

W I N T E R 2 0 1 8

the

GrASP Gazette

Nova Southeastern University's School Psychology Program Newsletter

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Dear Readers,

Happy winter! The board members of Nova Southeastern University's Graduate Association of School Psychology are excited to welcome a brand-new edition of the Gazette!

Congratulations to everyone for all of your continued hard work that you put into this program every single day. Every individual is able to make an impact and that is what makes our program so special. We hope you had a positive and successful winter semester.

Please enjoy this new issue of the GrASP Gazette!

All the best,

Pam Hirsh & Christina Kamien

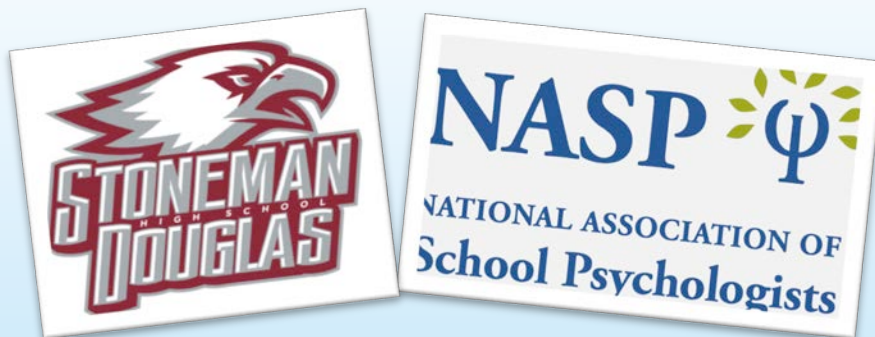
Current Events

The recent school shooting at Marjory Stoneman Douglas High School in Parkland, Florida has sparked a nationwide conversation on school violence. The tragedy that took the lives of seventeen people and affected the lives of countless others marked it as one of the deadliest school massacres in U.S. history. At the forefront of the national conversation surrounding the event, the need for more school psychologists and effective gun safety laws represent the greatest demands in an effort to improve school safety. In an effort to utilize the momentum sparked by this event, NASP has developed several talking points and info graphics reflective of their policies and best practice to help school psychologists advocate for a “comprehensive approach to school safety; increased access to mental and behavioral health services; improved ratios for school psychologists as well as more effective use of existing school psychologists, and limiting inappropriate access to firearms” (NASP, 2018, para 2).

Talking Points and Key Messages:

1. Comprehensive School Safety:

- a. Key message: Effective school safety requires a comprehensive approach that balances physical and psychological safety.
- b. Key message: Lockdown drills are the gold standard in imminent threat or active shooter drills and should remain the centerpiece of options-based drills.
- c. Key message: Arming teachers may pose more risks than protections when it comes to school safety.
- d. Key message: School psychologists play a critical role in creating safe and supportive learning environments that promote student well-being and learning.



Current Events continued

2. Comprehensive Mental and Behavioral Health Service

- a. Key message: Comprehensive school mental and behavioral health services improve student learning and safety
- b. Key message: The vast majority of people with mental illness are not violent, and in fact, people with mental illness are more likely to be victims of violence than the perpetrators.
- c. Key message: School psychologists are uniquely positioned in schools to facilitate the development, delivery, and monitoring of prompt and effective mental and behavioral health services.
- d. Key message: Sustainability matters. Recovery from a crisis is not an event but a process that can take a long time. When all of the initial outside responders go home, school-employed mental health professionals are still there to support students and staff every day for the long term.

3. Gun Safety Laws

- a. Key message: Improving access to mental health services is important, but doing so is not a substitute for enacting gun laws that limit inappropriate access to firearms.
- b. Key message: Efforts to prevent gun violence should not focus only on high profile mass shootings but should address the far more common issue of gun violence that some communities experience on a regular or even daily basis.

4. Improving Access to School Psychologists

- a. Key message: Effective school safety measures require adequate access to school psychologists and other school-employed mental health professionals.

References:

National Association of School Psychologists (2018). School Psychologists are Critical to School Safety and Violence. Retrieved from <http://www.nasponline.org/research-and-policy/policy-matters/school-psychologists-are-critical-to-school-safety-and-violence>

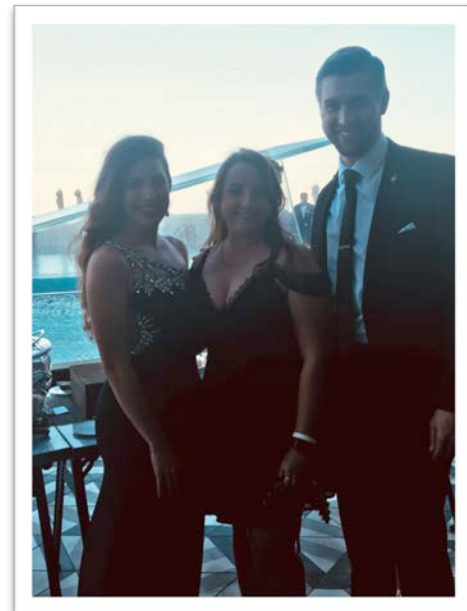
National Association of School Psychologists (2018). Key Messages and Talking Points for School Psychologists Regarding School Violence Prevention. Retrieved from <http://www.nasponline.org/research-and-policy/policy-matters/school-psychologists-are-critical-to-school-safety-and-violence>

Social Spot



Dr. Cash's Party

Many of our NSU school psychology students and faculty gathered at Dr. Cash's new (and very beautiful) apartment for a night full of socializing, good food, and fun! Thank you again, Dr. Cash!



College of Psychology SGA Formal

The College of Psychology put on their annual Crystal Ball Formal at the W Hotel Fort Lauderdale. This year, the event was sold out! Faculty and students came together to recognize all of the students going off to internship!

Community Impact

Relay for Life

The College of Psychology raised over \$5,000 this year for the American Cancer Society at NSU's Relay for Life Event!



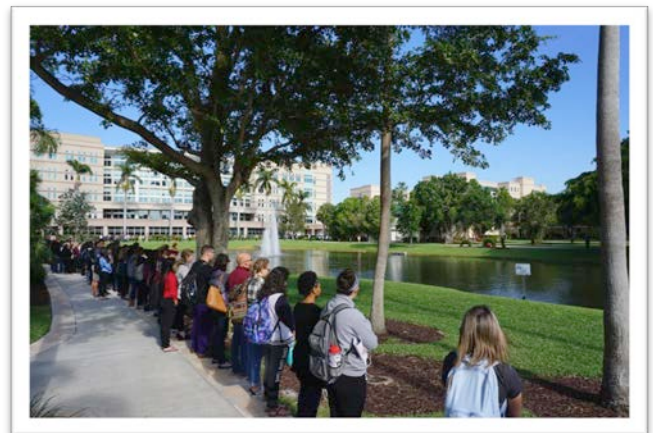
Tallahassee Advocacy Trip

This year, on January 28-30, Drs. Caproni and Cash took a group of 17 clinical and school psychology students from NSU and three other universities as well as five professional psychologists to Tallahassee for public policy advocacy training and experience. They collaborated with CEES and FPA to visit legislators, sit in on relevant committee meetings, and advocate for responsible mental health and education decisions.



National Walk Out Day- March 14, 2018

Our College of Psychology students participated in National Walk Out Day in remembrance of the lives lost at Marjory Stoneman Douglas High School. Students walked out of the Maltz Psychology building and met by the lake behind the Alvin Sherman Library and engaged in a 17-minute silence period in honor of each life lost on 02/14/2018.



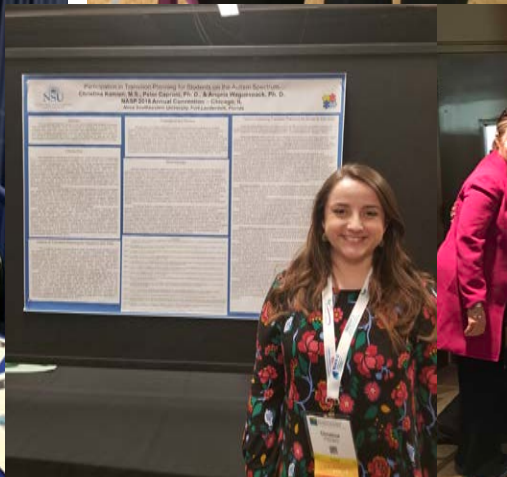
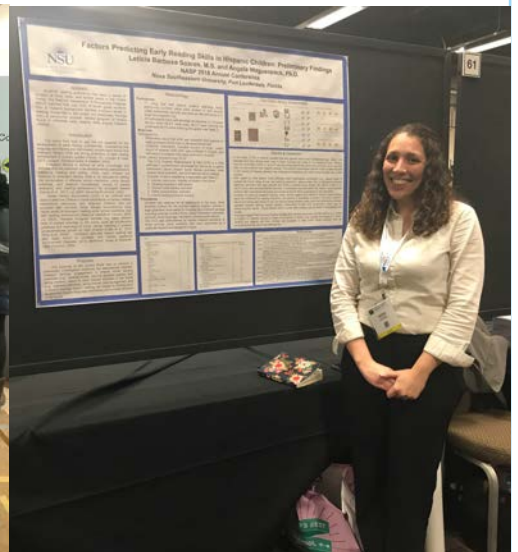


NASP HIGHLIGHTS

This past February, many of our students attended the National Association of School Psychologists Annual Conference in Chicago. Despite the frigid temperatures, they were able to explore the windy city on their time off!

Congrats to all of those who presented. We are so proud of you!

We can't wait for next year in Atlanta!





Student Spotlight

Christina Kamien

3rd Year Doctoral Student

What do you like most about the School Psychology program?

One of my favorite things about the School Psychology program is the close-knit, family-like community that we have in the program. The people and professors that I have met along the way have really made a difference in my experience throughout graduate school.

Why did you choose School Psychology?

I was always interested in psychology and the juvenile justice system. In undergrad, I majored in psychology and minored in criminal justice. I had an opportunity to shadow a student resource officer and in that time, I realized that the fastest way to access the troubled youth was to do so within the schools. School psychology gave me the opportunity to learn how to help students academically, behaviorally, socially, and emotionally. I also found that within the school setting, I would be able to help students obtain the skills to be successful in life after high school.

What is something we might not know about you?

I really enjoy cooking and coming up with new recipes, especially soups...I love my crockpot! I find cooking to be a really good stress reliever!

What are some of your future goals?

I am very interested in becoming more involved in the transition planning process within schools. I would like to first work within the districts that I am employed to help them create successful transition planning services for students with disabilities to postsecondary life. I would also like to become more of an advocate for transition planning and try to work at a systemic level to create a change in how practitioners everywhere implement transition planning.

What are some of your involvements? (Clubs, research, presentations, conferences, practicum, internship, etc.)

I am currently the Chair of the Graduate Association of School Psychology (GrASP), and I am the School Psychology representative for the College of Psychology Student Government Association. I have presented at FASP and NASP for the past two years on transition planning for students with ASD. I am currently preparing to pack up and move to Knoxville, Tennessee for Internship within the Tennessee Internship Consortium!

Name your favorite pet, snack, or song/musician.

Pet: Lilly, my cockapoo that is back home in Buffalo with my parents.

Snack: Popcorn



Student Spotlight

Michelle Rodriguez

1st year Specialist Student

What do you like most about the school psychology program?

What I love most about the school psychology program here at Nova is how experienced and knowledgeable the professors are. We get to work alongside the best of the best in the field and as they share their experience and knowledge with the students. I also enjoy the closeness of the program specifically my cohort. We all work together, motivate each other and help whenever necessary.

Why did you choose school psychology?

I chose school psychology after struggling to decide whether stay on my education track or switch over to a psychology route. Around my junior year of undergrad I took a class called educational psychology where I learned about the field of school psychology. After some research I knew that this was the career path for me. I knew that I wanted to help students academically, socially, behaviorally and emotionally and school psychology was the perfect fit.

What would you be doing if you weren't in the school psychology field?

If I didn't choose school psychology I most likely would've chosen educational leadership to work as a school principal or administrator.

What are some of your future goals?

As of now my short-term goals are to graduate being more involved in the program and work as a school psychologist in Broward or Palm Beach County. My long-term goals are to create safe, happy environments for children in the schools and community.

What are some of your involvements? (Clubs, research, presentations, conferences, etc.)

While this year I focused on getting situated as a graduate student, I do plan on being more involved for my second year beginning with attending FASP in October.

What is one interesting fact that people may not know about you?

I have a black belt in Kung Fu.

What do you do for self-care?

Self-care is crucial for our physical, mental and emotional well-being. Some things that I do to practice self-care include running, going to the gym, traveling, getting my nails done and spending quality time with those I love.



Faculty Spotlight

Dr. Gene Cash

It is known that you were an integral part of making it possible for school psychologists who have master's degrees to have private practices. Why was this so important to you?

First, it is not just a master's degree, it's a master's plus and its' intent was to have school psychologists who have master's degrees, which is now the entry level for school psychology to be able to practice privately in the state of Florida. There are ten other states now that I believe allow school psychologists who are non-doctoral to have a private practice. I believe that Florida's licensing law is the best one in the country because of many reasons. I felt that the ability to practice privately is not the end all but having the right to practice privately is what makes the profession at least in healthcare. I was convinced that for school psychologists to get the respect and the air of professionalism that they deserve, it was important for them to have the right to practice privately whether they got a doctorate or specialist degree.

Why did you want to become a school psychologist?

Initially, I didn't know there were school psychologists. When I was a kid, my parents bought me a chemistry set for Christmas. I went to undergraduate school at the University of Tennessee where I majored in chemistry for the first two years but had an epiphany moment and realized that wasn't what I wanted to do for the rest of my life so I changed my major to psychology (I had taken a psychology class so I was intrigued by it). I got an offer from my university to obtain a scholarship and pursue graduate school in clinical psychology but my mentor said I should not go to graduate school for the same as what I went to undergraduate for. He gave me an application to New York University's School Psychology program but I never thought they'd pick me! I filled the application out, went in for an interview, got a fellowship, and couldn't back out! So, I accepted the offer and that is where I found the love for school psychology and realized it was the right thing for me to do and so, in part, it was serendipitous.

Faculty Spotlight continued

Dr. Gene Cash

In 2016, Newsweek reported school psychology the #2 best social service job in the country. Do you agree with that and why or why not?

No, I think it should be first! I think that school psychology is desperately needed and school psychologists tend to be underemployed. By underemployed, I mean that schools don't use school psychologists for all of the things that they are capable of doing and have been trained to do such as crisis response, violence prevention, suicide prevention, threat assessment, and so forth. Those are things that school psychologists *should* be doing! School psychologists should also be doing prevention in preschools and even before preschool. School psychologists should also be doing parent training in high schools. Unfortunately, this cannot happen many times because school psychologists (not by choice) get into the mode of testing because there is so much that needs to be done. We can do so many things so well and we are *so* needed. I am convinced that school psychologists, if we can meet the NASP ratio of 500-700 kids to every school psychologist, depending on the setting, could reduce school violence.

How do you see the profession of school psychology changing over the next 5-10 years?

I think that will depend on the current administration and political party in power but I think we have a chance to advocate for more effective use of funds and more funding for education. Education has been the kind of level where everything else is increased over a number of years and if we don't fund education effectively and fully, then we are kind of robbing Peter to pay Paul and we are not making progress. Part of that progress would be hiring more school psychologists, paying teachers better, and emphasizing some of the very important initiatives that we have in education (regular education initiatives and special education initiatives). What I'm hoping for the profession, after ten years of doing threat assessments, is heading off violent attacks in schools and preventing some of the significant mental health and substance abuse problems that we have now with kids.



Alumni Spotlight

Caroline Spearman, Psy.D.

Class of 2015

Why did you choose School Psychology?

I always knew that I wanted to work with kids and focus mostly on testing, so school psychology felt like a natural fit. I ended up going the more clinical route, but only because I loved SPACI so much and wanted to focus on more comprehensive testing.

What did you like most about the School Psychology program at NSU?

Without a doubt, the people. The faculty members are amazing and I was fortunate to work closely with so many of them. They are passionate about the field and truly care about their students. I also met some of my closest friends in my program who will be in my life forever.

Describe your internship experiences. What are some of the most significant things you learned?

I interned at a trauma clinic in Western Mass doing therapy and testing. I learned an insane amount about trauma and trauma treatment. I was also trained in neurofeedback during internship and recently became board certified in neurofeedback. I've had so much success integrating it into therapy and am currently building a neurofeedback clinic at the private practice I work for.

How long have you been a School Psychologist and where are you currently practicing?

I've been a licensed psychologist for a little over a year now and am practicing at a private practice called Georgetown Psychology Associates. I do in-depth, SPACI-like testing and also see about 15 therapy clients a week.

What are some tips you can give a recent graduate entering the field?

Even though you graduated, you will be constantly learning in this field, so it's okay to not feel totally prepared. Always seek supervision, consult with coworkers, ask questions, and never stop learning.

How do you practice self-care?

When I was on internship, I took a Mindfulness Based Stress Reduction (MBSR) class because I felt that I was taking my work home with me. MBSR changed my life and I practice mindfulness and meditation on a daily basis. I also run, do yoga, exercise, and attend as many concerts and music festivals as my budget will allow. Spending time with friends and family is also the best self-care.



Alumni Spotlight

Kurt Wasser, Psy.S., NCSP

Class of 2005

Where are you currently practicing?

I am a School Psychologist with Broward County Public Schools. I am assigned two elementary schools, work with our Pre-K center at Wingate Oaks, and currently provide crisis response counseling at Marjory Stoneman Douglas High School. I am also in private practice with Linda Berlin, Psy.D. and Psychological Associates in Coral Springs.

What is your favorite memory from NSU?

There really are a lot to choose from but being part of the first class made graduation really special. We were all excited to embark upon our new careers in our respective school systems. One of our classmates had passed away, so we were a whirlwind of emotions. Plus, we really were the guinea pigs and Sarah Valley Gray, Angela Waguespack, Suzanne O'Sullivan, and Karen Grosby tried a lot of things out on us as well. Remember, online learning and correspondence courses were new innovations at the time. Some things were great success, but others were disaster, such as when we could see people in a class in Jacksonville sleeping! But we were excited to become School Psychologists.

What are your current leadership positions?

I am part of the Professional Development Team, specializing in technical support. I also always take Nova Practicum Students!

Name an NSU professor, trainer, or experience that influences your work today.

I loved the SPACI clinic. We got to work on tough cases in front of our peers and problem solve together. Dr. Cash and Kristen Cunningham Jones provided excellent support for us on what assessments to use and how to interpret results. I mean, I got to work on an Asperger's case with the help of all of the people I had been studying with for three years. How cool is that?

Describe your perspective on the future of school psychology.

First off, I see so many bright and energetic young people in the profession right now that I am certain we will see a continuance of high quality services provided to children. I am also excited by the focus of individuals on neuropsychology to figure out why the brain does what it does. I also believe that our profession will continue to expand its role in ensuring those students who struggle, academically or emotionally, get the assistance they need.

Do you have any advice for current students?

Find what you are passionate about and stay with it. And always keep learning.

Additional comments: Rock on!

SPECIAL MENTIONS

CONGRATS, YOU MATCHED!

2018 Internship and Postdoc Assignments:

Specialist Internship

- | | |
|----------------------|---|
| * Linnette Bonilla | School District of Broward County |
| * Christian Campbell | School District of Miami-Dade County |
| * Shemika Cooper | School District of Fredricksburg City, VA |
| * Isabella Correa | School District of Broward County |
| * Kristen Gouldner | School District of Aiken, SC |
| * Rachel Kosar | School District of Miami-Dade County |
| * Nyeda Malary | School District of Miami-Dade County |
| * Amy Saravia | School District of Palm Beach County |
| * Alexandra Shuster | School District of Palm Beach County |

Doctoral Internship

- | | |
|--------------------|--------------------------------------|
| * Sully Colon | School District of Palm Beach County |
| * Angela Garcia | School District of Palm Beach County |
| * Christina Kamien | Tennessee Internship Consortium |
| * Leticia Soares | The School at Columbia University |
| * Dana Weiss | School District of Palm Beach County |

Post-Doctoral

- | | |
|-------------------|---|
| * Kelli Dari | Nova Southeastern University's Psychology
Postdoctoral Residency Program at Mailman
Segal Center for Human Development, Unicorn
Clinic- Development and Assessment track |
| * Melissa Koniver | The Children's Treatment Center at The Center
for Treatment of Anxiety and Mood Disorders in
Delray Beach, FL |

SPECIAL MENTIONS

WE ARE SO PROUD...

This past January, Phi Kappa Phi officiated the installation of NSU's new chapter of the honor society. "Phi Kappa Phi is the oldest and most selective all-discipline honor society whose mission is to recognize and promote academic excellence and service to the community."

We are proud to announce that some of our very own students were invited to join this prestigious honor society! We are so proud of you all!

Leticia Barbosa

Stephen Beard

Juliette Hubbard



PLEASE CONGRATULATE...

- * **Dana Rakowski (Weiss)** on her beautiful baby girl born in November 2017!
- * **Michelle Rodriguez** on her engagement!
- * **Breanne Taylor** on being the recipient of the 2017/2018 Rose and Alfred Miniaci scholarship!
- * **Claudia Salinas** on her beautiful baby girl born in September 2017!

THANK YOU...

- * **To all of the students, faculty, and alumni** who have dedicated their time and efforts in supporting Parkland. You are heroes to so many!
- * **To everyone** who has supported each other through this past semester's ups and downs.

UPCOMING EVENTS

NSU COLLEGE OF PSYCHOLOGY CONTINUING EDUCATION

(For more information, please visit
<https://psychology.nova.edu/continuingeducation/index.html>)

- **May 11, 2018:** Autism Spectrum Disorder in Schools: Evidence-Based Assessment and Intervention. 9:00am- 12:00pm. NSU Carl DeSantis Bldg.
- **May 25, 2018:** Assessment of English Language Learners: Evidence-Based Evaluation and Best Practice. 9:00am- 4:00pm. Carl DeSantis Bldg.

AMERICAN PSYCHOLOGICAL ASSOCIATION

(For more information, please visit
<http://www.apa.org/news/events/index.aspx>)

- **May 3-6, 2018: Cognitive Aging Conference in Atlanta, GA.**
- **June 22-23, 2018: Eastern Teaching of Psychology Conference in Staunton, VA.**
- **June 28-29, 2018: Psychology One Conference in Durham, NC.**
- **August 9-12, 2018: “APA 2018” Conference in San Francisco, CA.**

NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS/ FLORIDA ASSOCIATION OF SCHOOL PSYCHOLOGISTS

(For more information, please visit nasponline.org or fasp.org)

- **July 9-11, 2018: NASP 2018 Summer Conference in Atlantic City, NJ.**
- **July 11-13, 2018: FASP Summer Institute in Palm Beach Gardens, FL.**
- **July 23-25, 2018: NASP 2018 Summer Conference in Anaheim, CA.**
- **July 16-20, 2018: NASP Public Policy Institute Training at George Washington University in Washington, D.C.**

CALLING ALL NSU SCHOOL PSYCHOLOGY ALUMNI

We would love to know how you are doing as well as new and exciting things going on in your lives! In our next Gazette, we plan to introduce a new section about alumni life updates.

We are looking forward to hearing from you! Please email Pam Hirsh at ph492@mynsu.nova.edu if you have something to share!

HAVE A GREAT SUMMER!



Want to write for the Gazette?
Get more involved in GrASP?
Please contact Christina Kamien at
ck745@mynsu.nova.edu

**Published by the Graduate Association
of School Psychology (GrASP) at Nova
Southeastern University**

Published: April 30, 2018

Special thanks to our contributors:

Christina Kamien

Pamela Hirsh

Aline Milfort

Catalina Uribe

Crystal Czech

Samantha Guy

Jennifer Valdes

Emma Greco

**Faculty Advisors: Dr. Sarah Valley-Gray &
Jane Lazarus**