

Updates for the ISPP Community

Greetings ISPP Community and Friends!

As we welcome a new year and a new presidential administration, I am choosing to embrace hope. I feel hopeful that we are moving in the right direction with some clear signs of progress – the first female, first Black, and first Asian-American Vice President! Vaccines are rolling out (not without bumps and concerns about new strains of the virus), but it is still progress. Our leaders in the executive branch seem to embrace science, kindness, and justice. President Biden's initial executive orders are moving us in a better direction – reversing the ban on Transgender people serving in the military, rejoining the WHO and the Paris Climate Agreement, preserving DACA, and orders focused on advancing racial equity and combating racism.

Oh, there is still much work to do and we, as a country, are a long way from being the epitome of welcome that the Statue of Liberty calls us to be – but I am hopeful.



That hope is amplified by reflecting on the great work that our ISPP students are doing as they serve their practicum and internship sites. It is amplified by seeing the AMAZING impact that our 1800+ ISPP alums have every day helping to make individuals, couples, families, groups, systems, and communities better. So thank you to each of you for adding to my hope. As you read our winter newsletter – my wish is that you'll also find hope in the beautiful stories of our ISPP community.

Happy 2021!

Leah
Leah Horvath, ISPP Program Director

Welcome New Students!

ISPP welcomes 5 new students into the Psy.D. program for Winter 2021. We wish you all a wonderful semester!

ISPP Alumni Spotlight: CORE Origins!

CORE - Center of Relational Empowerment, PC was founded in 2012 in Chicago by Dr. Ammara Khalid and Dr. Amanda Rios. Dr. Khalid and Dr. Rios met in graduate school and both focused on marriage and family therapy while pursuing their PsyDs at ISPP. They were mentored by Dr. David Van Dyke, who

was chair of the Marriage and Family Concentration at the time.

They recognized through their practicum training that there were few opportunities to practice couples therapy or family therapy, and that multicultural and diversity issues

were not always at the forefront in clinical work and supervision. CORE was developed to address these missing components in clinical training and once the practice was established, it quickly became an Advanced Practicum training site in 2014 for Clinical Psychology doctoral students throughout the Chicagoland area.

Prior to establishing CORE, Dr. Khalid had been working in college counseling and Dr. Rios was a director of a Child and Adolescent Unit in a hospital. They connected over a cup of coffee and discussed their visions for a practice that would reflect the systemic orientations they were passionate about and that would cater to a diverse population from all walks of life. With the help and support of their colleagues, peers, professors, supervisors and training directors, they developed a business plan, hired a lawyer and an accountant, rented space and learned about marketing strategies to promote the practice.



Word of mouth was crucial in those first few months as they set up the practice, and they taught graduate courses to support their families as they waited to secure a steady revenue stream. Other solo and group private practice owners were gracious enough to share tips and suggestions, and this guidance helped develop

a model that felt authentic to CORE's values. From outreach programming and

workshops to consultation, Dr. Khalid and Dr. Rios learned quickly that reaching multiple audiences was imperative to spreading information about the services offered at CORE, and the networking skills they developed in graduate

school had prepared them for this.

Treating the partnership like a marriage, they developed communication, trust, and transparency with each other, which has been the cornerstone of their success.

In 2017, CORE opened its second location in downtown Evanston, and had hired Associates (both Clinical Psychologists and Marriage & Family Therapists) and Post Doctoral fellows. As of 2020, the practice has a staff of 13 in two locations and is well known in the Chicagoland area.

CORE provides individual, couples, family, and group therapy, psychological testing, workshops, supervision

and consultation. At the heart of CORE is the belief that everyone has leadership and healing qualities - perspective, confidence, compassion, and acceptance - crucial to their highest, most harmonious functioning. CORE services are based on Self Leadership, Systemic, and Contextual Theories. The foundation of these theories is based in the idea that people have an innate capacity, wisdom, and intuitive knowledge that may be blocked by fears, while also acknowledging the specific circumstances and elements in a person or family's life that have led to these outcomes. By working to release these fears, we are tapping into the clients' internal resources.

Therefore, a client can feel empowered and bring about deep inner changes rather than superficial symptom focused change.

Dr. Khalid and Dr. Rios are proud that ISPP has continued to thrive and grow as an institution in the last couple of years. They enjoy regularly connecting with students and alumni of ISPP, and welcome anyone interested in collaborating, sharing resources, and learning more to contact them directly: www.core-chicago.com or follow them on Instagram @core_psych.

Winter ISPP Community Gatherings

January 19th- Student Groups with Dr. Danielle Laban

January 26th- ISPP Student Assembly presents: A Day in the Life of a TA

February 2nd- Black Movie Watch Marathon- *Harriet*

February 9th- Writing and Library Information

February 16th- Multi-Theory Case Conference

February 23rd- Black Movie Watch Marathon

March 2nd- Trauma Concentration with Dr. Zakowski

March 9th- Presenting Papers at Conferences with Dr. Vitalis & Students

March 16th- QPR (Suicide Prevention) Training

March 23rd- ISPP Student Assembly Presentation

March 30th- Presentation with Dr. Rector and Student Presenters

April 14th- End of Term Celebration & Social Gathering

Zoom Link:
<https://nl.zoom.us/j/99735517267>

Congratulations to Taylor Levitt, Tina Luzzi, and Monica Zabinski for their presentation at the International Council of Psychologists' Annual Convention! The students presented a poster and lightening talk titled: **Antiracism Training: What Works, What Doesn't and How We Can Do Better**, which focused on the AEWG, literature on best practices in anti-racism training, and ways to improve the work of this group. The presentation led to a very lively discussion among conference attendees!

Introducing the Newberry Twins!

Congratulations to Drs. Kristen and Jackson Newberry on the birth of their twins, Gabriel and Magnolia!

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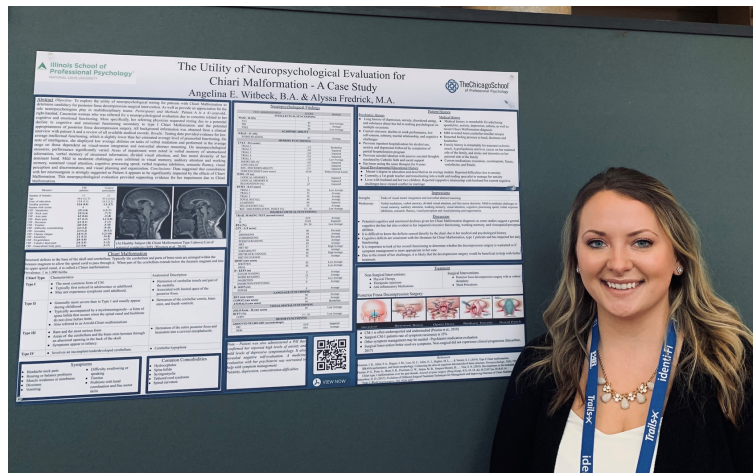
ISPP Student Spotlight- Angelina Witbeck!

Angelina is a fourth year Psy.D. student at the Illinois School of Professional Psychology (ISPP). She earned her M.A. in Clinical Psychology from ISPP Chicago, and her B.A. in Psychology from the University of Wisconsin-Milwaukee.

She is currently working on her clinical research project focusing on Dementia risk reduction. Her Advanced Practicum is in Neuropsychology at The University of Chicago in the Department of Psychiatry and Behavioral Neuroscience. She is also a Student Committee Member for the Awards Committee of Division 40- the Society for Clinical Neuropsychology.

How did you get interested in psychology?

I became interested in psychology after completing my introduction to psychology course in high school. I found it to be fascinating and I wanted a rewarding career where I could help people. More specifically, I knew I wanted to help the elderly, and I quickly fell in love with working with the geriatric population while doing neuropsychological assessments.



Poster presentation at the International Neuropsychological Society's Annual Conference (INS 2020), Denver, Colorado

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

I am an ambassador and volunteer for the Alzheimer's Association and the Concussion Legacy Foundation.

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

I was recently selected to serve a two year term on the Awards committee for the Society for Clinical Neuropsychology (APA Division 40). I also was selected for the two year Student Leadership Program for the Society for Clinical Neuropsychology.

Tell us about your training experience.

I completed my diagnostic practicum at NeuroCare and Family Services, my therapy practicum at Central DuPage Pastoral Counseling Center and I am currently on my advanced practicum at the University of Chicago Medicine working in the adult neuropsychology lab.

What has been the most challenging aspect of your training?

Realizing that I cannot help others unless I am taking care of myself. People that tend to go into this field do so because they want to help others and at times we put ourselves on the backburner. Learning and realizing that there is not enough hours in the day to say yes to every opportunity that comes my way and forcing myself to implement self-care and down time into my crazy schedule.

Where do you see yourself in 5 years?

Working in a private practice close to my home and hopefully finally getting the hang of a realistic work-life balance. I hope to be studying for board certification and actively involved in leadership positions for my professional affiliations.

ISPP Assembly Corner

The ISPP Assembly has an open student representative position! The representative will be responsible for ensuring that the opinions of the ISPP student body are voiced and served, via surveys, verbal communication, etc.

The assembly meets on Sundays and Wednesdays at 5pm.

Zoom Link:
<https://us02web.zoom.us/j/82327209476>.

ISPP is Hiring!

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.

For more information and to apply:

<https://jobs.nl.edu/postings/6333>

ISPP Faculty and Students Present at the 2021 Midwinter Conference of the National Council of Schools and Program in Professional Psychology (NCSPP), Virtual Conference.

Dr. Christopher Rector and PsyD students Eric Edwards and Thomas Moushey presented *COVID 19 and Underserved Local Communities Advocacy toward Coordinated Access to Medical, Mental Health and Religious Care: A Strategic Plan of Action*.

Drs. Kristen Newberry, Leah Horvath, and Practicum Site Supervisor Dr. Gwen Grant presented: *Balancing Personal Self-Care Needs with Those of the Students and Clients We Serve in the Midst of Dual Pandemics*.



Winter Term AEWG Meetings

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

Meetings will be held every Thursday night from 7-8 PM CST.

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



Noteworthy Alumni News!

Ashley Warhol, Psy.D., Director of Clinical Services at Devereux Advanced Behavioral Health Massachusetts/Rhode Island, was recently appointed to the Society of Clinical Child and Adolescent Psychology's (SCCAP) Acute, Intensive and Residential Service (AIRS) executive board. SCCAP is a division of the American Psychological Association. Ashley received her Doctor of Psychology, Clinical Psychology; Child and Adolescent Psychology (2008 – 2013) and her M.A. in Clinical Psychology (2011) at ISPP Chicago.