

IN THE LOOP

Updates for the ISPP Community

Greetings ISPP Community and Friends!

As we continue to transition and evolve – in many ways – I am thrilled to share the news that ISPP at NLU received full accreditation from the American Psychological Association! As of May 5, 2021 (when we had our site visit), the program is now fully accredited – for 10 years. This important achievement is due to the efforts of so many people – from the ISPP students, faculty, and staff, to the NLU community, to our practicum and internship supervisors, and to you, our amazing alumni! Thank you to all of you for supporting our efforts – by sending your best wishes and belief in the program and for those who participated in our virtual site visit.

With the new fall semester, we have returned to a mostly in-person program again. We continue following state and local guidance – all community members are required to show proof of vaccination or a medical or religious exemption with weekly negative COVID tests. We remain masked, socially distanced, and have extra cleaning measures. It's still a transition. But it sure is wonderful to see colleagues and students again!



In my adjustment to zoom teaching, I had forgotten how much energy and engagement that comes from just being in the room with folks. It's good to be back.

And speaking of being in the room – earlier this month, we were FINALLY able to celebrate graduation for our 2020 and 2021 graduates. After the incredible challenge these cohorts have endured – I was so happy to see them finally get the public recognition they so deserve. We honored 25 new doctors across these new cohorts.

Congratulations to all the new ISPP alumni - and welcome to a fantastic community of ISPP colleagues from across the world!

Happy Fall,
Leah

ISPP Alumni Spotlight- Dr. Patricia Gianotti

Patricia Gianotti, ISPP Alum, Class of 1994 will be headed back to Chicago to help launch a year-long training program through The Institute for Advanced Psychotherapy at Loyola University Chicago. As the Academic Director of the institute, she and fellow ISPP alum, Donna Giovaniello-Knudsen, class of 1995, have designed an integrative training experience that is geared toward practitioners who wish to refresh and/or deepen their clinical skills in an immersive experience that integrates psychodynamic principles with recent neurobiological advances and training techniques.

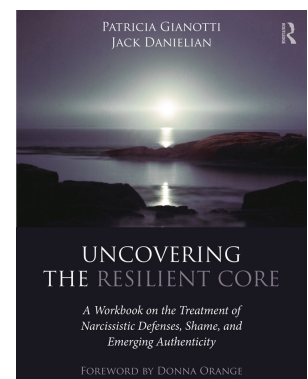
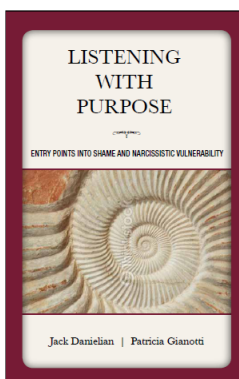
The structure of the program consists of three, three-day residencies, (participants can attend either in person or virtually), 90-minute consultation groups that meet on zoom throughout the 12-month experience, and six virtual webinars. **The three-day residencies take place November 4-6, 2021, April 7-9, 2022, and October 27-29, 2022.** The year-long program is APA approved for 72 CE credit hours for licensed psychologists. A specialization in psychodynamic practice is not a requirement for enrollment.

The core curriculum draws heavily upon Patricia's first two books written with co-author Jack Danielian entitled *Listening with Purpose: Entry Points into Shame and Narcissistic Vulnerability* (Jason Aronson, 2012), and *Uncovering the Resilient Core: A Workbook on the Treatment of Narcissistic Defenses, Shame, and Emerging Authenticity* (Routledge, 2017). In addition a focus on socio-cultural issues will be incorporated into each of the course offerings, specifically addressing the dynamics of power, privilege and cultural marginalization. Participants will partake in a hands-on experience filled with lecture, practice application, video-recorded case illustration and group discussion. Learn more about the program by visiting www.luc-iap.com.

Patricia is happy to be back in Chicago where she hopes to reconnect with former colleagues, professors, and students during her time at ISPP. She is also looking forward to the publication of her third book to be released by Routledge in early 2022 entitled *Embracing Therapeutic Complexity: A Guidebook to Integrating the Essentials of Psychodynamic Principles Across Therapeutic Disciplines*. She hopes that graduates from ISPP will take advantage of this year-long training program where cutting-edge techniques and foundational theoretical concepts are combined with small group weekly case consultations, affording participants the opportunity to update their clinical skill sets in a supportive, collegial learning environment.

Contact Information: Patricia Gianotti, drgianotti@comcast.net. 603-964-0917

Loyola University is extending a 15% discount to any ISPP Alumni who enroll in this year-long program which begins November 4, 2021.



Employment

For jobseekers (mostly positions for postdocs or licensed professionals) – be sure to check out the [ISPP job board](#) – and feel free to share with others.

We share any job openings that come our way here. Updated regularly – so check back often.

This can be particularly helpful for students looking for postdoc positions during the internship year!

Faculty and Student Presentation

Zabinski, M., Hines, H., Levitt, T., & Horvath, L.S. (2021, October). Rising Waters: Understanding the Impact of Climate Change on Coastal Native Americans and Indigenous Peoples. Lighting talk and discussion presented at the 79th Annual Conference of the International Council of Psychologists, Virtual Conference.

Welcome to our Fall 2021 New PsyD Students!

Aaleiyah Spaulding
Clare McIntosh
Eliandro Ramirez Chang
Emma Chodos
Eva Valdez
Gabriela Crucianu
Hannah Archos
Israh Ibrahim
Jennifer Lewis
Jillian Hommel
Nicquelette Gregory
Noor Qazi
Phyllis Ferguson-Collum
Rawan Haddad
Sarah Brill
Stephanie Jackson
Stephanie Neighbors
Yamila Catapano

Faculty Presentation! Dr. Kristen Newberry

Dr. Kristen Newberry appeared as a guest host on the YouTube show “Living Your Life Without Limits” hosted by Shannon Jackson, RN. She spoke about fertility treatments, infertility, and their impact on mental health.



ISPP Alumni Spotlight- Dr. Agnes Zalesna!

Dr. Agnes Zalesna is a 2021 graduate of the Psy.D. program at the Illinois School of Professional Psychology (ISPP) at National Louis University. She also earned her M.A. in Clinical Psychology from ISPP Chicago, and her B.A. in Applied Psychology from the University of Illinois at Chicago.

She is currently a postdoctoral fellow at Clarity Clinic in Arlington Heights, IL, where she conducts psychological and neuropsychological diagnostic interviews, assessments, and feedback sessions for children, adolescents, and adults. She also provides individual psychotherapy to children, adolescents, and adults through an integrative therapeutic approach. Her clinical research project (CRP) was titled *Social Media and Bullying as Risk Factors of Early Onset Eating Disorders: A Psychoeducational and Preventative Model*.

What is something interesting or unique you have been doing in the field?

I am currently working as a Post-Doctoral Fellow for Clarity Clinic, where my clinical focus is solely on neuropsychological and psychological evaluations. For me, this is the most interesting and unique aspect of my work in the field, as I get to do what I am deeply passionate about and continue to grow and challenge myself with diverse cases of psychological presentation.

How did the PsyD program at ISPP help to prepare you for where you are today?

The clinical program provided by ISPP is amongst the most well-known in the Chicagoland area. Having professors who not only were ISPP alumni, but also clinical supervisors who attended the school allowed for a closer professional relationship to develop. The curriculum provided through the courses made me feel confident in my abilities, and because of the reputation of the program, gave my clinical supervisors more confidence in my abilities as a new clinician.

How did you get interested in psychology?

My interest in psychology began in high school, however that was not my initial chosen career path. As a senior, I was awarded a full scholarship to obtain a teaching degree, which was another passion of mine. My first semester in college I was required to take an Introduction to Psychology class, which changed my career path and ultimately, my life. Discussing the theories, brain structure, and psychopathology sparked a fire in me that made me change my degree to pursue clinical psychology. After graduating with my Masters degree in Clinical Psychology in 2011, I had amazing opportunities to work in the hospital and private practice settings. I realized that I had a strong passion for psychological testing as it corresponded with my interest in understanding human behavior and cognitive processes, which led to me returning to ISPP in 2016 for my Doctorate degree. Graduating in 2021 with a doctorate in Clinical Psychology was far beyond what I would have expected as a senior in high school pursuing a career in teaching.

What are the major challenges or issues in the field today?

One common theme that I have observed recently is the increased need for psychological providers. I see it as both a problem and a glimmer of hope for further normalization of mental health. The problem stems from the increased mental distress people are experiencing. It has been a difficult time for many, and unfortunately the mental health of kids, adolescents, and adults has been negatively impacted in many ways. However, the hope comes from the continued normalization and encouragement of seeking mental health services. More people are putting the stigma and shame aside and seeking help, which helps normalize mental health.



How do you stay up to date with your training in psychology?

Due to being licensed, I have to take specific continuing education workshops that focus on ethics, diversity, as well as other areas pertaining to my specific interests in therapy and testing. I have learned a great deal from these workshops pertaining to interventions and diagnostic clarifications using new or revised versions of psychological assessments. I also work with an amazing team of psychologists who not only keep up with current literature regarding neuropsychological and psychological assessments but share their well of knowledge with me. It has been an amazing growing experience.

Do you have any advice for current or prospective students?

Graduate school is meant to challenge us and push us beyond our comfort zone. I found that my most profound growth came from those moments and made me more determined to pursue my passion. There may be times when "imposter syndrome" starts whispering in your ear, but please remember that you have made it this far because of your knowledge in the field, hard work, and dedication. Don't allow that voice to be discouraging.



ISPP Community Gatherings

Sept 14th: Social Gathering

Sept 21st: Student Council

Sept 28th: Meet and Greet with the Dean, Dr. Kelli Johnson

Oct 12th- Infertility and Mental Health, Dr. Kristen Newberry

October 19th- DBT Presentation, Dr. Leah Horvath

November 9th- Clinical Case Presentation, Madeleine Lane and Dr. Sandra Zakowski

November 16th- Social Justice: Immigration and Migration, Dr. Brad Olson

December 7th- Alumni Presentation with Navy Psychologist Dr. Ashley Shenberger

December 14th- End of Semester Celebration, Student Council

8th Annual Diversity Summit

The College of Psychology and Behavioral Sciences at NLU is excited to announce the 8th Annual Diversity Summit - Difficult Dialogues: Expanding the Conversation. This year's theme is "Resiliency and Resistance: Implications for Survival, Advocacy, and Rebuilding During an Unrelenting Pandemic." The virtual summit will be held on Friday, November 5, 2021. Free CE's Available!

Registration Link:

<https://forms.gle/aK75JsESDLdiTM8q7>

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Now seeking student ambassadors!

ISPP Enrollment is looking for current students who would be interested in volunteering to become student ambassadors. Student ambassadors will play a role in new student recruitment, including assisting with interview days, orientations, and other prospective student activities.

To sign up:

<https://www.surveymonkey.com/r/PSYT5YY>

ISPP Student Spotlight- Elizabeth Kaydanovsky!

Elizabeth is a second year student in the Psy.D. program at the Illinois School of Professional Psychology (ISPP). Professionally, she has worked as a certified integrative life coach, writer, and consultant. She has a certificate as a integrative nutrition health coach and earned a BS in Accountancy and Finance.

How did you get interested in psychology? Can you tell us about your transition from your previous career into psychology?

My background is in accounting and finance, so I really didn't think I'd end up back in school on track to become a psychologist. In fact, I felt culturally pigeonholed to be either an accountant, lawyer, or medical doctor. I chose accounting simply because I liked math in school. I realized relatively early on in my business career that the best part of what I did was understanding the psychology of people and business – the pain points that businesses and technology solve. I really was not passionate about the technology or business side but continued to pursue it thinking a different company or different role was the solution. It wasn't until I became physically, mentally, and emotionally burnt out that I realized I really needed a career change. I pursued health coaching and got certified as an Integrative Nutrition Health Coach because I was passionate about diet and exercise and a holistic approach to physical and emotional well-being. I started my own health coaching practice and quickly realized that my client sessions felt like therapy sessions. They would come to me for help with weight loss, sleep or overall healthier routine; however, it was never about weight loss or sleep. It was always something deeper. I felt like if I really wanted to help people in this way, I needed/wanted to learn everything I could about psychology and I decided getting my PsyD was the best route.

Please tell us about a recent accomplishment that's meaningful to you.

Getting involved. I realize this may sound a little vague, but getting involved in the psychology world is the most meaningful accomplishment I've had. Especially coming from a completely different industry and not knowing anything about the psych world, I had one goal as a first-year: get involved. That meant immersing myself in the ISPP community, Illinois psychological community, and even the national and international communities. I started asking a lot of questions and having a lot of conversations about the academic and professional landscape and quickly realized that there are SO many areas and SO many opportunities available. You just have to own your path. No matter what orientation you're interested in, or whether you're looking for more clinical, academic, or research guidance, the information and opportunities are all out there. This degree and industry are endless and all you have to do is get involved to learn more about it.

What has been the most rewarding part of your training thus far?

The most rewarding part for me, especially this year, has been seeing first-hand the impact that our work makes on real people at practicum. To be able to take everything I learned last year from courses in clinical interviewing, assessments, and pathology, and to be able to apply it to practicum and have everything come together and make sense is a really cool feeling. And then to see how our work really changes people's lives (hopefully always for the better) that come into the clinic desperately seeking our help, guidance, and answers, really solidifies for me that I made the right decision to change my career and pursue this work. And it's rewarding to love what you do because I know what it feels like to not love or be inspired by your work. I think because I know how that felt, I have been very grateful for every experience I've had in this field in all areas thus far. And none of that would have been possible without this community and the opportunities it gave me.



Do you have any advice for prospective students?

Apply to this program! I remember telling my parents and a couple of friends in early summer of 2020 that I was going to apply to doctoral programs in psychology and start by fall 2020 if I got in, and they all looked at me like I was crazy. For one thing, the last psychology class I had taken was in high school, so I needed to take the pre-reqs. And second, it was a pretty significant career change for me – everything I had done so far professionally was in accounting or finance pretty much. But for some reason I didn't think it was a crazy idea at all – I thought it was perfect timing somehow. And because I went with my gut and took a chance on this program, I feel like I ended up in the right place at the right time. And so to prospective students who are interested, do NOT doubt yourself and apply to a program like this one that has a deep, rich history, and has proven itself time and time again. I'm just really excited about where we're at today as a program and community, and where we're headed in the future!

ISPP Assembly News

ISPP Student Assembly is a newly established council-like organization that is aimed to make a positive impact for the ISPP community. In its inaugural year, the dedicated student executives as well as guests of ISPP Assembly have worked hard and hosted monthly didactics, coordinated social and volunteer events, provided support corners for students, served as student liaisons, and much more!

ISPP Student Assembly has a goal of maintaining a strong tradition of excellence within ISPP's new home at National Louis University. If you are interested in participating in this organization, the meetings remain active throughout the summer and are open to all students.

The organization is seeking executives for the 2021-2022 school year and will be accepting notifications of interest on a rolling basis. Please contact Elizabeth Kaydanovsky at ekaydanovsky@my.nl.edu to express interest and for more information about what each position entails.

Fall Term AIWG Meetings

The Antiracism Intersectionality Work Group will meet every Wednesday night from 7-8 PM CST.

Join us for a critical conversation about racism, antiracism, allyship, white identity, and how that impacts you as a clinician or future clinician. All are welcome!

<https://nl.zoom.us/j/95530247185>



NLU Doctoral Writing Specialist

NLU has a new Writing Specialist, Carlos Alverio, who will focus exclusively on working with doctoral students. All doctoral students can schedule a time to discuss any writing they are doing, at any stage of the writing process.

Writing consultation appointments are intended to be interactive and collaborative. The sessions can focus on a range of issues, for example, organization, argumentation, grammatical issues, but the purpose is not proofreading or editing. The goal is to help doctoral students develop as effective writers in their fields.

Making an appointment is easy to do using the EAB Navigate app listed here: <https://nl.edu/learning-support/request-an-appointment/>

Looking for your CRP?

Many of the CRPs from ISPP Chicago and ISPP Schaumburg have been relocated to the NLU campus. If you would like us to ship yours to you for a small shipping fee, please contact Laura Zuniga lzuniga4@nl.edu.

