

Updates for the ISPP Community

Greetings ISPP Community and Friends!

Welcome to our inaugural issue of the ISPP Community Connections Newsletter. We were inspired to start this tradition by our fantastic NLU colleague, Dr. Janice Nilsen, chair of the HRMD/IO Psychology programs. Thank you to Dr. Nilsen for the inspiration to connect – we certainly need connection now more than ever!

The past two years have been a whirlwind for the ISPP Chicago and Schaumburg programs. Argosy, Schaumburg closed in July 2018; all of Argosy closed in March 2019; and in April 2019 – ISPP landed at NLU, thanks to the strong efforts of Dr. Kristen Carney-Newberry and PsyD student Kevin Davis, among others. We are excited and thankful to be moving forward again on a path with a very positive outlook.

Of course, we all know that March 2020 brought a new set of challenges as the COVID-19 virus spread rapidly across the country and we – very much a face-to-face program – had to determine ways to keep students moving forward. It has not been without bumps along the way – but I am so impressed by students, faculty, practicum supervisors, and internship partners who developed creative ways to keep our students going and kept providing care for patients.

Spring and summer saw a national awakening to the chronic, pervasive, systemic problems of racism, white supremacy, police brutality, and racial injustice.



None of this is new, as our BIPOC colleagues and friends can attest, but the increased attention from media, politicians, and white identifying people does feel different. ISPP students, faculty, and alums have been active in striving to better understand our own biases and participation in racist systems; how to act in antiracist ways; and how to encourage our communities to use the power of our votes. The Antiracism Education and Work Group – open to all within the ISPP community – meets weekly, led by three PsyD students. Led by another PsyD student, ISPP collaborated with “When We All Vote” to support, promote, and encourage voting in our communities.

Now on the brink of the 2020 election...well we'll see what happens. But, whatever comes next, I am confident that psychologists will continue to be needed to care for our wounded country. And I am glad that ISPP alums, current students, and future students are here to help.

Be well,
Leah

Leah S. Horvath, PhD
ISPP Program Director

Student Spotlight- Kevin Davis, M.A.!

Kevin Davis, M.A. is a Psy.D. student in the 5th year of the program who is currently on internship at Palos Behavioral Health Professionals. He earned his M.A. in Clinical Psychology from ISPP Chicago, and his B.S. in Industrial Engineering from Northwestern University.

Kevin's Clinical Research Project will focus on reducing depression with olfactory training. A special thanks goes to Kevin for his instrumental role in helping bring ISPP to National Louis!

How did you get interested in psychology?

I have always been interested in figuring out how systems interact and finding ways to improve efficiency. That interest drew me to the hard sciences, math, and computer programming. Although those topics are still rewarding for me to ponder, they are somewhat sterile and do not leave much room for exploring the intangible aspects of our experiences. Psychology seems to be a field where we are constantly balancing order and chaos, which is both challenging and rewarding.

Could you tell us about your transition from your previous career to psychology?

I worked in retail for nearly 20 years prior to pursuing a psychology degree, most recently as a business analyst. After a longtime supervisor left, I chose to switch fields so I could incorporate more intellectually and emotionally rewarding topics into my everyday work.



Please tell us about any work you do in the areas of advocacy, social justice, or working with underserved populations.

I am not as active as I would like to be in these areas, although I am very passionate about them. My primary approach is to be intentional about my one-on-one interactions, drawing attention to these issues by having challenging conversations when opportunities arise to do so.

Do you have any advice for prospective students?

This journey is very challenging but very rewarding. Realize you are surrounded by professionals who are here to help you succeed, so ask for help when you need it. Once you've started, be kind to yourself by allowing yourself to sleep and take breaks when you need them! Your brain is processing things while you sleep, so you're actually doing something even if you are not awake.

What has been the most challenging aspect of your training?

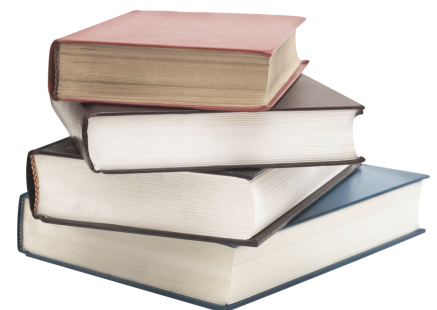
The most challenging has been finding the best process for balancing administrative work with clinical work.

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

The most rewarding part has been the relationships I have formed with supervisors and members of my various training cohorts, as well as developing increased clinical confidence.

What are your professional goals?

Professionally, I see myself running a private practice with members of the various cohort. I've been part of along my training journey. Several of us have started planning what this practice could look like, and we are considering ways to provide a wide variety of services and increase access to services in underserved areas.



Hiring for an Assistant Professor

ISPP seeks exceptional practitioner-scholar applicants with expertise in child and adolescent psychology for Full Time Assistant or Associate Professor, Child Clinical Psychology a core faculty position within our Clinical Psychology doctoral (Psy.D.) program. ISPP seeks applicants that reflect the diversity of its student body and the city of Chicago. Ideal applicants will be licensed clinical psychologists with the ability to teach child and adolescent psychology courses. In addition, ideal applicants will be prepared to teach doctorate-level courses in one or more of the following primary areas:

- Diversity and multicultural theory and practice,
- Psychological Assessment,
- Family Theory and Therapy, and/or
- Statistics

Application

Link: <https://lnkd.in/d6ibZXb>

Anti-racist Education and Work Group

All are invited to join our Anti-racist Education and Work Group. The goal for the group is to hold each other accountable and continue the work of fighting racism, oppression, discrimination, and injustice in our communities and within ourselves. Join any time you like! Current meetings are Monday from 7 PM- 8 PM CST.

Zoom link:

<https://nl.zoom.us/j/93589817127>.



VOTE

Voting is a core principle of being American-but to exercise this basic right, we must be registered!

Visit the **When We All Vote** website to check your registration status, register to vote, pledge to vote, and to be informed on your rights.

Link:

<https://app.wwav2020.civicengine.com/ec>

Introducing- A Concentration in Trauma Psychology!

The Trauma Psychology concentration includes emphasis on the core competencies of scientific knowledge about trauma, trauma-focused assessment, trauma-focused psychosocial intervention, and trauma-informed professionalism following recommendations of the New Haven Competency Conference (Cook & Newman, 2014). Students will acquire knowledge and skills in trauma-informed care across diverse populations and settings, and across the developmental life span. Special professional considerations of therapist secondary trauma and self-care will be addressed. The concentration related credits will total 10.5 credit hours, which will count as elective credits within the context of the typical program requirements. For more information, including additional requirements and admission process, please contact Laura Zuniga lzuniga4@nl.edu.

Alumni Spotlight- Dr. Ashley Shenberger!

Dr. Ashley Shenberger is a 2013 graduate of ISPP and a Lieutenant Commander (Select), Medical Service Corps in the United States Navy at the Naval Submarine Base in Kings Bay, Georgia. In this role, Dr. Shenberger provides mental health services to over 6000 Active Duty service members.

From 2016-2017, Dr. Shenberger filled an O-4 billet and supervised a joint clinical staff of ten psychiatric technicians and one Licensed Clinical Psychologist in a Joint Task Force in Guantanamo Bay, Cuba. Recent publications include COVID-19 Impact on Mental Health in The Military Psychologist and Dolphin Docs: Mental Health Providers Embedded in the Submarine Community in the Psychological Health Center of Excellence. Dr. Shenberger was awarded a Navy and Marine Corps Commendation Medal in 2020 for her work in Kings Bay Georgia.

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

For the past 3.5 years, I have been the sole psychologist for the trident submarine community on the east coast. My role as the embedded psychologist for Submarine Group 10 and as the base psychologist for Naval Submarine Base Kings Bay has afforded me the opportunity to ride several different submarines, perform executive coaching sessions with prospective Commanding Officers and Executive Officers and spearhead a groundbreaking program focused on the the mind, body, and soul to improve toughness and ultimately increase mission readiness.



Additionally, I am trained and credentialed in auricular acupuncture to provide non-duty limiting interventions that address concerns such as anxiety, depression, smoking cessation, alcohol addiction, and pain.

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

The incredible faculty and robust curriculum prepared me to excel on internship, which in turn prepared me for my role as a military psychologist. The assessment training received throughout the program was incredibly thorough, which made the internship experience that much more fulfilling. It was not just my time in the program, but after that is rewarding as well. Faculty members remained available for consultation after graduation, which I often took advantage of, as their skills, expertise, care, and guidance is so incredibly valuable. The faculty at ISPP were committed to our futures as superior clinical psychologists which was obvious in every interaction, and every course I took during my time at ISPP.

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

The military offers a variety of opportunities for FREE CEU's, trainings, and conferences. Several times per year, I am afforded opportunities to learn from the subject matter experts in a variety of specialties.

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

YES!! For current students...soak it up!! Enjoy being a student! Be engaged with peers and faculty! Everything you learn is relevant or will be relevant at some point in your career. Build relationships with your peers and faculty. These will be your lifelines for years to come, so start building now!

For prospective students...you will be hard pressed to find a more committed and devoted team that is focused on making you the best psychologist you can be. The environment is supportive--yet tough. You will always feel supported even though they are simultaneously challenging you. If I had to make the choice of going to ISPP today, I would make the same decision I made in 2008!

ISPP Community Gatherings

**November 3rd- ELECTION DAY-
Open Forum**

**November 10th- Impact of
COVID | Dr. Christopher Rector**

**November 17th- Information
and Discussion About Current
Trends and State Licensure and
Regulation | Dr. Whitney
Owens- ISPP Alumnae**

November 24th- Open Forum

**December 1st- Telehealth
Practice | Dr. Sandra Zakowski
and Student Panelists**

December 8th- Open Forum

**December 15th- Holiday
Gathering**

Zoom Link:
<https://nl.zoom.us/j/9973551726>

7

[Please your suggestions for
future Community Gatherings
here!](#)

This past summer, Dr. Christopher Rector, ISPP Psy.D. Director of Practicum Training, completed his three year tenure as President-Elect, President, and Past President of the Association of Chicagoland Externship and Practicum Training (ACEPT). He was presented with an Award in recognition for "Outstanding Contributions to the ACEPT Training Community."

Congratulations, Dr. Rector!

The NLU Food Pantry is Ready to be Restocked!

Thanksgiving Food Drive: In conjunction with Hunger and Homelessness Awareness Week (Nov. 15-22nd), NLU is hosting a food drive to make sure that our food pantry patrons are provided with all the fixings to make a great thanksgiving meal. We will be putting together baskets for each student who orders one for the holiday season. Now, more than ever before, is the time where traditions and family are vitally important to overall well-being, so we appreciate whatever you can offer in way of donation. The link to donate is here: bit.ly/nluthanksgiving.

