

Spring 2018

Volume 11 Issue 2

Editors

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UNIVERSITY of
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Fall 2018 Program Updates

Happy Autumn! Or as we call it in Houston “Second Summer”. We would like to welcome our newest cohort to the program. We are so excited to have you and cannot wait to see all the amazing things you do.

In addition to our new cohort, there are some other new developments to share. Thanks to the hard work of our faculty, we have several new opportunities for additional training in bilingual service provision that will soon be available to students. First, students will soon be able to complete a concentration in bilingual service provision that will include several additional courses as well as specialized practicum placements. In addition, we anticipate having our inaugural Mexico Immersion trip in the summer of 2019. This will be a three-week program where students will travel to Queretaro (include appropriate character for emphasis), live with a host family, and spend time volunteering in schools. Dr. Gonzalez has worked extensively with his colleague, Dr. Anita McCormick, from Texas A&M to organize the Mexico trip. Students who participate will be able to see how school psychology is practiced in Mexico and learn more about many of our students how have immigrated from Mexico.



Finally, the School Psychology Student Association is currently being formed, and students will be able to join soon! This organization will aim to provide a greater sense of community among students and facilitate student success with increased mentorship, communication, and dissemination of relevant school psychology information. Thanks to the steering committee for starting this organization! 🐾

ALUMNI FEATURE

ASHLIE LLORENS



Q: What is your current position and what roles/responsibilities does this entail?

A: I am currently an assistant professor at University of Texas Health Science Center-Houston. I work in the PATH program, which is an intensive outpatient program that serves youth with chronic medical illnesses and psychological comorbidities. My primary responsibilities include: direct clinical intervention in the forms of individual, group, and family therapies; managing research data; staff consultation; and practicum student supervision.

Q: Where are you from?

A: Houston!

Q: What degrees do you hold and where did you receive them?

A: BS-Psychology-Baylor, Med-Counseling-UH, PhD-School Psychology-UH

Q: Where did you do your internship?

A: Nebraska Internship Consortium in Professional Psychology. My site was the Munroe-Meyer Institute at the University of Nebraska Medical Center, and I was on the Behavioral Pediatrics and Integrated Care Track. I was placed in primary care clinics within the greater Omaha area, other experiences included doing testing for psychoeducation evaluations for the public school district and co-leading a social skills group.

Q: Who is/are you hero(es) in psychology?

A: Tough question, because no names that instantly came to mind. The people who I have come to admire in the

field of psychology, are people who have shown me that establishing rapport and humanizing experiences for the children and families we work with is just as important as the evidence based treatments that we learn about.

Q: Any psychology related books you'd recommend?

A: The Boy Who Was Raised As A Dog, was one of the first psychology related books I read in undergrad, and sparked my interest in learning more about child development and behavior.

Q: What advice do you have for current students?

A: Practice Self-Care!!! So much easier said than done, I know! Ask for help, Protect your time and energy from unnecessary things/people, Practice setting boundaries with things that are not necessary for your progress, Enjoy the complexities that come with juggling life and a demanding grad program--Don't postpone "life" until after the PhD.

Q: What is your favorite part about being a school psychologist?

A: Being outside of a school setting, my favorite part is having the knowledge to educate parents about school supports, and helping them change the nature of their relationship with the schools, if necessary.

Q: What do you like to do in your free time?

A: I enjoy spending time outside and being with my family. I'm a big kid and enjoy being active, so, I may be with my boyfriend and dog at a dog park, playing soccer with my little brother, working out, or challenging my little cousins to a game of dodgeball at a trampoline park. 🐾

INTERN FEATURE

MADLINE RACINE



Q: What degrees do you hold?

A: I earned a B.A in psychology from Texas A&M. I also hold a M.Ed. in Counseling from University of Houston, which I earned partway through the program.

Q: Where are you doing your internship and what do you do day to day?

A: I am completing my doctoral internship at Baylor College of Medicine/Texas Children's Hospital within the Clinical Child/Pediatric Health Psychology track. My focus this semester is providing services for preschool populations (ages 2-6 years), including diagnostic evaluation and conceptualization, interventions with pediatric populations (e.g., pediatric cancer, transplant patients, medical trauma), and short-term parent management training for typically developing children who present with disruptive behaviors, sleep problems, eating concerns, and elimination disorders. I currently have about 15 preschool patients on my caseload who I see for outpatient family therapy or during their medical appointments. I also conduct a few diagnostic intakes a week for preschool age children with various concerns. Additionally, I consult with physicians, nurses, and medical staff involved in a child's medical care. I spend one day a week at the Autism Center conducting psychological evaluations for children suspected of having ASD. These evaluations include conducting in-depth parent interviews, cognitive and pre-academic testing, ADOS-2 assessment, providing feedback and recommendations to the family, and consulting with developmental pediatricians. Next semester, my focus will shift to Pediatric Health Psychology, serving children and

adolescents who are having difficulty managing physical symptoms, adapting to chronic/acute medical conditions, and/or adhering to medical regimens. I will also complete a minor in the OCD and Anxiety Disorders Program, providing assessment and intervention to children and adolescents with OCD, health anxiety, panic disorder, selective mutism, and social phobia.

Q: What was your favorite class in the SP program?

A: My favorite classes were Eco-Behavioral Interventions with Dr. McQuillin and Professional Seminar with Dr. Mire.

Q: Who is/are your hero(es) in psychology?

A: I consider myself a behaviorist, so I would have to say B.F. Skinner and Ivar Lovaas. I would also say Jean Piaget because I am very developmental in my approach to child clinical work. I also have to give a shoutout to Dr. Mire. She is my own personal psychology hero! I admire her teaching and supervision style, her commitment to students and the meaningful relationships she develops with them, and her dedication and commitment to being a life-long learner and well-rounded school psychologist.

Q: Any psychology related books you'd recommend?

A: Handbook of Pediatric Psychology, NeuroTribes: The Legacy of Autism and the Future of Neurodiversity by Steve Silberman, Parenting the Strong Willed Child by Rex Forehand, Ph.D., and Nichoals Long, Ph.D., and Freeing your Child from Anxiety by Tamar Chansky, Ph.D. The latter two books are written for parents and are ones I

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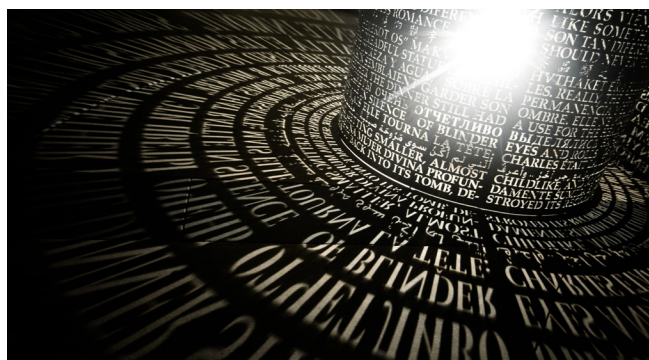
often recommend to families I work with. Both have been incredibly useful within my clinical practice in providing an overview of evidence-based assessment and treatment for disruptive behaviors and anxiety.

Q: What do you like to do in your free time?

A: I enjoy cooking, running, and spending time with family and friends. I have absolutely loved living in Houston for graduate school and internship and enjoy exploring all the great things the city has to offer.

Q: What advice do you have for current students?

A: My first piece of advice is to say yes to as many clinical and research opportunities that come your way. It will not only build up your CV with many diverse experiences, but will also help you further develop your interests and future career path. Similarly, I would advise students to keep an open mind as they continue to gain new experiences and to not worry if their interests are still broad or if they are not yet sure of their long term goals. It took me almost four years in the program with many different practicum placements and research labs before I figured out my specific interests, passions, and long term goals, and these continue to evolve today. My second piece of advice is to build meaningful relationships with your advisor, the faculty, your supervisors, and peers and continue to network and make connections within the field. Take advantage of the mentors you are surrounded by and aim to make a positive impression with everyone you meet, as the psychology world really is so small and you are never know who you are going to work with in the future and who will help you forward your career. My last piece of advice is to remember to engage in self-care. Graduate school is incredibly busy, but I have learned from experience that it only gets busier. Starting to put self-care at the top of your to-do list will be important moving forward and helping you learn to manage stress and prevent burnout. Additionally, take advantage of being a graduate student and having a somewhat flexible schedule with vacation breaks. This is something I wish I had done more of now that I am somewhat in the real world with normal work hours and vacation days. Enjoy those spring and summer breaks, whether it be traveling, visiting



with family or friends, or just taking a much-needed break from checking your email.

Q: How would you describe being a practicing school psychologist at your site?

A: My training within the UH School Psychology Program has provided me with specialized training in child development, school and family systems, consultation, and behavior assessment and intervention, which has proven to be invaluable so far on internship. While I am not practicing as a traditional school psychologist in a school setting, I frequently provide families with information regarding school services and supports including early intervention, special education, 504 plans, and behavioral supports in order to help them navigate the school system and I often consult with teachers and school staff regarding my patients. I also frequently make individualized recommendations for a child across the home and school setting when I am conducting diagnostic intakes or comprehensive psychological evaluations. As most school psychologists, I continue to take an eco-behavioral approach to case conceptualization and continually aim to enhance communication between the multiple systems that surround a child, most notably the family, school, and healthcare systems.

Q: What is your dream vacation?

A: I've always wanted to take a west coast road trip where I could visit different beaches, coastal towns, and national parks like Yosemite, Channel Islands, and the Grand Canyon, to name a few. I would also love to visit Thailand to enjoy the white beaches, wildlife, spicy food, and rich culture. Vietnam is also on my bucket list so I can experience eating the best pho in the world for breakfast, lunch, and dinner. 🐾

General Announcements

- Mark your calendars: Interview day is January 25, 2019!
- More information about the Mexico Immersion trip will be coming soon!
- It's not too late to be involved with SPSA! Contact Amy Barton if you are interested in helping out the steering committee.
- Don't forget to register for the NASP annual meeting in Atlanta, Georgia in February 2019 if you plan on attending!

Be sure to follow the UH School Psychology on social media for events and announcements!



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Check out the UH School Psychology Ph.D. Program video using this URL:

<https://www.youtube.com/watch?v=roRd-yMsPZY>

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School Psychology Program

University of Houston
College of Education
Psychological, Health,
& Learning Sciences
491 Farish Hall

The School Psychology Program at the University of Houston is accredited by the American Psychological Association. The Program adheres to a scientist practitioner training model, and is committed to developing professional school psychologists who are competent to engage in applied research and ecologically sensitive evidence-based practice (i.e., students learn to apply critical analysis and inquiry to identify, select, implement, and evaluate evidence-based practices with sensitivity to cultural and linguistic considerations, and in consideration of diverse client preferences). Sensitivity to diversity issues is addressed in specific course work and embedded throughout the training experience. Awareness of diversity issues is ensured because UH is one of the most culturally and linguistically diverse research institutions in the nation.