new faculty members in the program. Both of our new faculty bring a wealth of experience in school psychology, and we feel very fortunate to have them join us.



**Dr. Mulligan** is excited to join the Adelphi University faculty. Previous to Adelphi, she spent 8 years at Long Island University-Brooklyn, with seven of those years coordinating or co-coordinating their School Psychology Program. Dr. Mulligan has worked as a school psychologist in both Pennsylvania and New

York for 8 years prior to entering academia. Dr. Mulligan's research interests are in the areas of sexually harmful youth, specifically targeting the inequalities within our juvenile justice system. She has also spent a significant part of her career publishing and presenting on the topic of selective mutism.

**Dr. Pierre-Louis** joins our program this year. She earned her M.S. degree at St. John's University and her Psy.D. in School Psychology at Fairleigh Dickinson University. She has worked as a bilingual School Psychologist for over 13 years, serving diverse school districts in Brooklyn and Uniondale, New York. Behavior management, including assessments and interventions to support students with behavioral/emotional challenges, is one of her areas of expertise.



### **Congratulations, Dr. Michelle Laforest!**

The School Psychology Program is thrilled to announce that Dr. Michelle Laforest is our Assessment Coordinator! Many of you likely already know Dr. Laforest and her dedication to training our students and to the Adelphi School Psychology Program. A longstanding and incredibly valuable member of our team, we are so fortunate to have her.

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## **Publications and Presentations**



**Dr. Mulligan** was invited to present on the topic of sexually harmful youth in October, via zoom, at the Universidad Autónoma De Querétaro in October (specific date to be determined).

**Jennifer Pereira** will be in a Roundtable Discussion at the upcoming conference of Psychoanalysis Culture and Society on the following topic:

*On Standardized Practices and Dichotomous Realities*

**Dr. Sapountzis** has had two recent paper publications.

- Sapountzis, I. (2021). Looking East, Dreaming West. *Psychoanalysis Culture and Society*.
- Sapountzis, I. (2021). On Racial Melancholy and the Need to See. Commentary on Archangelo and O'Loughlin's Paper "Exploring Racial Formation in Children: Thoughts from an Encounter with Black Children in Brazil". *Journal of Infant, Child and Adolescent Psychotherapy*.



**Dr. Theodore** was interviewed by CBS regarding COVID-19 and students' return to school.

**Dr. Theodore** will also be giving a Keynote address on COVID-19 and Children's Mental Health in October.

**Lily Warner** presents Understanding & Engaging Difficult Parents to Facilitate Effective Child and Adolescent Therapy on November 4<sup>th</sup> (see article in this newsletter about the weinar).



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Student poster presentation proposals were accepted by NASP for the upcoming conference. Congratulations to **Melanie Popovits** and **Ana Maia**; **Melissa Horn**, **Angela Kim** and **Jasmine Hawkins** on their presentation acceptances (see below)

- Melanie Popovits and Ana Maia: *Engaging Immigrant Parents in Schools: A Comparative Analysis*
- Melissa Horn, Angela Kim and Jasmine Hawkins: *Promoting Resilience in Schools*

### Great news!

Congratulations on the engagement of **Anthony Nappi** and his fiancé, Victoria. Anthony shared that, “We are over the moon with joy and excitement, and are trying to soak in every moment (and balance the rigors of graduate school in the process!)”

### Births!

Congratulations to **Julia Brazil** and **Janaya Howell** on their new additions!



Julia’s son, Leo James Brazil, was born on May 24<sup>th</sup> (pictured left).

Janaya’s daughter, Sanaa Jacqueline Howell is pictured right. Janaya shared that her first name is of African origin meaning work of art and her middle name is after her great grandmother who recently passed this month and who encouraged and supported Janaya’s love of learning and “we hope she will share that love.” She is 6 months old in the photo but is 7 months old now.





## Doctoral Dissertation Updates

**Maurene Goodman** defended her dissertation on 8/9/21 and graduated on 8/31/21. ***Congratulations, Dr. Maurene Goodman!***

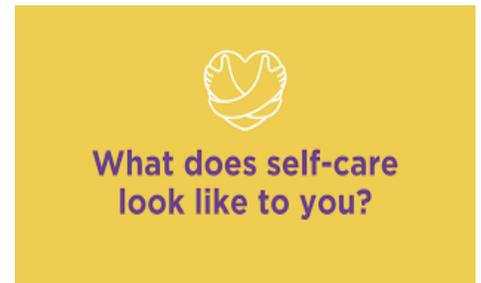
**Topic:** The role of self-disclosure in mitigating the impact of accent on likeability.

**Dissertation Chair:** Dr. Boccio; **Committee members:** Dr. Weisz, Dr. Nathaniel George

## Self-Care: Tips for Graduate Students

Reviewed & Contributed to By *Lily Warner MPS LCAT ATR-BC*

Whether you're a first year grad student, finishing up the program, or teaching graduate level courses, balancing work and personal life can be challenging! Here are some **tips laid out by NASP** to help you surf the waves of higher education...



- **Prioritize sleep.** Adults need about 7-8 hours of sleep each night. Nighttime routines such as journaling, taking a bath, or setting your phone on silent about an hour before bed can help promote good sleep.
- **Eat a healthy diet.** Food prep for meals and snacks can be a big help in getting nutrition into your diet, particularly when you have night classes and not much time [full disclosure: I'm eating a corn muffin as I write this, but balance is key!]
- **Exercise.** Regular physical activity can improve your mood and energy. Choose forms of exercise that you enjoy such as walking, yoga, dance, or running and schedule it in! You deserve it :)
- **Organize and prioritize.** Self-care sometimes means getting stuff done! Use a planner or electronic calendar to mark down important due dates and commitments. This can help you feel more in control of your work.
- **Connect with others.** Keep in touch with friends and family either in person or through text messages, facetime, phone calls, or zoom. One of my personal favorites is to call a friend while I take a walk.
- **Be creative.** Art, music, dance, singing and other forms of self-expression can be great outlets for relieving stress.
- **Practice mindfulness.** Mindfulness involves being present and acknowledging whatever you are experiencing at the moment without judgment. It can be as simple as noticing your breathing or focusing on different parts of your body. body-scan awareness exercises, and deep breathing exercises. There are tons of apps available (Calm, Headspace, Insight Timer etc.), to help you on your way.



Click [here](#) for the full article and click on the links below for more NASP resources about self-care:

**Self-Care for School Psychologists:** A compilation of articles, podcasts, website resources, and apps to aid in your self-care efforts.

- χ **Incorporating Self-Care Into Your Graduate School Career**
- χ **Self-Care Is Best Practice**
- χ **President's Message: Self-Care: A Privilege and Responsibility**



## Become a NASP Member:

NASP's membership season has kicked off, meaning now is a fantastic time to [join or renew](#) your membership. NASP membership offers resources to assist you in your studies or help you in your transition to practice.

Membership **gives you access to resources, discounted**

**professional development, the latest news and research in the profession, and the ability to connect with a network of 24,500 colleagues.**



Until next time...

*Happy Fall!*



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