I want to thank every student in the Mental Health Counseling and Behavioral Medicine Program for making this year a success! There is tendency to minimize the impact students have on the learning environment but I think that the intellect, enthusiasm and emotional intelligence you bring to the Program is at least as important as the faculty, coursework and clinical experiences you have in shaping your graduate training experience.

Some interesting facts about the MHCBM Program, in no particular order of importance:
- The MHCBM Program started in 2002
- We had 159 graduates as of 05-09
- We changed our name in May 2009 to the Mental Health Counseling and Behavioral Medicine Program.
- During the past year we participated in a wonderful celebration of the life and work of Dr. Carl Franzblau and welcomed a new Associate Provost for Graduate Medical Sciences, Dr. Linda Hyman.
- We welcomed 3 babies of core and adjunct faculty this year…Jayden, Daniel and Ari in order of appearance.
- We have 49 current students and expect 30 to graduate this academic year.
- Approximately 35% of graduates in past years have pursued further study in Programs in Clinical or Counseling Psychology, Neuroscience, Medicine and Nursing.
- We were just awarded an NIH-NIMH research grant to study HIV prevention in the Mentally Ill for the next 5 years.
- Our Alumni Event this past month was extremely successful with many former alumni meeting with current students to network and socialize.
- Although the job market is daunting we continue to be amazed at the great jobs and career paths our graduates find as they enter the mental health counseling field or pursue additional education.

Finally, I have some thoughts for those of you graduating in May who will soon enough be in leadership positions:

**Wise Leaders**: Wise leaders skillfully balance the interest of all of the stakeholders, including their own interests, those of their followers, and the organization. They also recognize the need to align the interest of their group with those of other stakeholders. Wise leaders understand that what might appear to be a prudent course of action over the short term may not be so over the long-term (Sternberg, 2007)

**Creative Leaders**
- Do not define a problem the way everyone else does
- Are willing to analyze whether their solution is best
- Sell their solution
- Recognize how knowledge can help and hinder creativity
- Take sensible risks
- Are willing to surmount obstacles
- Believe in their ability to accomplish the task at hand
- Tolerate ambiguity
- Find extrinsic rewards for things they are intrinsically motivated to do
- Continue to grow intellectually

**Six Flaws of Leaders** (Bandura, 1999; Sternberg, 2007)
- Unrealistic-Optimism (I am so smart and effective I can do what I want)
- Egocentrism (I am the only one who matters, not the people who rely on me for leadership)
- Omniscience (I know everything… and as a result you do not recognize your limitations)
- Omnipotence (I am so powerful I can do what I want)
- Invulnerability (I can get away with anything because I am too clever to be caught)
- Moral disengagement (…ceasing to view leadership in moral terms but only in terms of what is expedient)

Sincerely,

Your Student Representatives
FACULTY ANNOUNCEMENTS

Dr. O’Hern

MAKE WAY FOR THE FUTURE

This semester, I have had the privilege of visiting many of your clinical sites and without exception have been told of your wonderful work with patients and staff. You have been described as hitting the road running, professional, open to supervision and a joy to have on the team. Your diagnostic skills have been acknowledged and your concern for your patients has been noted. You have been described as serious and intense, too hard on yourselves, as well as warm and caring. You have become the Program’s greatest asset and you have helped to build and strengthen bridges between the Program and sites. Clinical sites want our students because of your good work and we are very grateful.

In the future, potential employers will want to know about these experiences and you should start to collect and store descriptions of your work and references. The AASCB (American Association of State Counseling Boards) has developed a National Credentials Registry to facilitate professional mobility of licensed counselors. AASCB also has license portability as its priority for the next few years. While we don’t know what the future may include, we do know that most professionals change jobs as least five times and in a global economy this number will probably increase. Thus it is imperative that your professional portfolio is up to date and easily accessible, as it will be requested. I am a strong advocate of having lifetime storage of these data and strongly encourage each of you consider joining the Registry. For more information check their website at aascb.org. This is a great site to use for current license information.

The mental health field is fortunate in having you as clinicians. You are bright, talented and very caring. We are proud to have you as members of our MHCBM family. Please take care of yourselves so that you don’t burn out and keep in touch.

Dr. Berger-Greenstein

Great Expectations…Tales From the World of Clinical Training

How fast a year goes! I had an interesting conversation a couple of weeks ago with an alum, who asked if we really did want to hear from alumni after they graduate, or whether we were too busy or disinterested. I was surprised at the question, perhaps because it’s a highlight of the work we do. We really do love to hear from you after you leave the proverbial nest. I’m quite sure that I can speak for all of us in saying that we’re simply never too busy and absolutely never disinterested. We love hearing about your personal and professional success.

I continue to take great pride in being a part of our program and am so proud of our current students, graduates, and alums, who have taken on significant challenges and carved out some remarkable careers. Our curriculum continues to be refined and improved over time, with the addition of new electives and new adjunct faculty. We have also been pleased to have Janice Furlong from the School of Social Work, join us as an instructor and facilitator of the Social Work certificate program. She’s been a terrific addition. It’s been a busy year for me – professionally and personally. In the professional realm, I have continued to teach our Ethics and Behavioral Medicine courses, both of which keep me on my toes. One of the things I like best about these courses is that the topics and areas of emphasis are continually shifting over time, which keeps things new and interesting. I’m always learning right along with you all. It has also been a privilege to hear back from alums as they encounter ethical dilemmas and are thoughtfully thinking through the issues. Keep them coming!

Dr. Brady and I - after numerous attempts, hard work, and lots and lots of patience - were finally awarded funding for an R01 study, investigating the effect of a Motivational Interviewing and HIV skills building intervention on reducing HIV risk behaviors for people with mental illness. This is a larger-scale, 5-year study and a follow-up to the pilot study we completed last year. Thanks go to several of our alums who were part of this work. I will also be submitting another grant proposal in the fall, focused on women, trauma, and HIV risk.

In the personal realm, my husband, daughter, and I welcomed a son. Ari Benjamin was born on September 11th - a date that is now meaningful to us in positive ways. He is a very low-key, easy baby - he and his father balance out the high-maintenance girls in the family! Macy will be 4 years old in June. Time marches on.

Many congratulations to our graduates! And a special thanks to our student reps, who I’ve had the pleasure of working with, and who continue to impress me with their interesting ideas and hard work, including putting this newsletter together every year. I wish our graduates, current students, alumni, and our faculty professional and personal success, health, and peace.

Dr. Todd Kates

Dr. Kates continues to teach some of the classes with the program (Family, Social and Cultural, and Human Sexuality). Of particular interest this year was a presentation in Human Sexuality by Chrissy Civileto, Ph.D., the Director of Sexual Assaults at Northeastern University. Chrissy spent nearly 2 hours detailing her work with a campus rape victim and the route her therapy took. It was quite an amazing case study. Todd also teaches at Northeastern in addition to his job at United Cerebral Palsy. While keeping busy is never a problem, 9 months this year were spent as a Little League Parent supporting his son in spring, summer and fall ball. This included 2 championships and his some being the winning pitcher for one series (but he’s not boasting!!!). We also are welcoming our latest addition, an 8 week old Cocker Spaniel, which means many sleepless nights.

Dr. Kempler

Will co-present a paper entitled “Combining learning, writing and community to enrich retirement” at the annual conference of the National Council on Aging and the American Society on Aging in Chicago on March 16.

Dr. Levy-Bell

Great Expectations… Tales From the World of Clinical Training
This has been another exciting year with respect to the development and growth of the clinical training component of our program. The clinical training program has finally gone global...well not exactly, but we have certainly gone statewide! Over the course of this past year we have developed some wonderful new relationships in the North & South Shores, Southeastern, and Central Massachusetts. We have cultivated some amazing new sites that offer a more integrative approach to treatment. This fall we will have interns working at Tufts Medical Center’s Behavioral Health Clinic and Arbour Counseling Services of Worcester where they will have the opportunity to work with children, families, adult, and geriatric populations...all through the outpatient services. We also have continued to grow our child and adolescent services through our new practicum and internship programs with the Franciscan Hospital for Children inpatient and community based treatment programs.

This summer we will be launching a new practicum at Salem Hospital’s Emergency Department where in addition to conducting psychiatric assessments students will also be delivering bereavement services for families that have lost a loved one through their medical trauma unit. Next year we will be working with 8 new programs and I couldn’t be more thrilled. Clinically all of you are truly engaged in compelling, complex, and exciting work. You have ventured out of your comfort zones and pushing yourselves to the limit in terms of your dedication to your clients, challenging the mental health systems you are a part of, and most importantly acknowledging your growth as clinicians professionally and interpersonally.

For the first time this year I have had clinical programs contact me directly asking if we had students to send to their programs because they recognize the quality, compassion, and drive you all demonstrate in the field. Clearly the Mental Health Counseling & Behavioral Medicine Program has established a wonderful reputation for academic and clinical excellence. I attribute this success to all of you! This is about the work that our alumni and current students have put forth in the field and I couldn’t be more proud of each and every one of you.

The Dual Degree Experience
By: Chris Wong Class of 2010

MHCBM, SPH, BUSM, GMS, SDM, OPP, REM, DPG, LFO, OSS, FBI, CIA, CBT, PSU, LSU, OSU, USC, MIT, GWB, MRI, EEG, ERN, ERP, NYJ, LAL, BOS, WWF, WCW, XYZ, JKL, MNOP... with all these initials, how does anyone ever figure out how to tell us all apart? The only difference is that BUSM students occasionally wear lab coats. Good, bad, that’s up to you. Personally, I think it’s amazing that we share the same school building with medical students. You may ask why...I say why not?

I was asked to write a perspective on the medical school building because I am a dual degree student, as in I am pursuing both a masters in MHCBM but also a masters in Medical Sciences. It’s interesting, because no one has ever asked me that question, so I will do my best to tell you what it’s like. Basically, I get up, get ready, and come into school about 9 – 9:30 for classes. I walk to my class (sometimes I use the elevator) and sit through a Mental Health class; get lunch with some people from the MHCBM program (usually at Chequers Café in the basement or the hospital), then go to another Mental Health class. From there, I walk through the hallways and go to one of three places: I either head to the library on the 12th floor, find an empty classroom to do some work in, or go home. On my way I may say hello to some people I know, or I may stop in to the MHCBM offices if I’m nearby. Then I usually walk out the back door because it is closer to my apartment, but I may walk out the front door if I’m walking with some people from my program.

That’s basically it, but it’s not always fast-paced adrenaline pumping excitement. There are plenty of times where we have to head to the Graduate Medical Sciences office to fill out a form for registration, a graduation application, or even just to figure out our financial aid situation. There are also times (mostly in the fall semester) when sharing elevators with people becomes a lottery in which you may end up with a medical student who just came from or is returning to the anatomy lab, most easily distinguished by the pervading smell of formaldehyde.

Truthfully, it is no different than attending school anywhere else. One of the biggest differences is that because it is a medical center, there are numerous opportunities to hobnob with distinguished medical faculty, attend grand rounds on diverse topics (some of which have a psychiatric focus), and have the chance to view the mental health field from a medical perspective. At the same time, the MHCBM faculty is so distinguished they might as well rename the game “Six degrees of Kevin Bacon” to “Six Degrees of the MHCBM”. This is no joke, our faculty is seriously well-known. It’s actually very impressive.

So there you have it, what it is like to be a student at the medical school, but not actually be a medical student. It’s actually a lot like the movie “Transformers 2” without the robots, the military, Megan Fox, the parents, or any of the action stuff.

A Few Good Men
By: Robert Garofano Class of 2010

To start off, I just want to say that my two years in this program have been the best of my educational life. I have learned so much about myself and have been able to share that much more openly than I ever have in the past. The friendships I have made here are ones that will last far beyond graduation. That being said, I have been asked to provide the “guy’s perspective” of being a student in the MHCBM program, commenting on whether or not we feel that we’re being treated fairly, if we feel we’re being heard or that we need to limit what we discuss in class or feel we cannot share certain things. Let’s begin our journey. Please remember to keep your arms and legs inside the vehicle at all times, secure your personal belongings and, I would recommend enjoying this article with a glass of 2007 Sebastiani Vineyards & Winery Pinot Noir.

What is it like being one of 8 guys in program with all women? Do I feel as though I’ve ever had to limit what I say in class because of all the women? Absolutely not, in fact, often times, I believe we censor ourselves less because of it. Each and every one of us guys listens to that inner 4 year old that tells you to say something, anything, that will get all of you to go “EWWWW.” It’s an innate reflex that we cannot ignore, because no matter how many times it happens, it’s utterly hilarious. And yet, at the same time, we have the grace, poise and dignity about us that allows you to view us as “just one of the girls.” I have found myself to be a part of more conversations that start with “why do guys...blah blah blah” in the past 2 years than I ever have in my entire life. Thank you, for including us in those conversations, we are better men for it. In terms of being treated fairly, I would say we get treated extremely fairly. In fact, I feel extra taken care of. As an upper middle class White male, I am happy to for once, be a part of the minority.
To conclude, if you will turn your attention to the left, you will see that
the male perspective of being a student in this program is a
wonderful experience. You ladies have welcomed us as one of your
own and helped us to get in touch deep down with our feminine side.

Mental Health in the News
By: Kathleen Copeland Class of 2010

As MHCBM students, we plan and prepare our best, by the best, to
treat as many conditions, presentations, and populations as
possible. And as we enter our sites and sit down with our clients, no
matter what age and no matter what site, the common denominator
is often stressors related to the ripples of the recession.

According to a USA Today article by Marilyn Elias, “Mental stress
spiral with economy”, the Gallup Healthway polls have found that
due to the economic crisis that many Americans face there are
higher rates of stress, depression, sleeplessness and increased
sensitivity to economic news. The article reminds us that the
recession has hit all walks of life, and we see that first hand
everyday at our sites. Stressed out clients are more likely to
increase smoking and drinking behaviors and discourages exercise.

These articles announce to the world what we see and more. With
higher rates of mental illness comes a higher demand for treaties!
The article “Mental health needs higher in recession” by Will Brown,
directly points out how changes in the society caused by the
recession have allowed for some stigma associated with counseling
to be broken down and our role as counselors to be more accepted.

PsychCentral’s article, “Recession? Mental health use has doubled”
by John Grohol PsyD, cited a survey that found that although the use
some medical services, like over the counter drugs and physician
services has declined, the use of mental health and psychiatric
services has almost doubled.

With an increasing demand for mental health services and a
decrease in stigma with using mental health services, creates a
growth in our job market! Boston.com’s article “The recession’s
effect on hot jobs” sources the Bureau of Labor Statistics findings
that clinical and counseling jobs will experience a growth over the
next ten years, as there is a growth in the demand for mental health
services.

As future graduates of this program, we have the option to find our
place in this growing field, the option to go on and complete more
school, and the ability to fulfill the need our society is experiencing.

The Many Hats of a Master
By: Alicia Skorupinski & Gerald Frungillo
Class of 2010

‘Student’ is the word most of us would use to define ourselves when
entering the MHCBM program. However, before you know it we’ve
added peer, colleague, friend, mentee, mentor, supervisee, clinician,
and facilitator to the list of our roles. Many words, terms, and titles
define us at different points during our two years spent in the
MHCBM program. So which ‘hat’ do we wear, when? It is
sometimes challenging to navigate our position, which makes it
difficult to appropriately fulfill each of these roles. When working in
an intimate field and program, roles can become blurred. Balancing
professional, yet friendly relationships with peers, faculty,
supervisors, and colleagues can be a challenging task. Learning to
wear the many different hats required of us will contribute to our
professional development.

There are two themes that exemplify the challenge of deciding from
the many hats we choose to wear; the hats of confidence and
vulnerability. We enter our training sites with the label of “intern,”
although our responsibilities may be tantamount to that of our
professional, often licensed, colleagues. And so we must learn to
simultaneously fulfill the role as the novice in training, as well as
the role of the competent clinician. This is a task we each strive to
achieve. It is a constant balancing act of understanding our
neophyte need for guidance, while also believing in our present
abilities as clinicians. By balancing these two seemingly
contradictory roles, we attempt to harmonize feelings of both
vulnerability and confidence. This may be the most challenging hat
trick yet.

Vulnerability allows us to humbly appreciate the endless road of
learning and experiences ahead of us. Confidence allows us to be
effective by acting with decisiveness and poise. Vulnerability tells us
that there is always something new to learn. Confidence allows us to
be viewed by our clients and colleagues as competent and
able. The balance is essential because vulnerability without
confidence can lead to insecurities of inadequacy. On the other
hand, confidence without vulnerability can lead to the illusion that
there is no need for further learning and growth. Vulnerability and
confidence, however, do not have to be, nor should be separate
“hats” we alternate wearing. The key is to master wearing both hats
at the same time.

The balance of vulnerability and confidence will be ever present in
every stage of our careers. We are growing, learning, and gaining
experience as clinicians just as seasoned clinicians are. As we
accept the fact that confidence and vulnerability will be ever present,
we become more proficient at balancing the many hats we are
required to wear as clinicians. Each time we learn and grow our
practice evolves and re-establishes itself. Although our growth as
clinicians may at times go unnoticed by others, we know that we can
continue to strive for greatness and make progress by balancing two
paramount themes of growth: vulnerability and confidence.

Transition from Taking Time Off and Working Back to Academia
By: Brenda Klaiber Class of 2011

Returning to school after a three-year break between my
undergraduate studies and graduate school took some slight
adjustments at the beginning, but was overall a smooth transition.
Taking time off and working gave me a break from the pressures
associated with academics, resulting in a renewed enthusiasm for
my studies. If I had entered graduate school directly after receiving
my undergraduate degree, I know I would not have had the same
passion to pursue my graduate studies as I currently do. In my time
away, I was able to gain insight about my career goals and myself.
I learned and grew immensely in those three years away from my
studies. The person I was then is definitely not the same person I am
today, and I was able to gain a real-world understanding of the
classroom-based learning.

To put it all in perspective, whether your break was one semester or
several years, I will be honest and say that returning to school after a
break can be very intimidating. My advice for those students who are
returning to school from a break is to just relax, be confident in your
capabilities, and believe that there is a reason why you were
accepted into this program. One thing that I learned is that life
experience and maturity is something that you can use to your
advantage. Although the first paper you write you may feel a little
rusty, trust me it will come back to you. Trust your instincts and your
abilities because they have already brought you this far.

Upon completing my first semester, I can confidently say that the
Mental Health Counseling and Behavioral Medicine Program at
Boston University provides us students with a strong foundation and
understanding of the mental health field. I feel as though the faculty
here is truly invested in my learning experience and works hard with
me to meet my individual career goals. I could not be happier with
my decision to attend this program and look forward to entering my
second year.

**A Brief Survival Guide for Newcomers to Beantown**
*By: Kaylee Burnham Class of 2011*

"Just a small town girl, livin' in a lonely world"…. Alright so I wouldn’t necessarily characterize Boston as a lonely place, but if you are moving from a small town and/or from far away it can seem a bit daunting. As a student moving to the city from a small suburb in Georgia, I can attest that there are many opportunities to take advantage of in Boston that can make the transition quite a bit smoother.

First of all, before you move buy a book about Boston, even if it’s a travel guide. There are some guides specific to moving to Boston too, but you may have to look a little harder for one. You will be amazed at how quickly you will recognize what’s what if you take some time to review some maps and read about the different areas of the city. Also, go ahead and start looking into and contacting alumni groups if those are available to you they can be a quick way to establish a few friends. And of course, start reconnecting with any friends or friends of friends you may have that live in Boston. These connections can provide the most helpful information about little things like where to get your hair cut, where to grocery shop, and where to hang out on the weekends. Finally, take advantage of your MHCBM student mentor as he/she can also provide information about where to live, finding a roommate, other logistics of moving here, and any issues related to the program.

Now, once you’ve actually arrived in Boston, unpack your walking shoes and get going out and about in the city. Sure you’ve looked at maps by now, but there is no better way to fill out that spatial map in your head than to walk (or run if that’s your thing) it out and put it all together. Take a classmate you’ve just met, or a friend in the area, or your roommate with you and pick out places you pass along the way to go check out at some point. You can also locate the T stations (for the MBTA transit system which is the best way to get around) you see along the way. On the topic of the T, expect that it may take you a few tries to get the system down so factor in some extra time to get a little lost. And if you do get lost, don’t be too afraid to ask someone for some help; contrary to popular belief most Bostonians are pretty nice. Next, go online and book some tickets to a Red Sox game. Number one question you’ll hear if someone gets wind that you’re new in town is if you have attended a Sox game yet. There are countless things to see and do throughout Boston so use all of your resources and find the things that suit your interests. Enjoy the city!


**From One Type of Client to Another**
*By: Esther Merritt Class of 2011*

I graduated in 2002 from the University of Massachusetts, Amherst with a degree in Communications. Right out of school I found a "high profile" job in Advertising working in the Prudential Center here in Boston, and I quickly excelled. I worked on some interesting (some less so) clients including Goodyear Tires, Citizens Bank and Tyson Foods. For about two years I enjoyed the newness of it, being on my own as a "real adult" and I made many great friends through work. As time went on, however, I felt less and less satisfied by the endless conference calls, long hours, dreams of formulas “gone wrong” in Excel documents and the stress of managing millions of dollars for our clients; all for the sake of selling another set of tires or chicken nuggets. I know, it sounds thrilling.

Sometimes we have small realizations such as, "If I order the dinner sized meal at the Cheesecake Factory, I can eat the leftovers for lunch tomorrow". Sometimes, however, we experience epiphanies that are life changing. Do you see where this is headed?

My "ah ha!" moment came during a trip to Israel (which was life-changing in itself). A friend I met on the trip, let's call him Jim, shared that he was applying for Psychology Masters and PhD programs. Upon hearing this, the proverbial light went on. I realized it was not too late to go back to school.

Now while I know “Jim” would like to take all credit for me being here, I’ve actually always been interested in Psychology. It’s not a coincidence that I studied Communications, as there is overlap between both (studying behavior, thought process, and people’s dynamics and interactions). As I’m sure the same is with most in this profession, I’ve always been the person people come to for guidance and to vent or to bounce ideas off of. Once I finally believed that I could become a therapist (and after much encouragement from those who had been telling me for years I should be one), I applied for school.

Well, here I am. I have a successful semester behind me, and exciting semesters ahead. I’m currently launched into my Practicum placement working with adolescent clients (which I was petrified of, if we’re being honest here), but as Dr. Levy-Bell told me I might, I am genuinely happy with what I’m doing. The experience of being in graduate school for something you love is extremely fulfilling, and this program couldn’t be more of a perfect fit for me. It is rich with hands on experiences, allows for open and strong connections with my peers as well being lead by a stellar group of professors. I feel very lucky to be here.

So whether you knew all along this is what you wanted to do or if you realized on a bus in the middle of the desert, here you are. Through this process I’ve learned there are only longer paths, not wrong paths, if you ultimately listen to yourself (unless, of course, you order the lunch portion at the Cheesecake Factory).

**To Commute or Not To Commute**
*By: Jessica Fidalgo Class of 2011*

So you have decided that Boston University is the place for you, great, congratulations, the tough part is over. Now the only thing that you need to worry about is where you will live and how you will get to school. Will you stay in an apartment off campus and share it with roommates, commute by T and bus from the main BU campus, or will you do a long distance commute like I do? Decisions are a big part of your graduate school career so you get used to making them quickly and taking a lot of factors into consideration. Firstly, finances play an important role in the decision making process. If you are financially fit, then you may have the privilege and luxury to live a few minutes away from campus in the South End in an apartment with all the amenities that you need. However, if you are like myself and many other students in our program and are strapped financially, you may need to make sacrifices to get what you want and need. Many students live in Allston/Brighton near the BU Charles River Campus and I personally live even further away, and I commute from Rhode Island every day by train. When I have an 8:30 a.m. class I need to catch the 6:45 a.m. train in order to make it to class on time. It is crucial to practically memorize the bus schedule and keep your fingers crossed it will be on time. If you, by misfortune miss the bus (or it is running late which the T is notorious for), you are left waiting at least 20 minutes for the next one. If you live closer to campus and are able, you may choose to brave the weather conditions and walk to BU from Back Bay in about 15 to 20 minutes.
NEWS FROM MHCBM ALUMNUS

Melissa L. Maskulka, Class of 2009

Graduated in May. Moved to Upstate New York in June. Started working in research. Served as an APAGS Ambassador in August at the APA Convention in Toronto. Went to first State Fair in September and saw the largest swine I have ever seen (sidenote: wine slushies and MC Hammer concert = fantastic!). Got fourth concussion playing soccer in October and decided I will leave my brain to BUSM's neuroscience department in my will. Turkey Trotted in November. December and January = snowy in Syracuse, but cross-country skiing is fun. In March received my acceptance to Cleveland State University's Experimental Research Psychology program. Graduate courses are being reviewed by Ohio License Board to determine if I can take the NCE to become a Licensed Professional Counselor. Hope to do that before July. Taking first break since high school starting in April and very excited for "me" time. Am running the Habitat for Humanity Home Run, Boston Marathon 5K, Race for the Cure, Marine Corps Honor Run, and Cleveland Half-Marathon over the next few months. Who knows what happens in September, or tomorrow for that matter. I like to be kept on my toes! Oh well, enjoying the journey - hope you all are too. A person's life must have objectives; through these, one can live forever. -Pablo Ceto

Maria L. Sampson, Class of 2007

Just checking in with an update. It's been awhile. I consider myself an alumnus of both the Class of 2006 AND 2007 programs. It was hard work but I accomplished my goal!! Currently, I'm working for Department of Corrections in RI as a Mental Health Clinician. My job is never boring to say the least!!! I have a wide range of clients that come from all backgrounds and age ranges. My work is also varying. I do a lot of individual and group therapy. I have also been able to develop clinical skills in a wide range of theories based on the wide scope of client needs. One thing I'd like to offer for advice to the future grads is don't be afraid to explore outside the box' in fact I would recommend that you intentionally try to step out of your comfort zones... Give yourself a chance to expand your opportunities... you may be pleasantly surprised at what you discover about yourself. P.S. The most exciting thing that's happened on a personal note is that I am a NANNY lol

Nadia Jackson, Class of 2005

I had a baby boy, Owen, in July of 2009. I've opened up my own private practice, which has a disordered eating and life coaching focus. My son was born with hearing loss so we started a non-profit foundation for infants with hearing loss called, Owen's Ears. The foundation was started to help raise money for families with children who have hearing loss, as the assistive devices aren't covered by insurance. We are working on making our website more professional but threw something up for Department of Corrections in RI as a Mental Health Clinician. My job is never boring to say the least!!! I have a wide range of clients that come from all backgrounds and age ranges. My work is also varying. I do a lot of individual and group therapy. I have also been able to develop clinical skills in a wide range of theories based on the wide scope of client needs. One thing I'd like to offer for advice to the future grads is don't be afraid to explore outside the box' in fact I would recommend that you intentionally try to step out of your comfort zones... Give yourself a chance to expand your opportunities... you may be pleasantly surprised at what you discover about yourself. P.S. The most exciting thing that's happened on a personal note is that I am a NANNY lol

Ali Weinberg, Class of 2006

Working as a supervisor and clinician at Wayside Youth and Family Support Network. I am doing in home therapy with children, teens, and their families.

Leigh Atherton, Class of 2006

2010 has been a great year so far, with many exciting changes to come in the near future. First, I am months away (finally) from receiving my PhD in Rehabilitation Counseling and Administration from East Carolina University. To date, I have successfully published 3 journal articles, submitted 2 grant proposals as a co-investigator, and played an integral role in the start-up of an NC licensed Substance Abuse Intensive Out-Patient clinic. Also, this year I
Sarah Boster, Class of 2009

I was hoping to be able to write this update with a job in hand, but I guess as a mental health program it's important to report about our struggles and not just our successes. That being said, I haven't made it easy for myself career wise. Moving to a foreign country where I'm not entirely fluent in the local language and where mental health counseling is not a recognized field of study does not make the job search easy. To be perfectly honest the job search has not been my top priority either. Since graduation I've planned and had two weddings, one in California and one in France, traveled to Hungary and Morocco for our honeymoon, and moved to Avignon in the southern Provence area, where my husband Marc found a job with a renewable energy company. Since the move, I've been keeping busy taking full time French classes and volunteering part time with a crisis hotline, as well as dealing with all the day to day administrative issues that France is famous for. I am really enjoying myself here, my French is now at a level where people can not identify where I'm from and when I tell them I'm American they don't always believe me, the way of life suits me (2 hour lunch breaks and 5 weeks of vacation plus free healthcare!), I'm surrounded by natural beauty and lots of history (our apartment is in an impressive stone building from 1590). Looking towards the future, I'm hoping to find a job for may when my classes end and if that doesn't work out I will most likely enroll in French university to fill in the gaps between my mental health counseling degree and a French clinical psychology masters. I'm looking forward to reading all your news and hoping some of you will come out here for a visit!

Alex Paiva, Class of 2008

I have been working as a research coordinator at MGH since graduation, working on research for patients with schizophrenia. Now that I have more research experience and have enjoyed it very much, I plan on transitioning jobs to do more clinical work and start my licensure required LMHC supervision hours in the next couple of months. On a personal note, my wife and I are expecting our first child to be born in June, which I am very excited about. Since we want a surprise, I'll send an update with the next Alumni Newsletter (Sorry to keep you in anticipation!). Thank you to the reps and the program for continuing the newsletter. Keep up the good work.

Kira Yanko, Class of 2006

MA, LPC, Mental Health Therapist, Northwest Counseling and Guidance Clinic, NWPCAC & NWPIII www.nwp ltd.org My life in a nutshell: After graduation in 2006, I moved to Spooner Wisconsin and began working for Northwest Counseling and Guidance, a nonprofit organization that has a number of day treatment facilities across the state as well as residential programs. I worked both in a 30-day residential assessment program for children and adolescents ages 6 to 18 as well as a 90-day residential program for teenage girls. During that time, I have been able to earn my Licensed Professional Counselor, have received training in DBT and helped to implement DBT in all aspects of programming in the 90 day girls program. Recently, my job has changed and over the month of March will be tapering out my 30-day assessments and starting to work in a 90-day residential program for adolescent boys. I am very excited about this change and as part of this, am beginning to work towards earning my Substance Abuse Counselor license as well. On the personal side of my life, Ray and I bought our first home this summer and I have spent much of my time painting and decorating. Ray spent some time working as an Army National Guard recruiter and is now currently training for his second deployment. His unit will go overseas to Iraq at the end of April. We have two dogs: a chocolate lab named Stryker and a beagle/weiner dog mix named Oscar both of whom keep me busy while Ray is away. Other than that, life is pretty simple in the Northwoods of Wisconsin: icefishing, snowmobiling and waiting for all the snow to finally melt!

Naydeen (Fortson) Kafalas, Class of 2006

One personal update, my husband and I had our first child on February 16th. It was a boy, Dylan Michael. We are very excited to have him in our lives. Professionally things are going well. I work full time at Riverside Community Care in their Urgent Care Clinic doing adult short-term outpatient therapy and then I work part time in my practice closer to home (in an office with a neurologist) with mostly children and adolescents.

Jen Carrigan, Class of 2006

A brief update on myself: Between getting married, buying a house, and adding a puppy to our family, it's been an exciting and eventful year in my personal life. I was recently offered a position as clinical supervisor at Shawnee Academy, which is an acute residential treatment facility located near the Delaware Water Gap in PA. I am very excited to transition into that role and continue to grow in my clinical career. To keep me "balanced," I am still coaching soccer in evenings and weekends and am hoping to train our new puppy to pass the Therapy Dog test.

Barbara Martin, Class of 2007

I was licensed in 2009, got on the Blue Cross Blue Shield of MA panel this December and currently have a part time private practice on Boylston Street on Thursdays and Fridays. I work primarily with college students but hope to grow the practice and specialize in performance anxiety. I also continue to work part time at the Berklee College of Music as a Substance Abuse Prevention Specialist and recently implemented and manage Berklee's first substance abuse intervention program. I am always open to reconnecting with alums and would love to find a good peer supervision group. If anyone is interested I can be contacted at Barbara.steele.martin@comcast.net. Hope all is well with everyone.

Marie Frank, Class of 2006

Hello to everyone from California! Since having my daughter last May, I have been staying home and spending time with her. It is amazing to see Sydney grow each day! Jason and I are also doing well and enjoying life. Before leaving Lincoln Child Center I completed my licensure hours for becoming a MFT. I have finally found a class to complete the Law & Ethics requirement and hopefully will be able to sit for the exams within the next year. California has finally recognized a LMHC and if I pass the exams before next May I will be able to be both a MFT and LMHC. For
those of you who need help meeting the requirements for California, feel free to contact me (marie.s.jones@gmail.com) and I’ll help the best I can. I hope this note finds everyone well and hopefully I will be able to see some of you before the end of the year! Take care.

Val Alston, Class of 2008

I am still working for the Army Center for Enhanced Performance at Ft. Lewis Washington. Still love applying sport/performance psychology with Soldiers and their families. Many of the units I have worked with have deployed and are getting ready to return so I am looking forward to reconnecting with them. I spent the summer working with Basic Combat Training Soldiers, which was hard work, but incredibly rewarding and usually entertaining. I am also spending time working with Wounded Warriors to help with the transition back to their unit or into civilian life. I will also be working with a few selective warriors who will be competing in the Warrior Games which pits Wounded Warriors from all branches of the military against each other if friendly competition in Paralympics sporting events. On a personal note I have started taking Taekwondo Do in an effort to get back into having athletic pursuits of my own once again. And lets be honest it gets my butt off the couch in the evenings. I hope you are doing well.

Michelle Malesky, Class of 2006

I was licensed last year as an LMHC following a 2-year employment at South Bay Mental Health where I worked as an outreach clinician, mentor, and actually helped start a new site in Salem. I left that agency to join a private practice with a psychiatrist and RNCS at Psychiatric Associates of Lynn where I am doing outpatient therapy with primarily children and adolescents but I also see some adults. I love my job and am very happy with what I am doing! I also got engaged last year to a fellow 2006 graduate, Joe Spano...we will be married this upcoming May! Joe is currently finishing up a PhD program and is currently ABD. He is studying Health Psychology. Joe is also teaching as an adjunct professor at Lasell College and Mass Bay Community College. Joe is hoping to find a full-time Psychology Professor position once he finishes his doctorate.

Arielle M. Payes, Class of 2007

Upon graduating MHBM, I became a clinician for Spectrum Health Systems at the Connolly Transition Unit, a transitional unit in a secure treatment facility (that had 3 units all together - the other 2 of which were long term treatment), which served males ages 13-20 committed to DYS in Roslindale, MA. I had my own caseload out of the 15 total residents on the unit that I conducted individual therapy with in addition to running daily groups, including Relapse Prevention, Dialectical Behavior Therapy, Cognitive Behavior Therapy, and Peacemaking Circles. The young men came to us for the last 3-5 months of their time assignment and gradually would work through a level system and eventually transition into the community via passes to school, work, home, etc. I thoroughly enjoyed my work there and obtained an immense amount of experience with a very difficult and high-risk population. After 2 years, I earned my licensure as an LMHC and decided that it was time to move up and on. I am now Clinical Director of a pre-independent living/transitional program for males ages 16-20 committed to DYS, located in Lowell, MA. The S.T.R.I.V.E. Program is built upon safety and respect and offers these youth opportunities to obtain employment, continue their education, and learn important life skills. We are still a DYS program and work on a level system that eventually offers extended home passes and other privileges.

We hold up to 12 youth and in addition to being part of the administrative team, I am the individual therapist for all of the young men in the house. So, pretty much I am my own clinical team! We house young men who need a gradual transition into the community as well as for safety reasons. We consider our house a family and try to make the resident’s time with us as best possible, even though they would rather be home. I am loving my new position, as I have been here for only about 5 months thus far, and look forward to even more challenges, experiences and opportunities. I still keep in touch with several of my fellow MHBM alumni and look back at those memories very fondly. I also keep in touch with several of the staff to let them know how I am doing and what I am up to. It seems like just yesterday I graduated! In any case, I still reside in Brookline and continue to enjoy the wonderful city. To all current students in MHBM - enjoy your time and know that you are in one of the best programs in the country!!! You will learn about yourself and grow more than you ever thought possible...and come out of the program a better person and a well-prepared clinician. Good luck and don’t stress too much...there is a reason you were chosen for the program!!!

Tyler Burns, Class of 2005

I moved to San Francisco after graduation and worked full time as a personal trainer for 1.5 years. Just before I was about to give up on the mental health system in SF, I was offered a job working as a forensic therapist in the SF County Jail. I work for Jail Psychiatric Services, which is an entity of Haight Ashbury Free Clinics, who contracts with SF city and county. My job is multi-faceted. I work part of my time in the intake jail, doing intakes, crisis intervention and assessment, and treatment planning. Another portion of my job is spent in the subacute psychiatric housing unit. In this area we deal with clients who are chronically mentally ill and typically at low baseline functioning, acutely suicidal/homicidal, on high profile crimes, or all of the above. In the remainder of my time, I carry a caseload of individual clients and have run some groups as well. My job is challenging and has difficult days like any job, but I feel lucky to have found a job working within such a great agency and with great people. I have completed many more clinical hours than I need for licensure, but California requires a certain number of “child and family hours”, which I hope to complete by the fall so that I can take the licensing exams. I’d be happy to assist anyone who is considering moving to California with navigating this process, and people can feel free to email me. Personally, I have continued my athletic career, and have competed in triathlons and marathons, and have been lucky enough to get a few sponsors on the way. I’ve continued my career in personal training, and am in the process of launching my own private training business as well. I am currently in the early stages of developing a non-profit fitness group, aimed at working with small groups of low income individuals on achieving higher levels of health and fitness. tylerrburns@gmail.com

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Congratulations to Katie Copeland - one of our student reps! - who was selected by her classmates to represent our program as guest speaker at this year’s commencement.

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Hilary Keller, Class of 2010
Wishing everyone the best in all future endeavors. We’ve all grown immensely over these past two years. I feel fortunate to have had the opportunity to grow along side with you. Best wishes to all!

Jose Alvayero, Class of 2010
It means a lot to me, coming from the School of Education, that the faculty at MHCBM made the transition smoother for me by the care and support I received and how open they were to discuss any conflicts that occurred during that transition. I think it is great how connected, helpful, and fun my class was to be around, especially being a part of the biggest graduating class in MHCBM history. I wish everyone the best of luck on your journey!

Kelly Robotti, Class of 2010
I am currently placed at BMC’s Child and Adolescent Psychiatry Department. Next year I plan to stay in the Boston area and continue to work with children and adolescents.

Amanda Cole, Class of 2010
I am currently completing my internship at Arbour HRI Hospital's Women's Partial Program and preparing myself for graduation in May. After graduation I plan to move back home to Maryland where I will be taking another course to fulfill licensure requirements and hopefully finding a job. I’m not completely sure what I want to do yet but I think all the experiences that this program has afforded me will be nothing but beneficial for any path I choose!

Erika Smith, Class of 2010
I am currently interning at the Boston Area Rape Crisis Center and before this time next year, I intend to be a gainfully employed MA resident. I am excited to be out in the field full-time, yet, I will miss many elements of being a student in our program. Many thanks to all staff and all fellow classmates for being such a great support over the last couple of years!

Jillian Bizzotto, Class of 2010
I am currently placed at the VA Women's Integrated Treatment and Recovery program, and I absolutely love it. My experience here has helped me learn that I want to continue working in the field of trauma and substance use. The skills I’ve learned in class and on internship site have definitely helped make me more marketable in these fields. I’m excited to graduate, and I feel very prepared for what's ahead!

Gerald Frungillo, Class of 2010
I started my graduate studies at BU in the Sport Psychology masters program where I had a great experience interning with Massachusetts Institute of Technology sports teams. I then enrolled in the MHCBM program where I have had ample opportunities to develop my clinical skills. I am grateful for a caring, professional staff and a wonderful student cohort. It's been great with my classmates...the intellectual discussions, learning from each other, the study sessions, supporting each other, and of course the jokes & fun! In this program, the hard work and dedication was always balanced by a pleasant environment and nice times, which I am grateful for. I am currently interning at The Academy North (soon to be known as the “Triumph Center”) Child and Adolescent Counseling Program where I co-lead groups to facilitate social and emotional development. My current goal is: Work for one year in the Boston area as a counselor likely with children, adolescent, and young adults; Build my Sport Psychology practice; and pursue acceptance into a Counseling Psychology doctoral program. Best wishes to everyone!

Katie Copeland, Class of 2010
Attending the MHCBM program has helped me grow in significant and lasting ways. I have learned more from my teachers, peers and fieldwork than I ever imagined. I hope to continue on the clinical path BUMS MHCBM Program has prepared me for and continue to grow personally and professional in every setting and challenge I encounter. I wish my entire fellow graduated the best of luck, and a warning, that you all will be the first credible clinicians I am calling to consult with! Talk to you soon!

Arsheen Premjee, Class of 2010
I am currently interning at Boston University's Behavioral Medicine Clinic. After I graduate I plan to return to Pakistan where I hope to pursue a career in teaching, training, research, and private practice. I am extremely thankful for the guidance and experience I have obtained over the past two years. The faculty has supported my growth both personally and professionally, and they will be sorely missed. Undoubtedly, the opportunity to conduct therapy is a privilege and blessing for which I will always be grateful.

Chris Wong, Class of 2010
I'm Chris Wong and I'm going to graduate this May with a dual degree in Medical Sciences and Mental Health Counseling and Behavioral Medicine. It was a long and hard road, but it was worth it. And although I wanted to originally go to medical school, I now am pursuing licensure as an LMHC. I plan to work in Boston/Massachusetts until I receive my license and from there, who knows? But I had a great time in these two programs.

Cherrie Chung, Class of 2010
Two years pass by so quickly! It has been such a wonderful experience and I have learned so much. I look forward to start practicing what I've learned as I move back to Hong Kong for good in June. I really hope to keep in touch with everyone and let me know if anyone goes to visit Hong Kong!

Danielle DiFranco, Class of 2010
Congratulations to each of my classmates that I am proud to graduate along side with; and I wish the best of luck to the MHCBM class of 2011 with your internships next year! Keep in touch!

Chawisa (Prae) Chartsuwan, Class of 2011
I'm going to be at BEST North Suffolk for the summer and at the Children's Community Support Collaborative program at the Home for Little Wanderers for internship next year. Can't wait!!!

Matt Salch, Class of 2011
I am currently at BMC ED and I am looking forward to starting my internship at St. Elizabeth's Hospital in the Substance Abuse Program. I am very happy that this past year has given me experience and knowledge that allows me to gain insight into my field and myself.
Congratulations

Jose Alvayero (Sed)
Stefanie Ammiano
Jillian Bizzotto
Vera Brown
Cherri Chung
Amanda Cole
Kathleen Copeland
Danielle DiFranco
Nadia El Taylor
Kate Ellis
Gerald Frungillo (Sed)
Robert Garofano
Kelly Halverson
Elizabeth Hudson
Andrew Joy (Sed)
Hilary Keller
Phoebe Lott
Mark Maddox
Danielle Mella
Tuyet Nguyen
Arsheen Premjee
Melissa Riley
Kelly Robotti
Alicia Skorupinski
Erika Smith
Tatiana Toumbeva
Chris Wong (dual/degree)
A REFLECTION OF PAST, PRESENT AND FUTURE!

Here is the long awaited 5th edition of the MHCBM Insider. Let’s take a moment to reflect on our growing and evolving program and the people who make it great! This includes the faculty, adjunct professors and staff who mold and impact the personal and professional lives of every student; the alumni that have came before us and still support us; the graduates who are commencing one path and starting a new one; and the current students pressing on through their journey through this program.

Sincerely, Your Student Representatives

THE DIRECTOR’S CHAIR

I want to thank every student in the Mental Health Counseling and Behavioral Medicine Program for making this year a success! There is tendency to minimize the impact students have on the learning environment but I think that the intellect, enthusiasm and emotional intelligence you bring to the Program is at least as important as the faculty, coursework and clinical experiences you have in shaping your graduate training experience.

Some interesting facts about the MHCBM Program, in no particular order of importance....

- The MHCBM Program started in 2002
- We had 159 graduates as of 05-09
- We changed our name in May 2009 to the Mental Health Counseling and Behavioral Medicine Program.
- During the past year we participated in a wonderful celebration of the life and work of Dr. Carl Franzblau and welcomed a new Associate Provost for Graduate Medical Sciences, Dr. Linda Hyman.
- We welcomed 3 babies of core and adjunct faculty this year...Jayden, Daniel and Ari in order of appearance.
- We have 49 current students and expect 30 to graduate this academic year.
- Approximately 35% of graduates in past years have pursued further study in Programs in Clinical or Counseling Psychology, Neuroscience, Medicine and Nursing.
- We were just awarded an NIH-NIMH research grant to study HIV prevention in the Mentally Ill for the next 5 years.
- Our Alumni Event this past month was extremely successful with many former alumni meeting with current students to network and socialize.
- Although the job market is daunting we continue to be amazed at the great jobs and career paths our graduates find as they enter the mental health counseling field or pursue additional education.

Finally, I have some thoughts for those of you graduating in May who will soon enough be in leadership positions:

Wise Leaders: Wise leaders skillfully balance the interest of all of the stakeholders, including their own interests, those of their followers, and the organization. They also recognize the need to align the interest of their group with those of other stakeholders. Wise leaders understand that what might appear to be a prudent course of action over the short term may not be so over the long-term (Sternberg, 2007)

Creative Leaders

- Do not define a problem the way everyone else does
- Are willing to analyze whether their solution is best
- Sell their solution
- Recognize how knowledge can help and hinder creativity
- Take sensible risks
- Are willing to surmount obstacles
- Believe in their ability to accomplish the task at hand
- Tolerate ambiguity
- Find extrinsic rewards for things they are intrinsically motivated to do
- Continue to grow intellectually

Six Flaws of Leaders (Bandura, 1999; Sternberg, 2007)

- Unrealistic Optimism (I am so smart and effective I can do what I want)
- Egoacentrism (I am the only one who matters, not the people who rely on me for leadership)
- Omniscience (I know everything... and as a result you do not recognize your limitations)
- Omnipotence (I am so powerful I can do what I want)
- Invulnerability (I can get away with anything because I am too clever to be caught)
- Moral disengagement (...ceasing to view leadership in moral terms but only in terms of what is expedient)

Sincerely,
Dr. Stephen Brady

This semester, I have had the privilege of visiting many of your clinical sites and without exception have been told of your wonderful work with patients and staff. You have been described as hitting the road running, professional, open to supervision and a joy to have on the team. Your diagnostic skills have been acknowledged and your concern for your patients has been noted. You have been described as serious and intense, too hard on yourselves, as well as warm and caring. You have become the Program’s greatest asset and you have helped to build and strengthen bridges between the Program and sites. Clinical sites want our students because of your good work and we are very grateful.

In the future, potential employers will want to know about these experiences and you should start to collect and store descriptions of your work and references. The AASCB (American Association of State Counseling Boards) has developed a National Credentials Registry to facilitate professional mobility of licensed counselors. AASCB also has license portability as its priority for the next few years. While we don’t know what the future may include, we do know that most professionals change jobs at least five times and in a global economy this number will probably increase. Thus it is imperative that your professional portfolio is up to date and easily accessible, as it will be requested. I am a strong advocate of having lifetime storage of these data and strongly encourage each of you consider joining the Registry. For more information check their website at aascb.org. This is a great site to use for current license information.

The mental health field is fortunate in having you as clinicians. You are bright, talented and very caring. We are proud to have you as members of our MHCBM family. Please take care of yourselves so that you don’t burn out and keep in touch.

Dr. Berger-Greenstein

How fast a year goes! I had an interesting conversation a couple of weeks ago with an alum, who asked if we really did want to hear from alumni after they graduate, or whether we were too busy or disinterested. I was surprised at the question, perhaps because it’s a highlight of the work we do. We really do love to hear from you after you leave the proverbial nest. I’m quite sure that I can speak for all of us in saying that we’re simply never too busy and absolutely never disinterested. We love hearing about your personal and professional success.

I continue to take great pride in being a part of our program and am so proud of our current students, graduates, and alums, who have taken on significant challenges and carved out some remarkable careers. Our curriculum continues to be refined and improved over time, with the addition of new electives and new adjunct faculty. We have also been pleased to have Janice Furlong from the School of Social Work, join us as an instructor and facilitator of the Social Work certificate program. She’s been a terrific addition.

It’s been a busy year for me – professionally and personally. In the professional realm, I have continued to teach our Ethics and Behavioral Medicine courses, both of which keep me on my toes. One of the things I like best about these courses is that the topics and areas of emphasis are continually shifting over time, which keeps things new and interesting. I’m always learning right along with you all. It has also been a privilege to hear back from alums as they encounter ethical dilemmas and are thoughtfully thinking through the issues. Keep them coming!

Dr. Brady and I - after numerous attempts, hard work, and lots and lots of patience - were finally awarded funding for an R01 study, investigating the effect of a Motivational Interviewing and HIV skills building intervention on reducing HIV risk behaviors for people with mental illness. This is a larger-scale, 5-year study and a follow-up to the pilot study we completed last year. Thanks go to several of our alums who were part of this work. I will also be submitting another grant proposal in the fall, focused on women, trauma, and HIV risk.

In the personal realm, my husband, daughter, and I welcomed a son. Ari Benjamin was born on September 11th - a date that is now meaningful to us in positive ways. He is a very low-key, easy baby - he and his father balance out the high-maintenance girls in the family! Macy will be 4 years old in June. Time marches on.

Many congratulations to our graduates! And a special thanks to our student reps, who I’ve had the pleasure of working with, and who continue to impress me with their interesting ideas and hard work, including putting this newsletter together every year. I wish our graduates, current students, alumni, and our faculty professional and personal success, health, and peace.

Dr. Todd Kates

Dr. Kates continues to teach some of the classes with the program (Family, Social and Cultural, and Human Sexuality). Of particular interest this year was a presentation in Human Sexuality by Chrissy Civileto, Ph.D., the Director of Sexual Assaults at Northeastern University. Chrissy spent nearly 2 hours detailing her work with a campus rape victim and the route her therapy took. It was quite an amazing case study. Todd also teaches at Northeastern in addition to his job at United Cerebral Palsy. While keeping busy is never a problem, 9 months this year were spent as a Little League Parent supporting his son in spring, summer and fall ball. This included 2 championships and his some being the winning pitcher for one series (but he’s not boasting!!!). We also are welcoming our latest addition, an 8 week old Cocker Spaniel, which means many sleepless nights.

Dr. Kempler

Will co-present a paper entitled “Combining learning, writing and community to enrich retirement” at the annual conference of the National Council on Aging and the American Society on Aging in Chicago on March 16.

Dr. Levy-Bell

Great Expectations…Tales From the World of Clinical Training
This has been another exciting year with respect to the development and growth of the clinical training component of our program. The clinical training program has finally gone global...well not exactly, but we have certainly gone statewide! Over the course of this past year we have developed some wonderful new relationships in the North & South Shores, Southeastern, and Central Massachusetts. We have cultivated some amazing new sites that offer a more integrative approach to treatment. This fall we will have interns working at Tufts Medical Center’s Behavioral Health Clinic and Arbour Counseling Services of Worcester where they will have the opportunity to work with children, families, adult, and geriatric populations...all through the outpatient services. We also have continued to grow our child and adolescent services through our new practicum and internship programs with the Franciscan Hospital for Children inpatient and community based treatment programs.

This summer we will be launching a new practicum at Salem Hospital’s Emergency Department where in addition to conducting psychiatric assessments students will also be delivering bereavement services for families that have lost a loved one through their medical trauma unit. Next year we will be working with 8 new programs and I couldn’t be more thrilled. Clinically all of you are truly engaged in compelling, complex, and exciting work. You have ventured out of your comfort zones and pushing yourselves to the limit in terms of your dedication to your clients, challenging the mental health systems you are a part of, and most importantly acknowledging your growth as clinicians professionally and interpersonally.

For the first time this year I have had clinical programs contact me directly asking if we had students to send to their programs because they recognize the quality, compassion, and drive you all demonstrate in the field. Clearly the Mental Health Counseling & Behavioral Medicine Program has established a wonderful reputation for academic and clinical excellence. I attribute this success to all of you! This is about the work that our alumni and current students have put forth in the field and I couldn’t be more proud of each and every one of you.

The Dual Degree Experience
By: Chris Wong Class of 2010

MHCBM, SPH, BUSM, GMS, SDM, OPP, REM, DPG, LFO, OSS, FBI, CIA, CBT, PSU, LSU, OSU, USC, MIT, GWB, MRI, EGG, ERN, ERP, NYY, LAL, BOS, WWF, WCW, XYZ, JKL, MNOP... with all these initials, how does anyone ever figure out how to tell us all apart? The only difference is that BUSM students occasionally wear lab coats. Good, bad, that’s up to you. Personally, I think it’s amazing that we share the same school building with medical students. You may ask why...I say why not?

I was asked to write a perspective on the medical school building because I am a dual degree student, as in I am pursuing both a masters in MHCBM but also a masters in Medical Sciences. It’s interesting, because no one has ever asked me that question, so I will do my best to tell you what it’s like. Basically, I get up, get ready, and come into school about 9 – 9:30 for classes. I walk to my class (sometimes I use the elevator) and sit through a Mental Health class; get lunch with some people from the MHCBM program (usually at Chequers Café in the basement or the hospital), then go to another Mental Health class. From there, I walk through the hallways and go to one of three places: I either head to the library on the 12th floor, find an empty classroom to do some work in, or go home. On my way I may say hello to some people I know, or I may stop in to the MHCBM offices if I’m nearby. Then I usually walk out the back door because it is closer to my apartment, but I may walk out the front door if I’m walking with some people from my program.

That’s basically it, but it’s not always fast-paced adrenaline pumping excitement. There are plenty of times where we have to head to the Graduate Medical Sciences office to fill out a form for registration, a graduation application, or even just to figure out our financial aid situation. There are also times (mostly in the fall semester) when sharing elevators with people becomes a lottery in which you may end up with a medical student who just came from or is returning to the anatomy lab, most easily distinguished by the prevailing smell of formaldehyde.

Truthfully, it is no different than attending school anywhere else. One of the biggest differences is that because it is a medical center, there are numerous opportunities to hobnob with distinguished medical faculty, attend grand rounds on diverse topics (some of which have a psychiatric focus), and have the chance to view the mental health field from a medical perspective. At the same time, the MHCBM faculty is so distinguished they might as well rename the game “Six degrees of Kevin Bacon” to “Six Degrees of the MHCBM”. This is no joke, our faculty is seriously well-known. It’s actually very impressive.

So there you have it, what it is like to be a student at the medical school, but not actually be a medical student. It’s actually a lot like the movie “Transformers 2” without the robots, the military, Megan Fox, the parents, or any of the action stuff.

A Few Good Men
By: Robert Garofano Class of 2010

To start off, I just want to say that my two years in this program have been the best of my educational life. I have learned so much about myself and have been able to share that much more openly than I have ever in the past. The friendships I have made here are ones that will last far beyond graduation. That being said, I have been asked to provide the “guy’s perspective” of being a student in the MHCBM program, commenting on whether or not we feel that we’re being treated fairly, if we feel we’re being heard or that we need to limit what we discuss in class or feel we cannot share certain things. Let’s begin our journey. Please remember to keep your arms and legs inside the vehicle at all times, secure your personal belongings and I would recommend enjoying this article with a glass of 2007 Sebastiani Vineyards & Winery Pinot Noir.

What is it like being one of 8 guys in program with all women? Do I feel as though I’ve ever had to limit what I say in class because of all the women? Absolutely not, in fact, often times, I believe we censor ourselves less because of it. Each and every one of us guys listens to that inner 4 year old that tells us to say something, anything, that will get all of you to go “EWWWW.” It’s an innate reflex that we can’t ignore, because no matter how many times it happens, it’s utterly hilarious. And yet, at the same time, we have the grace, poise and dignity about us that allows you to view us as “just one of the girls.” I have found myself to be a part of more conversations that start with “why do guys...blah blah blah” in the past 2 years than I ever have in my entire life. Thank you, for including us in those conversations, we are better men for it. In terms of being treated fairly, I would say we get treated extremely fairly. In fact, I feel extra taken care of. As an upper middle class White male, I am happy to for once, be a part of the minority.
To conclude, if you will turn your attention to the left, you will see that the male perspective of being a student in this program is a wonderful experience. You ladies have welcomed us as one of your own and helped us to get in touch deep down with our feminine side.

**Mental Health in the News**
**By: Kathleen Copeland Class of 2010**

As MHCBM students, we plan and prepare our best, by the best, to treat as many conditions, presentations, and populations as possible. And as we enter our sites and sit down with our clients, no matter what age and no matter what site, the common denominator is often stressors related to the ripples of the recession.

According to a USA Today article by Marilyn Elias, “Mental stress spirals with economy”, the Gallup Healthway polls have found that due to the economic crisis that many Americans face there are higher rates of stress, depression, sleeplessness and increased sensitivity to economic news. The article reminds us that the recession has hit all walks of life, and we see that first hand everyday at our sites. Stressed out clients are more likely to increase smoking and drinking behaviors and discourages exercise.

These articles announce to the world what we see and more. With higher rates of mental illness comes a higher demand for treaties! The article “Mental health needs higher in recession” by Will Brown, directly points out how changes in the society caused by the recession have allowed for some stigma associated with counseling to be broken down and our role as counselors to be more accepted.

PsychCentral’s article, “Recession? Mental health use has doubled” by John Grohol PsyD, cited a survey that found that although the use some medical services, like over the counter drugs and physician services has declined, the use of mental health and psychiatric services has almost doubled.

With an increasing demand for mental health services and a decrease in stigma with using mental health services, creates a growth in our job market! Boston.com’s article “The recession’s effect on hot jobs” sources the Bureau of Labor Statistics findings that clinical and counseling jobs will experience a growth over the next ten years, as there is a growth in the demand for mental health services.

As future graduates of this program, we have the option to find our place in this growing field, the option to go on and complete more school, and the ability to fulfill the need our society is experiencing.

**The Many Hats of a Master**
**By: Alicia Skorupinski & Gerald Frungillo**  
**Class of 2010**

‘Student’ is the word most of us would use to define ourselves when entering the MHCBM program. However, before you know it we’ve added peer, colleague, friend, mentee, mentor, supervisee, clinician, and facilitator to the list of our roles. Many words, terms, and titles define us at different points during our two years spent in the MHCBM program. So which ‘hat’ do we wear, when? It is sometimes challenging to navigate our position, which makes it difficult to appropriately fulfill each of these roles. When working in an intimate field and program, roles can become blurred. Balancing professional, yet friendly relationships with peers, faculty, supervisors, and colleagues can be a challenging task. Learning to wear the many different hats required of us will contribute to our professional development.

There are two themes that exemplify the challenge of deciding from the many hats we choose to wear; the hats of confidence and vulnerability. We enter our training sites with the label of “intern,” although our responsibilities may be tantamount to that of our professional, often licensed, colleagues. And so we must learn to simultaneously fulfill the role as the novice in training, as well as the role of the competent clinician. This is a task we each strive to achieve. It is a constant balancing act of understanding our neophyte need for guidance, while also believing in our present abilities as clinicians. By balancing these two seemingly contradictory roles, we attempt to harmonize feelings of both vulnerability and confidence. This may be the most challenging hat trick yet.

Vulnerability allows us to humbly appreciate the endless road of learning and experiences ahead of us. Confidence allows us to be effective by acting with decisiveness and poise. Vulnerability tells us that there is always something new to learn. Confidence allows us to be viewed by our clients and colleagues as competent and capable. The balance is essential because vulnerability without confidence can lead to insecurities of inadequacy. On the other hand, confidence without vulnerability can lead to the illusion that there is no need for further learning and growth. Vulnerability and confidence, however, do not have to be, nor should be separate “hats” we alternate wearing. The key is to master wearing both hats at the same time.

The balance of vulnerability and confidence will be ever present in every stage of our careers. We are growing, learning, and gaining experience as clinicians just as seasoned clinicians are. As we accept the fact that confidence and vulnerability will be ever present, we become more proficient at balancing the many hats we are required to wear as clinicians. Each time we learn and grow our practice evolves and re-establishes itself. Although our growth as clinicians may at times go unnoticed by others, we know that we can continue to strive for greatness and make progress by balancing two paramount themes of growth: vulnerability and confidence.

**Transition from Taking Time Off and Working Back to Academia**
**By: Brenda Klaiber Class of 2011**

Returning to school after a three-year break between my undergraduate studies and graduate school took some slight adjustments at the beginning, but was overall a smooth transition. Taking time off and working gave me a break from the pressures associated with academics, resulting in a renewed enthusiasm for my studies. If I had entered graduate school directly after receiving my undergraduate degree, I know I would not have had the same passion to pursue my graduate studies as I currently do. In my time away, I was able to gain insight about my career goals and myself. I learned and grew immensely in those three years away from my studies. The person I was then is definitely not the same person I am today, and I was able to gain a real-world understanding of the classroom-based learning.

To put it all in perspective, whether your break was one semester or several years, I will be honest and say that returning to school after a break can be very intimidating. My advice for those students who are returning to school from a break is to just relax, be confident in your capabilities, and believe that there is a reason why you were accepted into this program. One thing that I learned is that life experience and maturity is something that you can use to your advantage. Although the first paper you write you may feel a little rusty, trust me it will come back to you. Trust your instincts and your abilities because they have already brought you this far.

Upon completing my first semester, I can confidently say that the Mental Health Counseling and Behavioral Medicine Program at Boston University provides us students with a strong foundation and understanding of the mental health field. I feel as though the faculty here is truly invested in my learning experience and works hard with me to meet my individual career goals. I could not be happier with my decision to attend this program and look forward to entering my
Another set of tires or chicken nuggets. I know, it sounds thrilling.

Sometimes we have small realizations such as, "If I order the dinner sized meal at the Cheesecake Factory, I can eat the leftovers for lunch tomorrow". Sometimes, however, we experience epiphanies that are life changing. Do you see where this is headed?

My "ah hah!" moment came during a trip to Israel (which was life-changing in itself). A friend I met on the trip, let's call him Jim, shared that he was applying for Psychology Masters and PhD programs. Upon hearing this, the proverbial light went on. I realized it was not too late to go back to school.

Now while I know “Jim” would like to take all credit for me being here, I’ve actually always been interested in Psychology. It’s not a coincidence that I studied Communications, as there is overlap between both (studying behavior, thought process, and people’s dynamics and interactions). As I’m sure the same is with most in this profession, I’ve always been the person people come to for guidance and to vent or to bounce ideas off of. Once I finally believed that I could become a therapist (and after much encouragement from those who had been telling me for years I should be one), I applied for school.

Well, here I am. I have a successful semester behind me, and exciting semesters ahead. I’m currently launched into my Practicum placement working with adolescent clients (which I was petrified of, if we’re being honest here), but as Dr. Levy-Bell told me I might, I am genuinely happy with what I’m doing. The experience of being in graduate school for something you love is extremely fulfilling, and this program couldn’t be more of a perfect fit for me. It is rich with hands on experiences, allows for open and strong connections with my peers as well being lead by a stellar group of professors. I feel very lucky to be here.

So whether you knew all along this is what you wanted to do or if you realized on a bus in the middle of the desert, here you are.

Through this process I’ve learned there are only longer paths, not wrong paths, if you ultimately listen to yourself (unless, of course, you order the lunch portion at the Cheesecake Factory).

To Commute or Not To Commute
By: Jessica Fidalgo Class of 2011

So you have decided that Boston University is the place for you, great, congratulations, the tough part is over. Now the only thing that you need to worry about is where you will live and how you will get to school. Will you stay in an apartment off campus and share it with roommates, commute by T and bus from the main BU campus, or will you do a long distance commute like I do? Decisions are a big part of your graduate school career so you get used to making them quickly and taking a lot of factors into consideration. Firstly, finances play an important role in the decision making process. If you are financially fit, then you may have the privilege and luxury to live a few minutes away from campus in the South End in an apartment with all the amenities that you need. However, if you are like myself and many other students in our program and are strapped financially, you may need to make sacrifices to get what you want and need. Many students live in Allston/Brighton near the BU Charles River Campus and I personally live even further away, and I commute from Rhode Island every day by train. When I have an 8:30 a.m. class I need to catch the 6:45 a.m. train in order to make it to class on time. It is crucial to practically memorize the bus schedule and keep your fingers crossed it will be on time. If you, by misfortune miss the bus (or it is running late which the T is notorious for), you are left waiting at least 20 minutes for the next one. If you live closer to campus and are able, you may choose to brave the weather conditions and walk to BU from Back Bay in about 15 to 20 minutes.

From One Type of Client to Another
By: Esther Merritt Class of 2011

I graduated in 2002 from the University of Massachusetts, Amherst with a degree in Communications. Right out of school I found a "high profile" job in Advertising working in the Prudential Center here in Boston, and I quickly excelled. I worked on some interesting (some less so) clients including Goodyear Tires, Citizens Bank and Tyson Foods. For about two years I enjoyed the newness of it, being on my own as a "real adult" and I made many great friends through work. As time went on, however, I felt less and less satisfied by the endless conference calls, long hours, dreams of formulas "gone wrong" in Excel documents and the stress of managing millions of dollars for our clients; all for the sake of selling
To make the decision of where to live it is important to realize what you want from your experience in Boston, your education. It is also important to listen to yourself and your body. I personally am glad that I decided to commute an hour by train every day, but at times I do regret having to get up really early in the morning, earlier than my classmates and be required to perform as well as my classmates who had gotten more sleep. It is difficult to commute such a long distance because at times I am forced to catch the bus right as I get out of class to make sure that I am on the right train. This usually entails rushing out of class which means I miss out on the after class talk and the weekend gatherings. So be aware of your sacrifices, and in the end know that it will all work out. Don't forget to look at yourself and what you would like out of your experience at BU. Some people want to experience the academics and skip out on the socializing and others prefer an atmosphere where groups and social events are very important.

There are students who enjoy their peers and wish they could spend more time out of class with them, but because of financial reasons many have to work weekends and miss out on social opportunities.

So take into consideration your personal, financial, and educational life and what you would like to achieve. I don't regret commuting because I know that I am saving money for myself, but for others finances may not play as large of a role.

Amberly Chaplin, Class of 2007

I graduated in 2007 and got my LMHC last year. I’ve been working with the Lawrence Police Department as a Jail Diversion Clinician, which is a DMH grant funded position. I also work part time as a mobile Emergency Services clinician with Health & Education Services. Both jobs continue to be a challenge and keep me on my toes! I’m waiting to hear if funding has been secured for another year at the LPD—I’m keeping my fingers crossed. I’m in the beginning stages of starting a part-time private practice in Andover, MA—just to balance things out! My personal life has been keeping me just as busy attending weddings, baby showers, and 30th birthdays. My proudest honor this year was becoming a godmother to Ms. Aubrey who is 6 months old now and could not be any cuter! Hope my fellow alumni are all finding continued success and best wishes to current MHBM students—and of course a big hello to the entire faculty!

Kathleen Reid, Class of 2009

Hello MHCBM students, faculty, staff & alum! I am currently working in Boston at Span, Inc., a non-profit dedicated to “assisting people who are in prison or have been in prison to achieve healthy, productive, and meaningful lives.” I am a counselor on the criminal justice substance abuse team where I provide assessments, individual counseling and group counseling. I am hoping that by the next newsletter I can officially say that I am licensed as an LMHC! Good luck to the current second years as you prepare to graduate and start your professional lives! I hope you find happiness in your new careers and feel free to contact me if you need help looking for jobs in the Boston area. As always, thank you to the faculty and staff of the MHBM program- I am continually appreciative of my time spent at BU and all I have learned from you.

Melissa L. Maskulka, Class of 2009

Graduated in May. Moved to Upstate New York in June. Started working in research. Served as an APAGS Ambassador in August at the APA Convention in Toronto. Went to first State Fair in September and saw the largest swine I have ever seen (sidenote: wine slushies and MC Hammer concert = fantastic!). Got fourth concussion playing soccer in October and decided I will leave my brain to BUSM’s neuroscience department in my will. Turkey Trotted in November. December and January = snowy in Syracuse, but cross-country skiing is fun. In March received my acceptance to Cleveland State University’s Experimental Research Psychology program. Graduate courses are being reviewed by Ohio License Board to determine if I can take the NCE to become a Licensed Professional Counselor. Hope to do that before July. Taking first break since high school starting in April and very excited for “me” time. Am running the Habitat for Humanity Home Run, Boston Marathon 5K, Race for the Cure, Marine Corps Honor Run, and Cleveland Half-Marathon over the next few months. Who knows what happens in September, or tomorrow for that matter. I like to be kept on my toes. Oh well, enjoying the journey - hope you all are too. A person’s life must have objectives; through these, one can live forever. -Pablo Ceto

Maria L. Sampson, Class of 2007

Just checking in with an update. It’s been awhile. I consider myself an alumnus of both the Class of 2006 AND 2007 programs. It was hard work but I accomplished my goal!! Currently, I’m working for Department of Corrections in RI as a Mental Health Clinician. My job is never boring to say the least!!!! I have a wide range of clients that come from all backrounds and age ranges. My work is also varying. I do a lot of individual and group therapy. I have also been able to develop clinical skills in a wide range of theories based on the wide scope of client needs. One thing I’d like to offer for advice to the future grads is don’t be afraid to explore outside the box’ in fact I would recommend that you intentionally try to step out of your comfort zones... Give yourself a chance to expand your opportunities... you may be pleasantly surprised at what you discover about yourself. P.S. The most exciting thing that's happened on a personal note is that I am a NANNY lol

Nadia Jackson, Class of 2005

I had a baby boy, Owen, in July of 2009. I’ve opened up my own private practice, which has a disordered eating and life coaching focus. My son was born with hearing loss so we started a non-profit foundation for infants with hearing loss called, Owen’s Ears. The foundation was started to help raise money for families with children who have hearing loss, as the assistive devices aren't covered by insurance. We will have bi-yearly events for this. We are working on making our website more professional but threw something up for now:  www.owensears.org.

Ali Weinberg, Class of 2006

Working as a supervisor and clinician at Wayside Youth and Family Support Network. I am doing in home therapy with children, teens, and their families.

Leigh Atherton, Class of 2006

2010 has been a great year so far, with many exciting changes to come in the near future. First, I am months away (finally) from receiving my PhD in Rehabilitation Counseling and Administration from East Carolina University. To date, I have successfully published 3 journal articles, submitted 2 grant proposals as a co-investigator, and played an integral role in the start-up of an NC licensed Substance Abuse Intensive Out-Patient clinic. Also, this year I
became a Licensed Professional Counselor, Licensed Clinical Addictions Specialist, and Certified Clinical Supervisor-Intern. Finally, my post-graduation plans are beginning to take shape. Responding to shifts in the NC Mental Health and Substance Abuse service definitions, I will be spending most my days providing contractual clinical supervision for local agencies, as well as providing state-wide Motivational Interviewing trainings. To round out my professional life, I have been hired as an adjunct faculty member at the University of North Carolina-Chapel Hill to teach a Co-occurring Disorders course. Though it sounds disjointed, I am excited to have the opportunity to engage in all three of my passions (supervision, MI training, and teaching). We will see where the years to come will take me. I hope all my fellow classmates, as well as other alumni are doing well. I wish you all the best and hope to make it back to Boston for one of the memorable reunions.

Sarah Boster, Class of 2009

I was hoping to be able to write this update with a job in hand, but I guess as a mental health program it's important to report about our struggles and not just our successes. That being said, I haven't made it easy for myself career wise. Moving to a foreign country where I'm not entirely fluent in the local language and where mental health counseling is not a recognized field of study does not make the job search easy. To be perfectly honest the job search has not been my top priority either. Since graduation I've planned and had two weddings, one in California and one in France, traveled to Hungary and Morocco for our honeymoon, and moved to Avignon in the southern Provence area, where my husband Marc found a job with a renewable energy company. Since the move, I've been keeping busy taking full time French classes and volunteering part time with a crisis hotline, as well as dealing with all the day to day administrative issues that France is famous for. I am really enjoying myself here, my French is now at a level where people can not identify where I'm from and when I tell them I'm American they don't always believe me, the way of life suits me (2 hour lunch breaks and 5 weeks of vacation plus free healthcare!), I'm surrounded by natural beauty and lots of history (our apartment is in an impressive stone building from 1590). Looking towards the future, I'm hoping to find a job for may when my classes end and if that doesn't work out I will most likely enroll in French university to fill in the gaps between my mental health counseling degree and a French clinical psychology masters. I'm looking forward to reading all your news and hoping some of you will come out here for a visit!

Alex Paiva, Class of 2008

I have been working as a research coordinator at MGH since graduation, working on research for patients with schizophrenia. Now that I have more research experience and have enjoyed it very much, I plan on transitioning jobs to do more clinical work and start my licensure required LMHC supervision hours in the next couple of months. On a personal note, my wife and I are expecting our first child to be born in June, which I am very excited about. Since we want a surprise, I'll send an update with the next alumni newsletter (Sorry to keep you in anticipation!). Thank you to the reps and the program for continuing the newsletter. Keep up the good work.

Kira Yanko, Class of 2006

MA, LPC, Mental Health Therapist, Northwest Counseling and Guidance Clinic, NWPCAC & NWPIII www.nwpltd.org. My life in a nutshell: After graduation in 2006, I moved to Spooner Wisconsin and began working for Northwest Counseling and Guidance, a nonprofit organization that has a number of day treatment facilities across the state as well as residential programs. I worked both in a 30-day residential assessment program for children and adolescents ages 6 to 18 as well as a 90-day residential program for teenage girls. During that time, I have been able to earn my Licensed Professional Counselor, have received training in DBT and helped to implement DBT in all aspects of programming in the 90 day girls program. Recently, my job has changed and over the month of March will be tapering out my 30-day assessments and starting to work in a 90-day residential program for adolescent boys. I am very excited about this change and as part of this, am beginning to work towards earning my Substance Abuse Counselor license as well. On the personal side of my life, Ray and I bought our first home this summer and I have spent much of my time painting and decorating. Ray spent some time working as an Army National Guard recruiter and is now currently training for his second deployment. His unit will go overseas to Iraq at the end of April. We have two dogs: a chocolate lab namend Stryker and a beagle/weiner dog mix named Oscar both of whom keep me busy while Ray is away. Other than that, life is pretty simple in the Northwoods of Wisconsin: icefishing, snowmobiling and waiting for all the snow to finally melt!

Naydeen (Fortson) Kafalas, Class of 2006

One personal update, my husband and I had our first child on February 16th. It was a boy, Dylan Michael. We are very excited to have him in our lives. Professionally things are going well. I work full time at Riverside Community Care in their Urgent Care Clinic doing adult short-term outpatient therapy and then I work part time in my practice closer to home (in an office with neurologist) with mostly children and adolescents.

Jen Carrigan, Class of 2006

A brief update on myself: Between getting married, buying a house, and adding a puppy to our family, it's been an exciting and eventful year in my personal life. I was recently offered a position as clinical supervisor at Shawnee Academy, which is an acute residential treatment facility located near the Delaware water Gap in PA. I am very excited to transition into that role and continue to grow in my clinical career. To keep me "balanced," I am still coaching soccer in evenings and weekends and am hoping to train our new puppy to pass the Therapy Dog test.

Barbara Martin, Class of 2007

I was licensed in 2009, got on the Blue Cross Blue Shield of MA panel this December and currently have a part time private practice on Boylston Street on Thursdays and Fridays. I work primarily with college students but hope to grow the practice and specialize in performance anxiety. I also continue to work part time at the Berklee College of Music as a Substance Abuse Prevention Specialist and recently implemented and manage Berklee's first substance abuse intervention program. I am always open to reconnecting with alums and would love to find a good peer supervision group. If anyone is interested I can be contacted at Barbara.steele.martin@comcast.net. Hope all is well with everyone.

Marie Frank, Class of 2006

Hello to everyone from California! Since having my daughter last May, I have been staying home and spending time with her. It is amazing to see Sydney grow each day! Jason and I are also doing well and enjoying life. Before leaving Lincoln Child Center I completed my licensure hours for becoming a MFT. I have finally found a class to complete the Law & Ethics requirement and hopefully will be able to sit for the exams within the next year. California has finally recognized a LMHC and if I pass the exams before next May I will be able to be both a MFT and LMHC. For
those of you who need help meeting the requirements for California, feel free to contact me (marie.s.jones@gmail.com) and I'll help the best I can. I hope this note finds everyone well and hopefully I will be able to see some of you before the end of the year! Take care.

Val Alston, Class of 2008

I am still working for the Army Center for Enhanced Performance at Ft. Lewis Washington. Still love applying sport/performance psychology with Soldiers and their families. Many of the units I have worked with have deployed and are getting ready to return so I am looking forward to reconnecting with them. I spent the summer working with Basic Combat Training Soldiers, which was hard work, but incredibly rewarding and usually entertaining. I am also spending time working with Wounded Warriors to help with the transition back to their unit or into civilian life. I will also be working with a few selective warriors who will be competing in the Warrior Games which puts Wounded Warriors from all branches of the military against each other if friendly competition in Paralympics sporting events. On a personal note I have started taking Taekwondo Do in an effort to get back into having athletic pursuits of my own once again. And let's be honest it gets my butt off the couch in the evenings. I hope you are doing well.

Michelle Malesky, Class of 2006

I was licensed last year as an LMHC following a 2-year employment at South Bay Mental Health where I worked as an outreach clinician, mentor, and actually helped start a new site in Salem. I left that agency to join a private practice with a psychiatrist and RNCS at Psychiatric Associates of Lynn where I am doing outpatient therapy with primarily children and adolescents but I also see some adults. I love my job and am very happy with what I am doing! I also got engaged last year to a fellow 2006 graduate, Joe Spano...we will be married this upcoming May! Joe is currently finishing up a PhD program and is currently ABD. He is studying Health Psychology. Joe is also teaching as an adjunct professor at Lasell College and Mass Bay Community College. Joe is hoping to find a full-time Psychology Professor position once he finishes his doctorate.

Arielle M. Payes, Class of 2007

Upon graduating MHBM, I became a clinician for Spectrum Health Systems at the Connolly Transition Unit, a transitional unit in a secure treatment facility (that had 3 units all together - the other 2 of which were long term treatment), which served males ages 13-20 committed to DYS in Roslindale, MA. I had my own caseload out of the 15 total residents on the unit that I conducted individual therapy with in addition to running daily groups, including Relapse Prevention, Dialectical Behavior Therapy, Cognitive Behavior Therapy, and Peacemaking Circles. The young men came to us for the last 3-5 months of their time assignment and gradually would work through a level system and eventually transition into the community via passes to school, work, home, etc. I thoroughly enjoyed my work there and obtained an immense amount of experience with a very difficult and high-risk population. After 2 years, I earned my licensure as an LMHC and decided that it was time to move up and on. I am now Clinical Director of a pre-independent living/transitional program for males ages 16-20 committed to DYS, located in Lowell, MA. The S.T.R.I.V.E. Program is built upon safety and respect and offers these youth opportunities to obtain employment, continue their education, and learn important life skills. We are still a DYS program and work on a level system that eventually offers extended home passes and other privileges.

We hold up to 12 youth and in addition to being part of the administrative team, I am the individual therapist for all of the young men in the house. So, pretty much I am my own clinical team! We house young men who need a gradual transition into the community as well as for safety reasons. We consider our house a family and try to make the resident's time with us as best possible, even though they would rather be home. I am loving my new position, as I have been here for only about 3 months thus far, and look forward to even more challenges, experiences and opportunities. I still keep in touch with several of my fellow MHBM alumni and look back at those memories very fondly. I also keep in touch with several of the staff to let them know how I am doing and what I am up to. It seems like just yesterday I graduated! In any case, I still reside in Brookline and continue to enjoy the wonderful city. To all current students in MHBM - enjoy your time and know that you are in one of the best programs in the country!!! You will learn about yourself and grow more than you ever thought possible...and come out of the program a better person and a well-prepared clinician. Good luck and don't stress too much...there is a reason you were chosen for the program!!

Tyler Burns, Class of 2005

I moved to San Francisco after graduation and worked full time as a personal trainer for 1.5 years. Just before I was about to give up on the mental health system in SF, I was offered a job working as a forensic therapist in the SF County Jail. I work for Jail Psychiatric Services, which is an entity of Haight Ashbury Free Clinics, who contracts with SF city and county. My job is multi-faceted. I work part of my time in the intake jail, doing intakes, crisis intervention and assessment, and treatment planning. Another portion of my job is spent in the subacute psychiatric housing unit. In this area we deal with clients who are chronically mentally ill and typically at low baseline functioning, acutely suicidal/homicidal, on high profile crimes, or all of the above. In the remainder of my time, I carry a caseload of individual clients and have run some groups as well. My job is challenging and has difficult days like any job, but I feel lucky to have found a job working within such a great agency and with great people. I have completed many more clinical hours than I need for licensure, but California requires a certain number of "child and family hours", which I hope to complete by the fall so that I can take the licensing exams. I’d be happy to assist anyone who is considering moving to California with navigating this process, and people can feel free to email me. Personally, I have continued my athletic career, and have competed in triathlons and marathons, and have been lucky enough to get a few sponsors on the way. I’ve continued my career in personal training, and am in the process of launching my own private training business as well. I am currently in the early stages of developing a non-profit fitness group, aimed at working with small groups of low income individuals on achieving higher levels of health and fitness.

tylerrburns@gmail.com

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Congratulations to Katie Copeland - one of our student reps! – who was selected by her classmates to represent our program as guest speaker at this year’s commencement.

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Hilary Keller, Class of 2010
Wishing everyone the best in all future endeavors. We've all grown immensely over these past two years. I feel fortunate to have had the opportunity to grow along side with you. Best wishes to all!

Jose Alvayero, Class of 2010
It means a lot to me, coming from the School of Education, that the faculty at MHCBM made the transition smoother for me by the care and support I received and how open they were to discuss any conflicts that occurred during that transition. I think it is great how connected, helpful, and fun my class was to be around, especially being a part of the biggest graduating class in MHCBM history. I wish everyone the best of luck on your journey!

Kelly Robotti, Class of 2010
I am currently placed at BMC's Child and Adolescent Psychiatry Department. Next year I plan to stay in the Boston area and continue to work with children and adolescents.

Amanda Cole, Class of 2010
I am currently completing my internship at Arbour HRI Hospital's Women's Partial Program and preparing myself for graduation in May. After graduation I plan to move back home to Maryland where I will be taking another course to fulfill licensure requirements and hopefully finding a job. I'm not completely sure what I want to do yet but I think all the experiences that this program has afforded me will be nothing but beneficial for any path I choose!

Erika Smith, Class of 2010
I am currently interning at the Boston Area Rape Crisis Center and before this time next year, I intend to be a gainfully employed MA resident. I am excited to be out in the field full-time, yet, I will miss many elements of being a student in our program. Many thanks to all staff and all fellow classmates for being such a great support over the last couple of years!

Jillian Bizzotto, Class of 2010
I am currently placed at the VA Women's Integrated Treatment and Recovery program, and I absolutely love it. My experience here has helped me learn that I want to continue working in the field of trauma and substance use. The skills I’ve learned in class and on internship site have definitely helped make me more marketable in these fields. I'm excited to graduate, and I feel very prepared for what's ahead!

Gerald Frungillo, Class of 2010
I started my graduate studies at BU in the Sport Psychology masters program where I had a great experience interning with Massachusetts Institute of Technology sports teams. I then enrolled in the MHCBM program where I have had ample opportunities to develop my clinical skills. I am grateful for a caring, professional staff and a wonderful student cohort. It's been great with my classmates...the intellectual discussions, learning from each other, the study sessions, supporting each other, and of course the jokes & fun! In this program, the hard work and dedication was always balanced by a pleasant environment and nice times, which I am grateful for. I am currently interning at The Academy North (soon to be known as the “Triumph Center”) Child and Adolescent Counseling Program where I co-lead groups to facilitate social and emotional development. My current goal is to: Work for one year in the Boston area as a counselor likely with children, adolescent, and young adults; Build my Sport Psychology practice; and pursue acceptance into a Counseling Psychology doctoral program. Best wishes to everyone!

Katie Copeland, Class of 2010
Attending the MHCBM program has helped me grow in significant and lasting ways. I have learned more from my teachers, peers and fieldwork than I ever imagined. I hope to continue on the clinical path BUMS MHCBM Program has prepared me for and continue to grow personally and professional in every setting and challenge I encounter. I wish my entire fellow graduated the best of luck, and a warning, that you all will be the first credible clinicians I am calling to consult with! Talk to you soon!

Arsheen Premjee, Class of 2010
I am currently interning at Boston University's Behavioral Medicine Clinic. After I graduate I plan to return to Pakistan where I hope to pursue a career in teaching, training, research, and private practice. I am extremely thankful for the guidance and experience I have obtained over the past two years. The faculty has supported my growth both personally and professionally, and they will be sorely missed. Undoubtedly, the opportunity to conduct therapy is a privilege and blessing for which I will always be grateful.

Chris Wong, Class of 2010
I'm Chris Wong and I'm going to graduate this May with a dual degree in Medical Sciences and Mental Health Counseling and Behavioral Medicine. It was a long and hard road, but it was worth it. And although I wanted to originally go to medical school, I now am pursuing licensure as an LMHC. I plan to work in Boston/Massachusetts until I receive my license and from there, who knows? But I had a great time in these two programs.

Cherrie Chung, Class of 2010
Two years pass by so quickly! It has been such a wonderful experience and I have learned so much. I look forward to start practicing what I’ve learned as I move back to Hong Kong for good in June. I really hope to keep in touch with everyone and let me know if anyone goes to visit Hong Kong!

Danielle DiFranco, Class of 2010
Congratulations to each of my classmates that I am proud to graduate along side with; and I wish the best of luck to the MHCBM class of 2011 with your internships next year! Keep in touch!

Chawisa (Prae) Chartusawan, Class of 2011
I'm going to be at BEST North Suffolk for the summer and at the Children's Community Support Collaborative program at the Home for Little Wanderers for internship next year. Can't wait!!!

Matt Salch, Class of 2011
I am currently at BMC ED and I am looking forward to starting my internship at St. Elizabeth’s Hospital in the Substance Abuse Program. I am very happy that this past year has given me experience and knowledge that allows me to gain insight into my field and myself.
2009-2010 STUDENT PHOTO BOOTH
Congratulations

Jose Alvayero (Sed)
Stefanie Ammiano
Jillian Bizzotto
Vera Brown
Cherri Chung
Amanda Cole
Kathleen Copeland
Danielle DiFranco
Nadia El Taylor
Kate Ellis
Gerald Frungillo (Sed)
Robert Garofano
Kelly Halverson
Elizabeth Hudson
Andrew Joy (Sed)
Hilary Keller
Phoebe Lott
Mark Maddox
Danielle Mella
Tuyet Nguyen
Arsheen Premjee
Melissa Riley
Kelly Robotti
Alicia Skorupinski
Erika Smith
Tatiana Toumbeva
Chris Wong (dual/degree)