

# VOL. 5 | SUMMER 2022

# IN THE LOOP

## Updates for the ISPP Community

Greetings ISPP Community and Friends!

I write this message when we are at a time of great challenge in our world. Horrific mass shootings, fighting in Ukraine, reproductive rights and voting rights under imminent threat, climate change rapidly progressing and harming the most vulnerable among us, the pandemic of racism regularly claiming the lives of Black and Brown people, COVID death rates having surpassed an astounding 1,000,000 in the United States... It's exhausting and the pull towards despair and hopelessness is strong.

And yet, as psychologists, we know that one of the most important tasks we have when working with patients or clients – is to generate hope. So I look for signs of hopefulness in our world. And when I do that, I am reminded of all the people right here in our ISPP community who do amazing things. Alumni, students, staff, faculty, practicum and internship supervisors – all working to make the lives of individuals or families or communities a little better.

I hope you will enjoy reading more about some of these wonderful people in this issue of the newsletter.

Wishing you a hope-filled summer!  
Leah Horvath  
ISPP Program Director



## **Dr. Margaret Warner awarded the Eleanor Criswell Hanna Award Celebrating Women in Humanistic Psychology!**

Division 32, the Society for Humanistic Psychology, unanimously voted to present Dr. Margaret Warner with the 2022 Eleanor Criswell Hanna Award Celebrating Women in Humanistic Psychology! The award honors an individual in recognition of distinguished lifetime contributions to humanistic psychology. The award will be presented at their celebration ceremony in July.

Congratulations, Dr. Warner!

# ISPP Alumni Spotlight-

## Dr. Erica Ligons

Dr. Ligons, a 2014 graduate of ISPP, is currently a licensed clinical psychologist and owner of Vilago Psychological Services in Chicago. She provides individual therapy and intake assessments to a diverse population of adults, adolescents, and children with diagnoses including depression, anxiety, adjustment disorders, and posttraumatic stress disorder. Prior to this, she worked as a psychologist at Chicago Center for Growth and Change, LLC and at Mt. Sinai Hospital in their Under the Rainbow Program. She also provides [EPPP Coaching](#) in a Self-Guided or Personal Coaching Format.



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

During my therapy practicum, I was introduced to an experiential approach known as psychodrama. The first time I saw it in person, it was like everything I learned in the classroom came to life. It is very dynamic and expedites progress toward goals. I have been accumulating training hours in this approach and hope to be certified one day.

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

The quality of education definitely provided me with a strong clinical foundation. As I navigate working with complex issues I know that my education at ISPP prepared me to think critically. Also, the emphasis on diversity has also helped me to better understand the complexities of my own identity and those of my clients.

*If you'd like to share, please tell us about any work you do in the areas of advocacy, social justice, or working with underserved populations.*

I completed my post doc training at Mt. Sinai Hospital and served mostly African American and Latino youth who were deeply affected by trauma, poverty, and systemic oppression. I continued to serve this population for four more years until I made the transition to private practice. Serving these communities remains a passion of mine; I recently started a therapy group for African Americans between the ages of 25-35 to discuss various issues that impact them as a person of color.

## 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. Updated regularly.

# ISPP Alumni Spotlight- Dr. Erica Ligons (ctd.)

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

I began coaching EPPP candidates about two years ago and I have thoroughly enjoyed helping people pass the EPPP. Despite having ADHD and test anxiety, I overcame the EPPP on the first try using my strategies. It has brought me so much joy to help others to pass the test. One of my favorite success stories involves an EPPP candidate who had failed nine times and was ready to give up; I helped her completely overhaul her approach to studying and she successfully passed on the 10th attempt.

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

One of the most frustrating things I see is the impact of our healthcare system. I have had so many clients lose health coverage and ability to continue therapy due to job changes/loss. Also, given that only about 4% of psychologists identify as African American there are so many clients who would like to work with someone like me, but I often don't have space to accommodate them due to the high demand.

*Do you have any advice for current or prospective students?*

Take one step at time, try your best to do a little bit of self care everyday, ask for help as much as possible, and remember to get a good therapist as this will help you to become a better clinician.

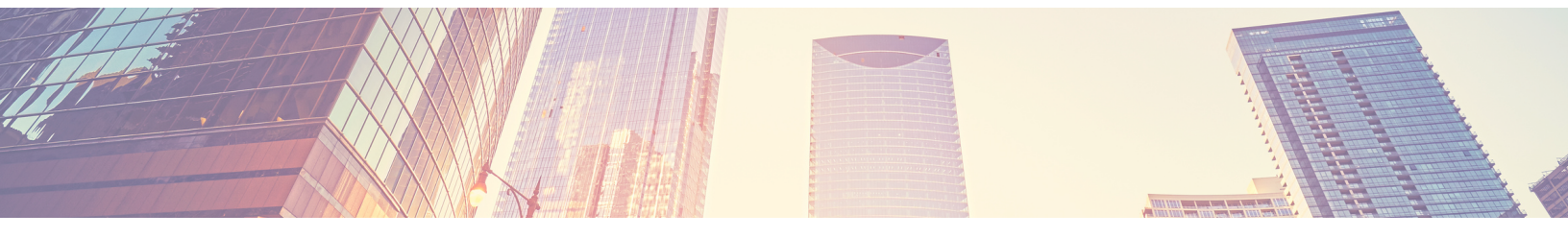
## Congratulations to our 2022-2023 Interns!

Congratulations to the students who participated in the APPIC Internship Matching Program this year! Our students will be interning in Arizona, Illinois, and Wisconsin. Great work!



**EPPP Coaching Presentation:  
Common Mistakes to Avoid -  
Thursday, June 2nd 7pm-8pm CST, on  
zoom**

Dr. Erica Ligons will be sharing some of her knowledge and best advice on preparing for the EPPP. This meeting is open to all - we hope you'll come and learn from Dr. Ligons! zoom ID: 856 3669 3750, Passcode: 653028





# In Memory of Dr. Ednalice Pagán Romney

We are deeply saddened by the death of ISPP Alumna Dr. Ednalice Pagán Romney. A 2015 PsyD grad, Ednalice was fiercely passionate about her family, friends, colleagues, her clinical work, and issues of social justice. She was particularly connected to her work with the Latinx and the LGBTQ+ communities. Those who knew Ednalice undoubtedly remember her zest for life, warm smiles, and deep caring for others. Her death has left a hole in the lives of many, including our ISPP community.

To honor her memory and her work, we encourage donations to the Association of Latino/a/xs Motivating Action (ALMA) formerly the Association of Latino Men for Action. <https://www.almachicago.org/>

## ISPP Students, Elizabeth Kaydanovsky and Evan Miller Win First Prize at the ACEPT Conference!

The 2022 ACEPT conference was held on Friday, May 13th. ISPP PsyD students Elizabeth Kaydanovsky and Evan Miller won first prize for their poster presentation, *Health Coaching as an Integrated Prevention Intervention Option for Dementia*.

Congratulations!



**Health Coaching as an Integrated Prevention Intervention Option for Dementia**  
Elizabeth Kaydanovsky, BS & Evan Miller, BA



**ABSTRACT**

Health and wellness coaching as a preventative intervention for psychiatric/medical care can be a beneficial tool and augment effectiveness of mental health care. Specifically, in the case of dementia, a multimodal approach utilizing health coaching can lead to better preventative treatment outcomes. Due to newer technologies of early disease detection using biomarker-based diagnosis in both preclinical and prodromal stages of dementia, constructing a health coaching program that can be utilized in addition to psychiatric or medical treatment can lead to more long-term benefits, especially when rooted in behavioral and lifestyle changes (Rostamzadeh et al., 2022). Dementia is a decline and progressive deterioration in memory and other cognitive function, including personality, praxis, abstract thinking, language, executive functioning, complex attention, social, and visuospatial skills, that can negatively impact an individual's ability to complete instrumental activities of daily living (IADLs) (Emmady & Tadi, 2021). Psychoeducation areas targeted by coaching programs are planning, and initiation, as well as holistic wellness including diet, sleep, and exercise. Exploring a multimodal approach allows multiple areas to be improved upon and encourages the individual to utilize various treatment methods available including psychotherapies when necessary and behavioral models.

**Keywords:**

- 47 million people have dementia across the world, and this number is expected to multiply by 3 by the year 2050.
- Types of dementia include Alzheimer's dementia (AD), accounting for 70% of cases, vascular dementia, dementia of Lewy bodies (DLB), frontotemporal dementia (FTD), and Parkinson's disease dementia (PDD). Other diseases include Huntington's disease (HD), cerebral small vessel disease (CSVD), progressive supranuclear palsy (PSP), multiple system atrophy (MSA), and Creutzfeldt-Jakob disease (CJD), which account for fewer cases of dementia (Emmady & Tadi, 2021).
- Family history, comorbid conditions, and lifestyle factors all play a role in the development of various dementias (Emmady & Tadi, 2021).
- Controlled conditions include hypercholesterolemia, diabetes, and hypertension. Lifestyle behaviors like smoking can increase the prevalence of disease development.
- Health-coaching behaviors like exercising and eating a healthy diet, as well as avoiding health-compromising behaviors like smoking and drinking alcohol can greatly impact your health (Kim et al., 2016).
- Multifactorial risk factors: low education, hypertension, hearing impairment, smoking, obesity, depression, physical inactivity, diabetes, and low social contacts, as well as excessive alcohol consumption, traumatic brain injury, and air pollution.
- Area of Opportunity
- Collaborating w/ psychiatrist, neuropsychologist, or other health care professional
- Standardizing health coaching programs that can be distributed cross-culturally & clinically
- Use individual coaching tailored to meet client's needs

**REFERENCES**

Emmady, P. D. & Tadi, P. (2021). Dementia. In *StatPearls*. StatPearls Publishing.  
Kim, S., Sargent-Cox, K., Cherban, N., & Anstey, K. J. (2014). Development of the motivation to change lifestyle and health behaviours for dementia risk reduction scale. *Dementia and Geriatric Cognitive Disorders Extra*, 4(2), 172-183. <https://doi.org/10.1159/000362228>  
Rostamzadeh, A., Kahrlert, A., Kalbhagener, F., & Jensen, F. (2022). Psychotherapeutic interventions in individuals at risk for Alzheimer's dementia: a systematic review. *Alzheimer's research & therapy*, 14(1), 18. <https://doi.org/10.1186/s13195-022-00604-8>

**HEALTH COACHING**



**PROPOSED HEALTH COACHING PROGRAM**

**Primary Domains:**

- Academic/Professional Success
- Relationships
- Physical Activity/Exercise
- Spirituality

**Secondary Domain — Dementia**

**PROGRAM DETAILS:**

- 4-6 month program
- Weekly, bi-weekly, or monthly check-ins — Maintenance program
- Integrated into medical/psychiatric clinics
- Similar to the functional medicine model
- Goal-setting
- Accountability

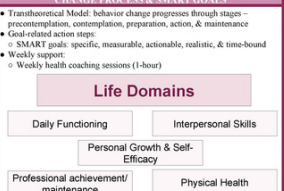
**TOPICS**



**CHANGE PROCESS & SMART GOALS**

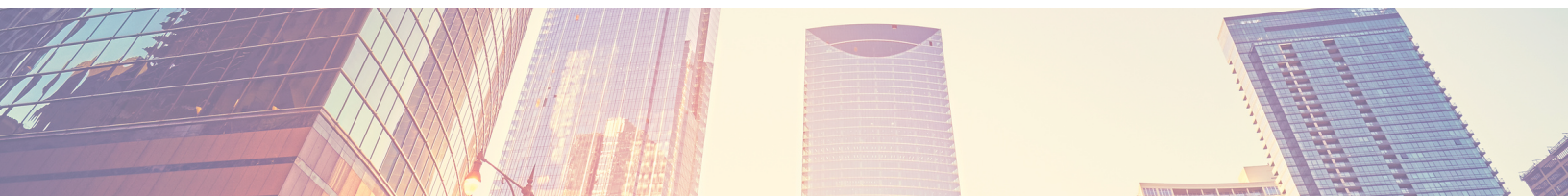
- Transdiagnostic Model: behavior change progresses through stages — precontemplation, contemplation, preparation, action, & maintenance
- Goal-related action steps:
- SMART goals: specific, measurable, actionable, realistic, & time-bound
- Weekly support:
- Weekly health coaching sessions (1-hour)

**Life Domains**



**CONCLUSIONS**

Due to increasing prevalence of dementia, a multimodal approach can be explored for more effective outcomes. A health and wellness coaching program can be established in partnership with psychiatric and medical care. A health coaching program and health coaching support and services can be marketed and offered at clinical and medical offices as additional and preventative care measures for slowing the progression and even preventing different forms of dementia. These programs can target areas including primary domains like professional success, physical activity and exercise, relationships, spirituality, and secondary domains including diet. Additional areas of support include coaching around sleep hygiene, morning routine, meditation, decision-making, time-management, stress-management, and setting SMART goals in various life domains. Using a multimodal approach that involves behavioral and lifestyle changes and management in addition to psychological and pharmacological support will positively impact modifiable risk factors and prevent or slow cognitive decline. Additionally, this support helps alleviate stress, anxiety, and worries after dementia detection and help with overall social, psychological, daily functioning, and improved quality of life (Rostamzadeh et al., 2022).



## **ISPP Community Gatherings**

All Community Gatherings are held on Tuesdays at 1:45 PM.

May 17th: Postdoc, EPPP, and licensure – everything you need to know! | Dr. Kristen Newberry

June 7: Client-Centered and Experiential Psychotherapies Minor | Dr. Margaret Warner

June 14: Advanced Student Christina Wawrowski, along with Dr. Sandra Zakowski, will present her psychotherapeutic work with a client from a trauma psychology focused lens.

## **ISPP/ NLU Graduation**

NLU Graduation will be held on Saturday, June 25th at 10am at Wintrust Arena in Chicago. The ISPP End of Year Celebration and Intern and Grad Send Off will be held on the NLU Chicago campus on Wednesday, June 22nd at 3:30 PM. The Doctoral Hooding Ceremony will follow.

Psy.D. student Maja Jakoljevic has been named the speaker for the Doctoral Hooding Ceremony. Congratulations, Maja!

To stay updated on commencement, and commencement related activities, be sure to visit: <https://nl.edu/student-services/commencement/>.

## **ISPP is Hiring!**

The Illinois School of Professional Psychology (ISPP) at National Louis University (NLU) located in Chicago, IL seeks exceptional practitioner-scholar applicants for Full-Time Faculty (Open Rank), Clinical Psychology, a core faculty position within our APA-Accredited Clinical Psychology doctoral program.

For more information:  
<https://jobs.nl.edu/postings/8503>

## **ISPP Assembly is Seeking Student Mentors!**

The ISPP Assembly is looking for current students to serve as peer members! The mission of the ISPP Assembly Mentor/Mentorship Program is to provide new students with an upperclassman mentor who will help their mentee navigate the transition into a new program. Mentors will provide support to mentees through advice and encouragement based upon their strengths and experiences.

To sign up:  
<https://www.surveymonkey.com/r/MVJSS77>

## ISPP Student Spotlight- Monica Zabinski!

Monica is finishing her fourth year in the Psy.D. program at the Illinois School of Professional Psychology (ISPP). She will be starting her pre-doctoral internship in Arizona this Fall!

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

There are two accomplishments that really spring to mind with this question and luckily, they are both related to the same topic: social responsibility and personal growth. I've been incredibly honored to work with the Antiracism and Intersectionality Work Group here at ISPP and for the community and space it has offered me. Being a part of a group that is focused on and dedicated to personal growth, accountability, understanding, and ongoing efforts to challenge our internalized, and/or conscious or unconscious beliefs that harm others has been amazing.

More than that, my involvement in AIWG has led to some incredible opportunities and challenged me to think outside of the box in how I can be involved including my decision to apply for the Social Responsibility Section Student Mentee opportunity through the Illinois Psychological Association. Working with veteran psychologists in the field who are similarly interested in and excited about our role as psychologists has been incredible. That accomplishment and opportunity is one that I will cherish for many years and I would challenge any students to really think outside the box of how they can participate in the field beyond practicums and school!

### *Do you have any advice for prospective students?*

·To quote Aristotle: "The more you know, the more you realize you do not know." I remember coming in expecting to be a psychology master by the time I was in the room with a client and being absolutely petrified my first day of practicum because I had more questions than answers!

No, that didn't happen because of my professors teaching approaches, ISPP's academic expectations, my focus or efforts, or my inherent intellect, understanding, or worthiness of becoming a psychologist. Rather, this was due to the fact that this field is difficult and complex and not easily summarized in a formulaic way. Our classes are meant to expose us to materials and skills not so that we master them but so when we see it in the future, we recognize what we are seeing and have a starting point for how to find the answers. Think of it like swimming: a person can tell you all about what swimming is like, how you should do it, and what water feels like, but until you jump in that water you will never truly know or understand it until you do it! Find some way to become comfortable with not knowing, understand that not all questions are easily answered, and manage your own anxieties and expectations your first year. Also, remember that no one expects you to be an expert in the field after your first year of school and practice some self-compassion!

### *Please tell us about one of your most important experiences at ISPP.*

·Nothing in my life has been more exhaustingly energizing, mind-bendingly intriguing, earth-shatteringly important, bewilderingly sensible, frustratingly attainable, or uncertainly certain as completing this doctoral program.



There were many days where I thought to myself, "I can't do this anymore," only to find myself getting up and doing it because it meant something to me. When something matters, is truly gut-wrenchingly important to me, and that I decide I need to do, then no amount of second-guessing uncertainty, setbacks, or even failures is going to stop me - even though they might slow me down. While that is all well and good for me, the most rewarding or crucial thing my training at ISPP has taught me is that this ability, effort, or will does not exist only within me but within every single client who walks in through my door. Everyone has something they fight for - happiness, family, excitement, money, fame, addiction, education, or even their will to live - and recognizing that I get to be a passenger along the way in witnessing and hopefully helping them get to their goals is the greatest and most humbling honor in the world. Despite all of the stress and difficulties, I would sign up to do this all over again and I would still choose ISPP because this program has helped me become the kind of future psychologist I wanted to become.



## **Dr. Hayat Nadar awarded an NLU 2022 Outstanding Dissertation Award!**

NLU and the Outstanding Dissertation Award review team elected to award Dr. Hayat Nadar a NLU 2022 Outstanding Dissertation Award for her dissertation, *Exploration of the Link Between Migration and Acculturation Related-Stress, Attachment Style, and Psychological Distress in Arab Immigrants, Refugees, and Asylees!* The award won in the category of Promoting Diversity, Equity and Inclusion. Reviewers commented on the many strengths of her dissertation, including excellence in writing and exceptional nuance and insight in data analysis.

Congratulations, Dr. Nadar!

## **NLU Partnership with the Art Institute**

Student Affairs has renewed NLU's participation in the AI University Partnership Program!

ISPP students have access to the wealth of resources at the Art Institute of Chicago, including the renowned encyclopedic collection, archival materials in the Ryerson and Burnham Libraries, and countless lectures and programs including Free admission for all students with a valid National Louis University student ID all year long.

Questions - If you have questions about our partnership or are a faculty/staff who needs a ticket to access the museum, please contact Danielle Laban [dlaban@nl.edu](mailto:dlaban@nl.edu).

## **Student Presentations**

### *NLU Annual Doctoral Symposium*

Panel Presentations:  
Brittany Burkes - *The Relationship Between Languages and Dreams in Polyglots*

Maja Jakovljevic - *The Experiences of Married Mothers in Graduate School: An Exploratory Study*

Chrystiana Jones - *An Inaugural, Qualitative Examination of the Relationships Between People With Gender Nonconforming Expression and Social Anxiety*

Poster Presentation:  
Elizabeth Kaydanovsky - *Impact of Risk Perception and Degree of Relationship on Motivation to Change Health Behaviors for Dementia Risk Reduction*

### *ACEPT May Conference*

Evan Miller - *The Need for an Eating Disorder Questionnaire for Wrestlers*

Elizabeth Kaydanovsky - *Health Coaching as an Integrated Prevention Intervention Option for Dementia*

### *The Association for Psychological Science annual conference*

Angelina Witbeck, Elizabeth Kaydanovsky and Evan Miller- *How the Type of Relationship to an Individual with Dementia Impacts Our Motivation to Change Health Behaviors Measured By the Mclhb-Drr Scale*



## **Illinois Psychological Association of Graduate Students (IPAGS) News**

Congrats to Elizabeth Kaydanovsky, Clare McIntosh, and Yamila Catapano on their new roles within IPAGS!

Elizabeth was named the chair elect. Clare is the newly elected Secretary, and Yamila is the IPAGS Campus Rep for ISPP.

