AN INSIDE LOOK AT THE PAST, PRESENT AND FUTURE!

Please enjoy the long awaited 6th Edition of the MHCBM Insider. We hope that it helps to provide a thread of continuity for our hard-working current students, successful and flourishing former students and eager and excited future students. We want to acknowledge the continued growth and evolution of the program, and all of those who add to its success and quality. The tight-knit program that we have is driven not only by the students; but is also fostered by the strong clinical, educational and emotional support we receive from the core faculty, growing group of adjunct professors, and staff. Many thanks to all that have contributed to the program, and to this newsletter.

Sincerely, Your Student Representatives, Classes 2011 & 2012

A MESSAGE FROM THE DIRECTOR

It has been 10 years since we admitted our 1st class to the Mental Health Counseling and Behavioral Medicine Program. It is remarkable how quickly time has passed. Over 200 students have now completed the Program.

I continue to be amazed at the commitment of our core faculty and staff; Dr. Jori Berger-Greenstein, Dr. Rachel Levy-Bell, Ms. Bernice Mark and Dr. Jane O’Hern. We are very lucky to have all of them. We welcomed our largest 1st year class to date (36) in fall, 2010 and are very pleased to confer degrees for 19 outstanding 2nd year students next month. We continue to refine and expand our curricula and clinical placement opportunities which are enormous tasks! We hosted a 10 year anniversary alumni event this spring which was a wonderful opportunity to celebrate and network for faculty and students.

The student Reps were also instrumental in this event and other activities...many thanks to Brenda, Esther, Joelle, Kaylee, Kim and Liz. The research practicum in addictions and in HIV prevention were a success with a number of students having opportunities to learn about clinical research in addition to completing our core curriculum in clinical mental health counseling and behavioral medicine. Our core and adjunct faculty continue to refine their courses and challenge you in the classroom.

Next year will also see the expansion of elective coursework in bioimaging, clinical investigation, forensics, genetic counseling, medical anthropology, healthcare emergency management and medical nutrition. It is my hope that all of you keep in touch and stop by and say hello from time to time.

I wish everyone the very best in all future endeavors and have some fun this summer!

Sincerely,

Dr. Stephen Brady
The mental health field is so fortunate to have another one of our classes join the work force as clinicians. I am always impressed by the quality of work that each of you provides - you are awesome! We just had a wonderful alumni reunion and our graduates whom you are joining have made a very real difference in the lives of those with whom they work. The MHCBM banner flies high and represents the education, commitment and professionalism that you each take with you into the field. We, the faculty, are proud to have been a part of your development as clinicians and always are here to assist you in your future endeavors.

The years ahead will be filled with new challenges, many changes, and opportunities that aren't yet on your horizon. Grab each with excitement and follow your dream always aware that you have the skills, the compassion and the commitment to make it happen. You have been well prepared and are ready for whatever your future holds – go for it with our good thoughts and blessings.

Dr. Berger-Greenstein

It's been a very busy year! We recruited a great first year class – our biggest ever. It's kept us all on our toes in thinking about how to translate our work to a larger group, and it's been fun to get to know so many new people. I've continued to teach our Counseling Techniques, Internship Supervision, Ethics, and Behavioral Medicine courses. It's so interesting to me how much the curriculum changes over time – a reflection of the shifts in the world in general. For instance, this year I've devoted two classes in Ethics to discussing ethical issues related to social networking and internet use – a world away from how I taught this class in the beginning of our program, when social networking probably referred to a bunch of people standing around in a room! I had a discussion recently with several graduates about some of the ethical issues that have presented themselves in their work since leaving the program – and it's great information for me to pass along to our current students – please feel free to send these all along to me!

Dr. Brady and I were awarded R01 funding from the National Institutes of Mental Health last April to assess the efficacy of a motivational-based HIV prevention intervention for people with serious mental illness. We're off and running – with great success in bringing in participants. Dr. Levy-Bell has been providing clinical supervision for the study, and we've been lucky to have one of our recent graduates, Erika Smith, joining us as a study evaluator/interventionist. I have also been working on pursuing grant funding for HIV/STI prevention for women with histories of interpersonal violence, evaluating the ways in which these women make meaning of sex and sexuality and how this can be applicable to prevention. I've continued my work in Adult Behavioral Health at BMC. Where I'm continually amazed at the resilience of people who have survived some really awful life events. It certainly reminds me of what I have to be thankful for.

Speaking of which, in the personal realm, I now have a very active almost-five-year-old daughter – Macy—who starts kindergarten in the fall. She is not nearly as traumatized about this as her mother. And my son Ari is 18 months old and, as we say in our house, "all boy". Not happy unless he's destroying something, making very loud noises, or otherwise getting into trouble. The gender differences are astonishing.

I do want to send a quick thank you to our student reps – Kaylee Burnham, Joelle Emery, Brenda Klaiber, Esther Merritt, Kim Phan, and Liz Piper, who not only put this newsletter together, but organized much of our work over the course of the year– it's been a pleasure to work with all of you.

Finally, my very best wishes to our May graduates. I look forward to hearing about your future professional and personal success. And I hope you'll join us at future alumni events. Our first annual event this year was a lot of fun!

Dr. Levy-Bell

CLINICAL CORNER

This has been an exciting year for clinical training. I am thrilled to share that we have added 27 new possible training sites to our clinical program! This year in particular students expressed enthusiasm and passion for working with domestic violence and trauma related work as well as college counseling. Geographically we continue to expand to the North & South Shore and have even gone as far west as Worcester.

Over 40% of our 1st and 2nd year students are either currently working in new training programs or will begin their training in the fall at new programs for us. Some of these programs include The Massachusetts Society for the Prevention of Cruelty to Children, McLean Hospital’s Child & Adolescent Inpatient Unit, Franciscans Hospital’s C-BAT Program, Worcester Polytechnic Institute College Counseling Center, The Gay Men’s Domestic Violence Project, McArthur Elementary School, North Shore Rape Crisis Center, the Veteran’s Administration Rehabilitation Program, and South Shore’s Early Intervention Program. As I look ahead to next year’s internship class 64% of the students will be working with adult populations, 26% will be working in substance abuse programs and 11% will be specifically focused on trauma. All of you continue to work in varied settings and many of you have expanded your clinical services to conducting home-based, school-based, and medical advocacy work.

I am so proud of the work that all of our current students and alumni are doing in the field of behavioral health. Your contributions to the discipline and the compassion with which you approach your work with your patients are commendable. Keep up the good work! I would like to also enthusiastically wish CONGRATULATIONS to our graduating class. I wish you much success and happiness in the next phase of your career.

Dr. Todd Kates

Dr. Kates continues to adjunct at both this program and Northeastern. Teaching is his "break" from his daytime job at United Cerebral Palsy. His agency has been growing recently and just completed building a new main office. In early April, UCP will break ground on a group residence for five individuals with disabilities who are living in nursing homes and want to move in to the community. The new home should be done in late summer. He is currently working on merger and acquisitions with other similar non-profits. On the home front, Dr. Kates’ son is now a teenager, which is a whole new can of worms. To playing on his xBox, first girlfriends, texting and hanging out with friends, it's many new adventures for both of us. Our one year old cocker spaniel remains.
I love the program's emphasis on a more biopsychosocial approach to treating clients. It makes sense if we are to look at our patients more holistically, then we have to do some of that insight work on ourselves. A lot of our courses and assignments require us to exercise self-aware, to examine our own biases and preconceived notions of how we see another group of people that is seemingly different from ourselves. For one assignment, we had to go to a self-help group and write about our experience there. Quite unexpectedly, I found this to be a profound experience as it really challenged my 'us vs. them' paradigm; the idea that 'we are normal' and 'they are crazy.' As I learned more about the members in the group, it reminded me of the strengths and weaknesses of my own humanity, and I had a lot more to relate to them than I had imagined going into the experience. Furthermore, I believe we have a lot to learn from the clients as we learn to see them more as fellow human beings instead of a problem to be treated. We learn not only more about the mental illness they might be struggling with, but also the intricacies of being human. I speak from limited experience, but I suspect that in the process of engaging another struggling individual, we are both changed and transformed. It can teach us a lesson on humanity if we allow it to.

For the enriching experience that has been this past academic year, I can mean it when I say that I am thoroughly enjoying the MHCBM program. Coming from a 60,000-student body at the University of Toronto where we were merely a number, it has been a refreshing change to learn in our intimate class sizes. It baffles me to see our professors put in so much effort to get to know us, and be so heavily invested in seeing us succeed. I am excited for what's to come next both in classes and at practicum and internship. I hope that I can further substantiate and elaborate to others that being in our field is not just about talking to 'crazy' people.

PRACTICING BY DOING
Dora Shalts, Class of 2011

There's an expression that most people hope not to ever hear uttered to them that goes, ―Those who can't do, teach.‖ Coincidentally, being in the mental health field, I have heard a version of this phrase a little too many times. How many of you have ever had someone ask you something along the lines of, ―Ohh you're a therapist? You must have some sort of issue.‖ or ―What happened to you in your childhood?‖ or ―I've heard that most therapists go into the profession just to learn how to fix themselves.‖ I always find myself thinking, ―Great, there is a stereotype that mental health clinicians don't know how to 'do' life.‖ To me, this seems like the worst area to be incompetent in.

So what can we, emerging professionals in the field, do about this alarming stereotype? We do extremely difficult, cognitively challenging, and, perhaps most importantly, NECESSARY work, so why should we succumb to being stereotyped as having more problems than the rest of the working world? My answer: go to therapy and rest assured that, whatever level of mental health and stability we attribute to ourselves, we are working on sorting out that which is unresolved within ourselves.

Additionally, ethically it is our responsibility to make sure that we have enough clarity of mind and emotional stability to be able to use ourselves as a vessel to assess, empathize with, listen to, and somehow how help our clients, and to find ways to return to equilibrium when we are feeling out of balance. Although most of us are probably very self-aware, it is also important to have a barometer for keeping ourselves in check. Moreover, it is understandable that all of us do not completely understand the complex world that is our inner self. Lastly, it is my belief that the first place to begin to eliminate the stigma that comes with seeking help with one's mental health is by setting an example and normalizing this ourselves.
For all of these reasons, I decided to find a psychotherapist at the same time that I started this program. Undoubtedly, it was the wisest decision I have made in this past year and a half. Despite originally having a general goal of becoming even more self-aware, on my walk to my first therapy session, I called my mom, telling her I felt nervous about all that I might uncover in therapy. My mom very wisely replied, “I think you’ll uncover a wealth of strength and resilience that you may not have originally thought you had.” And you know what? That is precisely what happened.

Most poignantly, I have made a realization that I now always tell my clients: individual psychotherapy is a microcosm of your life and of the world. For example, just like in life, in therapy (as a clinician OR a client), there are few mistakes you can make that really come from a place of good will that are forever irreparable. It is TOUGH to be put in the figurative hot seat for an hour once every week or two; but if you can be open and survive this vulnerability for some time, you will surely become a more open, brave person in your life, as well as more empathetic towards those that are also putting themselves in various vulnerable positions. As a client, sometimes the most meaningful statements or actions coming from your clinician are not the ones based in technique or theory; they are those little things that show you that someone cares about and validates you. And, lastly, the most important lesson that I feel I have learned is that there is no better therapeutic technique than unconditional positive regard; whether you are working with traumatized clients, psychotic individuals who are in the criminal system, individuals with substance abuse, children, adolescents, etc., most people that come in to see us have had some deficiencies in the experience of unconditional love. To be able to give your clients this gift can be life-altering and revolutionary for them (ESPECIALLY if they are experiencing a positive relationship for the first time), and will feel like quite the accomplishment for you, as the clinician.

CALLING COUNSELING STUDENTS TO LEGISLATIVE ACTION
Kaylee Burnham, Class of 2011

As clinicians we will find ourselves advocating for our patients on a near daily basis. Better yet, we will support our patients in learning to advocate for themselves and their needs. But are we also doing our part to advocate for our field and ensuring that public policy is supporting our careers? Mental Health Counseling was established as a profession in the late 1970’s, and while we are in no way “new” to the field of mental healthcare, we are the newest brand of clinician compared to licensed independent clinical social workers (LICSWs) and licensed practitioners who have a Ph.D. in clinical or counseling psychology. This means that we still have quite a bit of work to do to leverage ourselves among these other professionals. A recent triumph for Mental Health Counselors includes implementation of employment opportunities for masters-level counselors at Veterans Administrations (supported by Public Law 109-461). Hopeful future accomplishments at the federal level will be the coverage of LMHCs under Medicare which was a part of the healthcare reform bill (Section 1308 of H.R. 3962) that did not make it through Congress but has hope for later revisions, and also coverage of LMHCs under the TRICARE military health plan without physician referral or supervision requirements (H.R. 3839) which has been proposed but not yet voted on.

So as counseling students, why get involved? Well first of all we’re adults with the right to vote so we have every opportunity to act upon any issue that will impact us. Secondly, taking legislative action by writing letters and making phone calls to our representatives, and ensuring, that when the time comes every 2 years, we do vote for representatives who are supportive of improving mental healthcare, is a way to empower ourselves as students to have a part in acting on behalf of our field. Our voices do mean something to policy makers.

Third, we work in a field where distinct change is sometimes hard to discern so legislative action is a way to do something active that can lead to concrete positive changes in our career. Lastly, being aware of the issues that affect us professionally shows that we are invested which may impress potential professors, supervisors, and employers. Advocating for policy change can seem a daunting task with the many issues swirling around in legislation, as well as interpreting the legalese contained in the Sections of H.R. 123’s or S. xyz’s. Fortunately many professional organizations hire people to interpret the language and distribute a summary of the information to us. In addition, these organizations will often publish sample letters for us to refer to and personalize for our own legislators making the creative burden a little lighter. To get involved, link up to a national organization (see links below) or look into your state’s professional counselor association to become aware of issues particular to your particular state of interest.

To learn more link to one of the professional organizations advocacy pages:
http://www.counseling.org/PublicPolicy
http://www.nbcc.org/About/Advocacy
http://www.amhca.org/member/affect.aspx (Note: you must be a member of AMHCA to access)
http://www.Congress.org (For a more general overview of all the issues)

SPORT PSYCHOLOGY
Nicole Wolff, Class of 2011

Transitioning from the Sport Psychology Counseling specialization in the School of Education to the MHCBM program has been a unique experience that has proved surprisingly seamless thanks to the many strengths and similarities of each program. Like our program here in GMS, the Sport Psychology program is a small, tight-knit group of students, with dedicated faculty and advisors. I began in the program with no intent of moving on the MHCBM program—In fact, I didn’t even know about the program. During my first semesters I took many required sport-oriented classes such as Advanced Sport Psych Research and Sport Science as well as classes that are accepted for credit in the MHCBM program such as Psychological Testing (which counts for Assessment), and Research. Dr. Amy Baltzell, the Faculty Program Coordinator sets an extremely strength-based atmosphere in the program by teaching and advising with a contagious positive energy.

The more I learned about the field of mental health counseling and thought about future job opportunities, the more it seemed that acquiring an LMHC would provide many more options than a master’s degree alone, whether I decided to pursue a career in involving sports or not. At this point I researched the MHCBM program, courses that would count as credits for both programs. More importantly, I used my advisors in SED as resources to help me find a clinical practicum site with an LMHC supervisor that could fill my practicum requirement for both programs. I did my practicum over the course of a full year at the Academy for Physical and Social Development in Newton. The Academy is a group play- therapy therapeutic environment for boys and girls in elementary and middle school with a wide range of clinical diagnoses. I not only had the opportunity to co-facilitate groups, but also experienced a highly organized intern training program that involved weekly individual and group supervision, case conferences, and seminars.

Before my last spring semester in the Sport Psych Program and at the Academy I was thrilled to find out that I’d been accepted into the MHCBM program. At this point, Dr. Brady and Dr. Levy-Bell both took the time to meet and map out what the program would look like for me and how I could complete it by the spring of the following year. I immediately felt welcome and excited to begin the program and took this chance to slowly begin the program by taking a class that spring and also the first summer session. The students in the program were friendly and just as welcoming as the faculty had been.
Because I transferred programs, in my first and last year full-time in the program I’m taking a combination of first and second-year courses in addition to my internship at Wayside Youth and Family Support Network. Though I’m in the unique position of being new as a second year student, it’s given me the opportunity to get to know and take classes with the first year students as well. Looking back at both programs now with only a couple months before graduation, the combination of the two programs has been an experience that I wouldn’t trade for anything and one I feel has prepared me to find a job doing something I love.

REMEMBER YOUR EMPATHY
TJ Dinsmore, Class of 2012

Have you ever noticed that there is a relationship between the height of a skyscraper and how wide, strong, and firm its foundation is? That foundation has to exist in order to support the structure’s basic purpose. Otherwise, the building wouldn’t be very good at being a building...

In the practice of working with other human beings around their respective thoughts, emotions, and behaviors, the role of empathy is no different. I believe it serves as that same type of foundation for the helping process. It’s possible to function as a clinician with a minimal focus on empathy, but at some point wouldn’t you wonder just how effective you are?

The MHCBM program allows each of us to explore empathy in several ways: academically via text books/articles and class discussion, experientially during skills tapings, and by encouraging empathic risk-taking through our clinical placements. Essentially, there is significant focus and emphasis on the topic in many areas of the program. As semesters and life get hectic, it can be easy to loosen your grip on how important it is to enter a therapeutic moment with an empathic mind. I definitely relearn this idea every week and remind myself often. Even just three weeks into a first year practicum placement I can count on two hands how many empathic mistakes I’ve made or cues I’ve missed.

I hope these types of thoughts convey how much of a proponent I am of the concept of empathy. As challenging or futile as the act may feel at some points, do it anyway. It will make a difference. Who knows, maybe over time you’ll start to see a difference in your personal life too; it never hurt me! I remember my empathy.

If you are a prospective student checking out the program, I can tell you it is a great place to build a strong foundation for your skyscraper.

If you are about to transition from the program into full-time work, please remember your empathy.

And if you are a fellow student of mine, please try to remember your empathy in the midst of this learning and training we are navigating.

MENTAL HEALTH COUNSELING and MED SCHOOL ADMISSIONS
David Bresler, Class of 2011

It’s no secret that medical school applications are becoming more and more competitive every year. This year roughly 42,000 people applied for just 18,000 positions, each spending $100 to $200 per application on top of travel and boarding expenses for each interview. It is a bizarrely expensive and staggeringly time-consuming process, and one for which the odds of being accepted to even a single school are less than 50%!

As a result, it’s no surprise that more and more med school hopefuls are finding ways to pad their resumes in their favor. Each year the average age of applicants gets slightly older as students work to secure advanced degrees or real world experience before applying to medical programs. What is surprising, though, is how few applicants had anything even close to the quality of the experiences we have all gained through the M.H.C.B.M. program. Sure, many of other interviewees I met had held impressive research positions and could give a daylong seminar on the subtle art of drosophila mating, or the biochemical intricacies of toenail proliferation. Sure, others had earned a master’s degree in physiology - or as it’s more commonly known, “minoring in Medical School”. But when it comes down to the meat of clinical practice - the face-to-face interactions with patients - no one else on the interview circuit even came close.

And, when you really think about it, that’s just insane!

The average expected medical school indebtedness for students graduating in four years is somewhere close to $200,000. With loan interest, that comes to a total cost of roughly half a million dollars. Yikes. Seriously, say that out loud. Half. A. Million. Dollars. For a diploma that says you can start applying for one particular kind of job. On top of that, study after study shows that doctors in this country show an increased risk of depression, divorce, substance abuse, and even suicide compared to the general public.

When you think of the incredible time investment, the financial burdens and even the health risks involved in medicine - how could anyone possibly know that they're ready for medical school without some significant clinical experience?

At the end of the day, it’s a shame that pre-medical clinical skills aren’t emphasized more than they are. I imagine that a huge number of woeful applicants would have made better choices for their futures if our clinical practicum was a pre-med requirement.

At the same time, for an applicant like myself, facing otherwise terrible odds with just an “ok” G.P.A. and MCAT score, I easily could have felt outclassed by the “perfect score” crowd. But I wasn’t. Maybe I couldn’t expound upon drosophila or toenails, but I knew that I could talk clinical experiences with the best of them. And as a result, despite an otherwise lackluster résumé, I walked comfortably into some of the toughest interviews in some of the most prestigious medical programs in the country. Come this fall, I’ll be joining the Class of 2015 at the Tufts University School of Medicine - confident that I’m working toward a career in a field that I am truly passionate about, thanks almost entirely to my experience in the M.H.C.B.M. program.

SPARKLE
Matthew Whitaker, Class of 2012

Six months ago, a trickle of sweat sparkled its way down my nape as I stepped off the plane at Logan International Airport. I’d moved across the country from Portland, Oregon with my soon-to-be spouse and cat-of-a-child to continue a new journey. It had started a seemingly long, long time previous (25 years ago, to be exact) when my dreams of college ended because I was required to step into the workforce.

For twenty years, I went about my daily business living one day at a time, happy enough, but never ecstatic to go into work. Then, just five years ago, I was laid off, and I decided that instead of simply going to another non-distasteful job, I wanted something that drew me out of bed, clamoring to get to work. After career testing, I returned to college and finished my undergraduate degree with a BA in Psychology.
But, while it was a wonderful accomplishment, such a degree has no luster in and of itself. On its own, nothing sparkles because there are so many others who have the same degree. Therefore, in order to have that treasured career I still seek—one that years to better understand the human mind, one that helps others return to their own life’s journey—I applied to some of the best terminal postgraduate programs I could find and found a home at Boston University’s MHCBM Program.

Fall term began and there were six months of shadow and sparkle. As a mature student it was challenging to find enough quality time to both study and keep my family’s hearts sparkling. Indeed, it’s not as easy as it might be for younger and more quick-minded students, or students who are able to sit down and block out the world for hours in order to study. And yet, my family’s support and inspiration helps me learn to negotiate these challenges and prepares me to be able to do the same in my future practice. Even so, I am still far from where I grew up, and yet, within a week of the program’s start, I had 33 new friends who became extended family. One of the worst shadows, however, was that the study load often felt overwhelming. However, by the middle of the term (due our first semester classes) I recorded a baseline therapy session with a client and used everything I’d learned up to that point—and then got to do it again at the end of the term. It still amazes me how much I grew as a clinician in just one term.

Now that my first term is over, the sparkle of the sweat has disappeared, and the shadow comes and goes; yet, as I look outside, I notice the snow outside—each flake glistens and sparkles in its own individual way—just like the different facets and techniques of the program, each of my new classmates, and each one of my future clients.

**WHAT TO DO AFTER COLLEGE**  
_Meghan Meyerson, Class of 2012_

It is absolutely normal to wonder what you are going to “do” with your life post-college. Like many students, I contemplated finding some type of employment, identifying the right graduate program or taking the time to travel! I think we all pondered all of the options above before we decided to enroll in the Mental Health Counseling Behavioral Medicine Program at Boston University Medical Campus. I ultimately decided to work for two years following graduation from Occidental College. I believe this was the best experience for me. Not only did I gain immediate exposure to the issues, successes, and challenges that individuals who live with emotional and behavioral disorders experience, but I also developed a greater understanding of my own interests. I more clearly understand what attracted me to this field.

The most important piece of advice is to do what you feel is best for yourself. Whether you need this degree to continue your studies or simply because you are looking for more experience, it is important to consider all of your options. Think about taking some time after college to travel, find a job – whatever you need to do to make sure you find your passion. It is already my second semester and I am thoroughly enjoying this program. I hope to see you next year.

**MY WAY OF EXPRESSION**  
_Jessica Fidalgo, Class of 2011_

Life is an experience that takes into account all of our surroundings and all of our encounters with others. Life alone is not knowing who we are but knowing the role that the world plays on shaping who we become. Very powerful thing, silence, it creates a period in which thoughts can run rampant and give color to the dull. I think that I become more observant of things around me when everything it quiet and I can focus on anything that I want. When there is too much noise and chaos, like every day, then we are more likely to be focusing on many things at once and we are unable to give individual attention to beauty, the uniqueness of the object.

Poetry to me is a form of expression; it is the way that my emotions are portrayed on paper. Sometimes I do consider it an art. It is the composition of words; each and every possible combination of words can have a different meaning. To me, it is a form of relief.

It is demonstrating to the world who I am, how I’m feeling and how the world is effecting me in my daily life and my opinions about them. Though as abstract as some prose’s might sound or in the way that they are structured, they share similarities to the artwork of a painter. Only the painter can describe exactly what they were feeling and thinking at the moment that they were creating their piece.

Critics find it amusing to interpret the artwork in a manner that others will understand it, when in all truth it could be an entirely wrong interpretation as a whole.

Art is a full of expression, it is also a form of imitation because everything that is present around us influences us, so we try to display what we see into our own context or into our own emotions and experience.

**BOSTON**  
_Kim Phan, Class of 2012_

Being a Boston native, I have come to appreciate the diverse culture that this vibrant city—with its perfect blend of history and contemporary sophistication—has to offer. From prestigious academic institutions to distinguished hospitals to fine culinary treasures to professional sports organizations, Boston has a wide array of attractions. For those who are new to the Hub, the whole experience can be quite daunting. Thus, our current MHCBM students have gathered some information to help you feel more at home here in Boston.

**Popular Neighborhoods for Residence:**
- BU Graduate Dorms: [http://www.bu.edu/housing/living/graduate](http://www.bu.edu/housing/living/graduate)
- Other Neighborhoods: Allston/Brighton, Brookline

**Getting Around:**
- Boston lives up to its title of the “Walking City.” It is probably faster and easier to walk or bike to your destination than to drive. The MBTA is the best way to get around the City. Be aware that the trains stop running around 1AM. To plan a trip, visit the MBTA website: [http://www.mta.com](http://www.mta.com)
- The Boston University Shuttle (BUS) is another excellent form of transportation. The BUS connects our Medical Campus with the Charles River Campus and it is free for all Boston University members. For schedule information, visit: [http://www.bu.edu/thebus](http://www.bu.edu/thebus)

**Dining:**
- Asian: Fin’s Sushi, Noodle Street, Super 88
- Brunch: Beehive, Breakfast Club, Chau Chow City (cheap dim sum)
- Dessert: Finale’s, SWEET ([http://www.sweetcupcakes.com](http://www.sweetcupcakes.com))
- Others: Cornwall’s, Match, Nick Varano’s Famous Deli, Stump! Trivia (at local bars around Boston on Tue & Wed nights), Sunset Bar & Grill, Tavern on the Square, Top of The Hub
- Pizza: Picco Pizzeria Regina’s, Upper Crust, Wood’s Pizza

**Attractions:**
- Boston Ballet, Boston Common & Public Garden, Boston Harbor Dinner Cruises, Boston Symphony, Freedom Trail, Duck Tour
- Shopping: Copley Square & Newbury Street, Prudential Center
- Museum of Science, Museum of Fine Arts, New England Aquarium
- Quincy Market (open air market on Saturday & Sunday mornings)
- Kayak on the Charles River, King’s Bowling (Monday night is free)

Here are some helpful websites for more information about Boston:
- [http://www.cityofboston.gov](http://www.cityofboston.gov)
- [http://www.bostonusa.com](http://www.bostonusa.com)
- [http://www.bu.edu/today](http://www.bu.edu/today)
CATCHING UP WITH ALUMNI

Nadia El Tayar, ’09
Hey everyone! Dr. Brady, Dr. Berger-Greenstein and Dr. Levy-Bell, I hope you are all doing well! I miss you all very much! In terms of personal news, I got married last October!!! The wedding was beautiful and I was so happy to see my family (they came from Switzerland for the wedding)! In terms of professional news, I have been working here in Boston as a school-based clinician for the Home for Little Wanderers’s Child and Family Counseling Center since September. I essentially work in Boston Public Schools with students ages 5 to 15, and their families, providing outpatient counseling. I really love it, and am more than happy to answer any questions from students about internships or working at The Home for Little Wanderers (I was an intern there last year, in a residential program for adolescents.)

Alex Slocum, ’09
I continue to work in substance abuse and towards those precious hours needed for the famed LMHC. Personally, last November I completed my first marathon in my hometown of Richmond, Va. Over the summer, my husband and I visited fellow alum, Sarah Boster-Oman in beautiful Avignon. Currently, I am training for the 100 mile international distance triathlon with the Leukemia and Lymphoma society’s Team in Training. My dog, husband, and I are doing well in Charlestown.

Jen Carrigan
As of September 2010, I joined a group private practice as an LPC in Bethlehem, PA called Bethlehem Counseling Associates. It’s a very dynamic group of 18 therapists (psychologists, social workers, and LPC’s) and I absolutely love it there! Personally, my husband and I are expecting a baby boy in July of this year and we couldn’t be more excited. Day to day, we are keeping busy preparing the nursery, caring for our two dogs, and getting out as much as possible (knowing, full well, that part will come to a temporary ending in the near future). Thanks for keeping this going! Hope all is well with everyone!

Amanda Cole, ’10
Hello everyone! I can’t even believe it has been a year since graduation. I think time flies by even faster in the “real world!” After graduation I took the summer off to unwind and decompress after 20 consecutive years of school. I began working as a mental health worker on a dual diagnosis unit in August and then in December I moved on to another position, which is where I am currently. I’m working as an admissions coordinator at the Sheppard Pratt Trauma Disorders Program in Baltimore, MD. It’s much more “behind the scenes” than what I’m used to but I’m really enjoying it! I’ve stayed in my preferred field (trauma work) and am really learning a lot from the team here. I’m also taking 1 last class to fulfill my MD licensure requirements and hope to sit for the NCE exam this summer. My 1 piece of advice to fellow students is to learn your state’s licensure requirements early and be as prepared as you can be for any complications. It will save you some headaches later! And remember…school is important but it’s only part of who you are so go out and enjoy yourself!

Kathleen Copeland, ’10
Hello Fellow MHCBMers and Awesome Faculty! I hope this year has treated everyone well! Right now I am living right outside of Philadelphia. I am working for Child Guidance Resource Center as the supervisor for Montgomery County Behavioral Health Rehabilitation Services Department, which is wraparound services, similar to FST in Boston.

I also continue to work as a wraparound clinician myself in Delaware County. I love my job, and it keeps me very busy! I have signed up for the licensing exam, the NCE, to take in the Spring, so wish me luck! My plans for the future would probably be to stay with this company until they kick me out, get my LPC license and I hope in the near future to get a pet! I really enjoyed the reunion this past March, it was great to see everyone and see how well everyone is doing. Good luck to the graduates this year; I know you will find a great first job!

Alex Paiva, ’08
Alex and his wife Kristi welcomed their first child Anthony John Paul on June 14, 2010, weighing in at a healthy 8lbs 1 oz. 21 in. All in the family are doing well and Anthony definitely is keeping both Alex and his wife very busy. After working for 2 and 1/2 years as a research coordinator at the MGH Schizophrenia Research Program, Alex moved on to a more clinical focus and is currently working with the North Suffolk BEST team, to finish the direct hours required for licensure. He hopes to be able to submit the application for licensure for the LMHC soon and is open to whatever the future has in store after licensure.

Anna Sommer-Cutts
Life has certainly been busy! Professionally, I am still working for a community mental health agency in NH, Monadnock Family Services. I obtained my LCMHC about a year ago. I've been working as a child and family clinician, and this past summer I was able to begin incorporating my sport psych training also as the agency developed a new program called Kids InSHAPE that I've been able to take a big part in developing and implementing, which has been awesome. The Kids InSHAPE program uses exercise and wellness skills to help the children improve their mental health and overall wellness, and also involves the parents and siblings. The program has gotten a great response and has seen some great results, and we've been given the go ahead to continue to grow. On a personal note, my daughter is now two and a half, and we are expecting our second child this July, and are very excited. I hope all is well with everyone, and if anyone is interested in working in the NH Monadnock region, let me know as MFS is usually looking for clinicians!

Phoebe Lott, ’10
I got married in October and moved to Greenwich, CT with my husband. I recently began work in NYC as a Clinical Research Coordinator & Interventionist at NYU School of Medicine in the Mental Health and Addictive Disorders Research Program. I work on a national CTN study titled Screenign Motivation Assessment and Referral to Treatment in Emergency Depts., (the SMART-ED study) that has me placed in Bellevue Hospital ED doing substance abuse screening and motivational interviewing.
This past year has been eventful for me- I actually started to take time to relax, ran my first 5 and 10K, went on a trip to Ireland with my family, and got engaged! Our wedding will take place on August 6th, 2011 in Plymouth, MA.

I really enjoyed seeing some of you at the Alumni weekend and am already looking forward to next year’s event! Please feel free to contact me with any Boston job/ MA license exam questions, I am always happy to help.

**Tyler Burns**

I have finally submitted my hours to the CA state board for licensure and should be sitting for my first licensure exam by mid-late summer. I am still working for San Francisco County Jail/Jail Psychiatric Services (an entity of Haight Ashbury Free Clinics, but we have just been “bought out” by Walden House, another much larger, non-profit). I am now directing all training of new staff and take part in the employee and intern selection and interview process (hint to those possibly looking to move to the Bay Area).

In personal news, I continue to compete in marathons and triathlons (and will be in Boston in April; I hope to stop by the program to say hello) I have just put an offer in on a condo and negotiations have just concluded, which is something I never thought would be possible as a therapist with student loans (I can thank our struggling economy for that).

I suppose that is all for my news. As always, anyone who is interested in moving to CA (and specifically the Bay Area) who has questions about licensing, job hunting and opportunities, or just other networking, feel free to contact me. Glad to hear the program is still doing well!

**Kira Yanko**

The last year has brought a lot of change to my life professionally and personally. My husband and I bought our first house and then he promptly was deployed for a second tour of duty in Iraq. While he was away I kept myself quite busy. It seemed as though the lawn was perpetually in need of mowing and there was always some sort of wild animal in the field to watch out for (badger and cougar!). Professionally I still work for Northwest Counseling and Guidance Clinic however while before I worked at a 30 day assessment center, this has changed and I work at a 90 day adolescent male residential program. I also worked as the lead volunteer for the Family Readiness Group for Ray’s unit throughout the year. Ray finally made it safely home in late February and just recently returned to work as a National Guard Recruiter. We are settling in and looking forward to starting a family this year.

**Lauren McCarl, ’07**

Lauren McCarl is currently studying Public Health at Harvard University as an NCI Cancer Prevention Fellow. She will be taking doctoral qualifying examinations this May and hopes to begin her dissertation work shortly thereafter. Lauren continues to collaborate with Harvard faculty on research related to smoking, particularly socioeconomic disparities in smoking-related diseases. This June, she will marry Anthony Dutra, a BU Law graduate, in the California bay area.

**Sarah Boster**

I’m still here in southern France doing my thing. I recently started school again so that I can be a psychologist out here one day. It is weird. First off; it’s all in French, the university system is totally different and they are all about Freud and psychoanalysis in these parts. If anyone wants any information on the process or has dreams of moving internationally and working in counseling I can share my experience - it has not been easy that’s for sure, but it’s certainly been interesting. I’ve also just started an internship at a drug treatment center out here which has been going well - at least drug addiction is pretty much the same over here, even if treatment approaches differ. Otherwise things are going well; still married; as of six months ago I’m officially an auntie; still the proud owner of two kitties - Dr. Levy-Bell may be happy to know that they’re enjoying their life in Provence. All is well. Had a visit last summer from fellow MHBM alum, Alex Slocum, which was tons of fun - hopefully others will follow suit! I’m looking forward to hearing everyone else’s news!

**Christy Karabetian, ’08**

Each year, I look forward to receiving the newsletter to learn about the exciting developments of the program and personal updates from my former classmates. This is exactly what we had in mind when we started the newsletter, and I would like to thank all those involved in putting this edition together.

As an update, I would like to share that I currently reside in Boston and am thrilled to be attending a doctoral program in clinical psychology this fall. I am extremely grateful for all the support and efforts of the faculty at BU throughout this endeavor. I could never have done this without their help. My research interests include obesity and weight management. Since graduating in 2008, I have been working at the Human Nutrition Research Center on Aging at Tufts University as part of a team investigating calorie restriction and health outcomes. Congratulations to the graduating class of 2011. I wish you the best of luck as you take your next step! To my former classmates, I hope you are all well. It was a pleasure to attend the reunion in March and I look forward to the next event that will bring us back together again.

**Kathleen Reid, ’09**

I have been employed 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,” for almost two years. I am now the Clinical Supervisor in addition to Counselor on the Criminal Justice Substance Abuse team working with adults reintegrating from prison to the community. I passed the National Clinical Mental Health Counselor Exam in December and am looking forward to becoming licensed as an LMHC in the next few months!

**Hilary Keller**

Currently I work for Family Preservation Services (FPS) in Asheville, NC doing Intensive In-Home therapy with children and families. FPS is my first place of employment post graduation and I strongly feel that the MHCBM program prepared me well for the ‘real world’. I wish all the graduates of ‘11 the best of luck in their job search/continuing education!
Pablo Noguera

I am very proud to be a graduate of this program, as it is really the only one of its kind! After almost five years of dating Anna Lock, we recently got engaged and plan to marry in the summer/fall of 2012!! Timing was finally right as she will be graduating from her doctoral Psy.D. Program at Pepperdine this summer and my career has taken a great stride forward. Let the wedding planning begin. We are looking at possible locations in Boston and Newport, RI.

I have submitted all my paperwork for CA MFT Licensure and am awaiting the approval by the CA Board to register for part 1 of 2 of the exam process. Part 1 will consist of multiple choice questions regarding MFT theory, practice, and ethics. My plan is to take Part 1 over the summer and then take Part 2 in the winter, which consists of clinical vignettes, diagnosis, and treatment planning.

I recently left my job to start a private group practice with a colleague of mine, who is a psychiatrist. We have been working days and nights for the past 6 months. I have learned so much about the business side of mental health and private practice...between physically setting up the offices, all the stupid tech involved (phones, internet, computers for staff, etc.), creating office templates for all the paperwork for new patients, staff, and ongoing clinical systems, and developing clinical programs. Whew! Anyways, below I have included some information about the practice.

Currently, I’m the Program Director of Comprehensive Neurobehavioral Specialists. CNS is a comprehensive medical and behavioral health practice that I created in partnership with a psychiatrist. CNS incorporates recent advances in neuroscience and psychiatric research, but also draws upon years of established knowledge in medicine, psychiatry, and psychology. Our comprehensive teams of clinicians from numerous specialties are all unified into one integrated practice in order to promote the maximal health and wellbeing of our clients. Our primary niche is geared towards those patients who are looking for inpatient care and professional collaboration continued on an outpatient private practice basis—as this care may allow patients to continue to gradually move forward with their lives as opposed to continuing care in the hospital or residential facility (many times at extremely high financial expenses). Many times patients may receive great care at a residential program or inpatient hospital setting, but once they return home the level of care may drop significantly. They may find superior outpatient care from multiple individual clinicians, but those clinicians may not all be communicating consistently or collaborating productively. Our diverse staff of clinicians at CNS includes medical physicians, psychiatrists, psychotherapists, neuropsychologists, psychiatric nurses and nurse practitioners, interventionists, educational and family therapists, and case coordinators.

I work clinically with patients as a Case Coordinator and a Psychotherapist. I have developed a vast knowledge and experience advocating for patients within a comprehensive treatment system, providing both coordinated care as well as clinically working with patients utilizing cognitive behavioral, solution-focused, and psychodynamic approaches to therapy. In addition, I have administrative responsibilities related to: introducing consultants to the practice and its patient-related and administrative systems, as well as developing clinical programs (currently with ADHD, and in the future-Sports Performance Psychology and Chronic Pain/Injury Rehabilitation). In the very near future we will start to really hit the community and market our practice!

I have been in communication with Dr. Levy-Bell. We had discussed the possibility of presenting to your BU students. Hope everything is going well with the fellow alumni! It is amazing to see how much the program has grown since I was there five years ago!

Best way to reach me at the office is at pnoguera@cnsla.com or 310-684-2588.

Jillian Bizzotto-Brown

First of all, I’d like to congratulate the class of 2011 on their upcoming graduation! The next month and a half seems to fly by, so enjoy it, and lots of luck with your next steps into your new careers!

I can’t believe it has been almost a year since I was in that same place, thinking about graduation, jobs, and the excitement (and sometimes anxiety!) of questioning ‘what’s next?’ A lot has happened in my life since graduation: I got married, took up distance running and completed my first marathon, passed the licensing exam, and landed a job that I honestly love. For the sake of the future graduates of MHCBM, whom I’m sure have many questions, as I did, coming up on graduation, I’ll focus on the last two.

After graduation, I signed up for the exam as soon as I was able to order my transcripts, and it takes about a month before you will actually be registered and able to sign up for an exam date. I found that doing it immediately after graduation was most beneficial because the information was still fresh in my mind.

Particularly with regard to assessment tools, as there were a few questions about these, and since I don’t use them often for work, I feel that I would have been less prepared in this area if I had waited. I did some studying, mostly to calm my own anxiety. However, after taking the test I would say that studying is probably not necessary. And now that the exam is out of the way, all I have to worry about is getting my hours for licensure!

Finally, some words of wisdom about the all-important job search: keep an open mind! I spent the last four months of the program applying for every job I thought might be interesting. Ultimately, I took a Unit Therapist position at the Massachusetts Treatment Center, a medium security prison. Though I had had some interest in forensics, I never imagined that I would end up working with the population that I currently do. Pulling up to the interview and seeing barbed wire and chain-link fences was certainly intimidating, but I’m glad that I took the chance. The men that I work with are certainly challenging, but I find the work to be very rewarding. And FYI to anyone interested in forensics, we frequently have openings for therapists and psychometricians!

Again, lots of luck to the future graduates of MHCBM and all my best to the faculty and staff!

Lani Gerrard ’06

I’d like to share that I became licensed the first of this year, and continue to enjoy working with both children and adults.
Frauke Dittel, ‘06

After graduation I moved to Long Beach, NY and have been working at Long Beach Reach Inc. for the past 3 1/2 years. Long Beach Reach is a non-profit outpatient substance abuse clinic, w/ a program for pregnant teens, an alternative school, and one of two PINS Diversion programs in the county. Since graduating from BU I’ve been working in two substance abuse agencies, which was motivated by my internship experience at the South Boston Collaborative. Based on the experience at the Collaborative, I felt most marketable in this area, which is why I stayed with it. I transitioned well into my first full-time employment and realized that BU and the Collaborative had prepared me extremely well. Andy Ward actually was one of my references and his positive account of me helped me get both jobs. Interestingly enough, my current job is identical to my internship placement. I spend half of my work hours in the agency where I see adults and adolescents (both individual & group) and the other half of the time I am outsourced and work out of Long Beach High School (individual therapy). It’s been a great experience and I feel that I’ve grown a lot over the years.

A big challenge has been getting the licensure in NY as their process is more complicated than the one in MA. And due to some requirement differences for the NY license, I had to first take two additional classes. I have passed my licensure test and I am waiting to get my hours approved. So I am finally, almost there. Once I get my licensure I am getting ready for a change. I have to admit that the nature of the work in the substance abuse field has started to wear on me after 5 years of it. So, my plan is to pursue my dream position, which is working in a university clinic and to increase my work in sports psychology, potentially opening my own praxis.

Gerald Reid, ‘10

I graduated from the MHCBM program in 2010 and have since been working several part time jobs. My clinical positions include working at the Triumph Center in Reading and the Academy MetroWest in Natick, where I am running social skills counseling groups for children and adolescents. This summer I will be an administrator at one of the therapeutic camp sites for Camp Triumph. I was recently accepted into the doctoral program in Counseling Psychology at Boston University’s School of Education! I am very excited and proud to continue my training and growth as a clinician in the doctoral program. Going to BU, I look forward to staying connected with the MHCBM program’s faculty, staff, and students. I’m still having fun living in Boston and staying active, it’s such a great city live. Best of luck to the incoming students and graduating class!

Gunjan Gotra, ‘09

I graduated from the MHBM program in May 2009. The big news is that I recently got married in August 2010 and moved to DC. I have since been working as a counselor doing therapy and running groups for a day program in DC. Majority of my clients are adults diagnosed with Schizophrenia. My work is hard, intense and trying at times but yet quite fulfilling and satisfying. It keeps me busy and I can definitely never complain of feeling bored. Looking back, I feel I was well prepared through both my graduate and undergraduate studies at BU and UMass Dartmouth to face the challenges at work. I have yet to pursue my licensure but it will soon become my top priority.

It is tough to focus on preparing for the licensure exam once you get busy with life and work, but still not impossible. I want to take this opportunity to give my regards to all my professors and classmates who I have lost touch with, and let them know that I miss them all. I am curious to know how everyone is doing and what they are currently pursuing. Thanks to everyone for making my experience at BU memorable and good luck to the current students for their future endeavors.

Chris Wong, ‘10

I’m Chris Wong; I graduated from the program in 2010. After graduating, I took a much needed break for a few months. Then, a social worker that I interned with at Wayside in my second year let me know of a job opportunity at her workplace, and the rest is history. Currently, I work at The Home for Little Wanderers at the Baird Center. Located in Plymouth, MA, we’re an adolescent boys (ages 10 – 18) residential facility and therapeutic day school. We specialize in adolescent boys who have a history of sexually offending others. Our boys also usually have extensive trauma histories and issues with missing or being stuck in earlier developmental stages. The work is great, and the location is fantastic. We have 55 acres of woods, we’re attached to a large pond, and we have trails and a dock, and a beach so kids can go fishing. There is also a baseball field, a new large indoor gym (regulation sized basketball court), and a beach volleyball pit. The campus used to be a camp-ground many decades ago, so it sounds like it. The best part is that I finally have my own office. It’s a fantastic feeling, especially when I shared a smaller office with 6 other interns during second year internship (where we only had 2 computers and 4 phones).

I also started a second job doing fee-for-service work for Wayside doing outpatient individual therapy with adolescents and some family work. It is interesting work, and great experience in outpatient work. It’s also quite a culture shock as many of the clients are not as acute as the clients I see at the residential facility. I also started a third job doing per diem shifts with BEST, and I’ll be at both the North Suffolk site and the Cambridge-Somerville site. I’ll be doing one overnight shift every other week or so, so it won’t be a huge commitment.

Why am I doing so many jobs? I suppose I just have expensive habits such as my private jet and my private yacht. Somebody has to pay for the outrageous oil prices to fuel those things. Other than that, I don’t know if I have any other reasons. How do I have time for all this? Well, luckily, the clinical director (my boss) at the Baird Center is a huge stickler for self-care, so she gives us 4 day work weeks. Also, whenever we need to take a paperwork day, we got it, no questions asked. She also is big into research, so she sends us to a few conferences a year.

So this place is as relaxed as it comes, I think I will be majorly spoiled if/when I ever get a new job/boss.

I do miss the program and the great faculty, and the things I learned in classes have definitely prepared me; my boss is really impressed with our program and the things I learned there. At the Baird Center, we definitely take interns, so if anyone is interested in this population, feel free to ask me about it. I suppose it’s also up to Dr. Levy-Bell if it’s an approved site. But if anybody has any questions about life after graduate school, feel free to contact me at cyw104@gmail.com.
Esther Merritt, Class of 2011 Student Representative
For my second year internship I am at the Boston University Behavioral Medicine Clinic, doing individual and group therapy for BU undergraduate students. I've greatly enjoyed this work, as well as my previous experience working with adolescents in a partial program. I've also greatly enjoyed being a part of the student reps for these two years, and want to thank my fellow reps, the faculty and the students of the program for making it a successful two years! While it is sad to be on the tail end of the program, I am very excited for what is to come! As I launch my career I hope to have the opportunity to continue to work with adolescents and young adults and I also intend to take the exam for licensure this summer. Good luck everyone!

Kaylee Burnham, Class of 2011 Student Representative
As I prepare to bid farewell to my stay in the MHCBM program and I wind down at my internship at the Center for Infectious Diseases at BMC, as with any goodbye, I am met with mixed emotions. It is with sadness I leave my supervisors, the faculty, and my classmates who have all taught me so much and been my mentors for the past 2 years. It is also with great excitement that I take all of my experiences here in Boston along with me moving forward to complete my Ph.D. in clinical psychology at the University of Connecticut! Words can’t express my thanks to all who have and continue to support me. Cheers!

Brenda Klaiber, Class of 2011 Student Representative
Wow two years passed too fast! I am currently finishing up my second year internship at Faulkner Hospital's Adult Dual Diagnosis Addiction Recovery Program. As I get ready to move forward in both my life and career I want to say thanks to the faculty and my fellow classmates for making my time in the MHCBM Program very special! Following graduation, I am going to be working full-time at my internship for the summer filling the maternity leave for one of the clinicians on staff. I will also be doing per diem work at Wild Acres Inn Babcock Program over the summer as well. This is the site where I completed my first year practicum for the program. After the summer I am planning to move to Chicago and work towards my licensure hours in the Midwest! Congratulations to everyone and please keep in touch!

Kim Phan, Class of 2012 Student Representative
My first year in the program flew by! For my Spring practicum, I am currently in Psychiatric Emergency at the Boston Medical Center. At the ER, I primarily conduct assessments with both adults and pediatrics, who have a variety of diagnoses. I am learning so much at my practicum site and I am a bit sad to be leaving so soon. However, I am very excited to start my second year internship at the Dorchester House Multi-Service Center. At the Dorchester House, I will have the opportunity to work with children, adolescents, and families doing individual, group, family, and school-based therapy. I will also have the unique opportunity to facilitate groups for Vietnamese men and women. I am very much looking forward to a wonderful second year! Best wishes to my first years! CONGRATS to the Class of 2011!

Elizabeth Piper, Class of 2012 Student Representative
I did my practicum this Spring at Boston Emergency Services Team where I did psychological and risk assessments. While I didn't initially want to work with kids, I am excited for my internship next year at the Franciscan- McLean Child & Adolescent Inpatient Unit. After I graduate next May I will probably be heading back to Texas.

Joelle Emery, Class of 2012 Student Representative
So far I have really enjoyed the program and the variety of views and opinions our professors provide us with. I am currently in my first year practicum at Lowell Youth Treatment Center Partial Hospitalization Program, which has been a valuable learning experience. I am looking forward to my internship next year at Massachusetts Society for the Protection of Cruelty to Children in Jamaica Plain which will allow me to have experience with home based family therapy. Good luck to all the second years in your future endeavors!

TJ Dinsmore, Class of 2012
The first year of the program has brought much positive introspection and productive self-exploration for me. Between the courses and gaining experience through my Spring placement with Psychiatric Triage Services at North Shore Medical Center - Salem Hospital, I have had a ton of support to help me make the transition to a Masters level clinician. The staff and faculty of the MHCBM program are diverse in their clinical backgrounds and have challenged me in their own ways. I am definitely on my way to being a more well-rounded professional because of it. Also, the support and solidarity that I have received from my cohort has been great as we finish the first half of the program. Next year I will be training through a placement at Worcester Polytechnic Institute's Student Development & Counseling Center. I am looking forward to working with students around a variety of clinical issues during such a formative time in their lives. It looks to be quite an interesting and challenging road ahead....

Jessica Fidalgo, Class of 2011
I am currently at Wayside Trauma Intervention Services in Milford, for my internship, I am working with children, adolescents, and adults concerning domestic violence, rape crisis, medical advocacy and civilian advocacy. I am also helping out at the Milford Police Station and District Court providing support to those who in need of obtaining a restraining order. I am currently in the process of applying for jobs and hope to stay in Rhode Island potentially working with adolescents and adults on an inpatient level and a current interest of mine is the legal/correctional facility environment. I look forward to the new experiences that will come my way throughout the years and bid good luck to all of those who enter and complete the program.
Zuri Obado, Class of 2012
For my first year practicum I am at Arbour Fuller Hospital, Adolescent Inpatient unit doing assessments, safety planning and group therapy. I am having a valuable experience at this site developing a skill set that will help me in my future career. My second year will be at SPARK a Boston Medical Center therapeutic daycare center. I am excited about my next placement and look forward to sharpening my skills as a future clinician. Best Wishes!

Nicole Tanguy, Class of 2012
I conducted my clinical practicum at the Arbour Partial Hospitalization, doing primarily group therapy for adults and some individual interventions. My experiences at Arbour PHP have been valuable and have helped to prepare me for my second year internship which will be at the St. Elizabeth's Comprehensive Addiction Program (SECAP). At SECAP I will be working with adults in the inpatient medical detox and outpatient services. I’m very much looking forward to utilizing my group therapy skills and doing more individual therapy. Can’t wait for the second year!!

Jennifer Driscoll, Class of 2011
I am currently interning at the Step One Early Intervention program in Quincy. I am responsible for assessing children who have developmental delays or are at risk for developing delays through either physical conditions or environmental risk factors. During home visits, I do individual child therapy and family therapy, and assist in toddler play groups at the education center. I plan on continuing in EI after graduation and have begun the process of applying to several catchment areas. I am also planning on taking the licensing exam this summer. Good luck and congrats to everyone!!!

Dave Bresler, Class of 2011
This past year I've been interning at Arbour-Fuller Hospital in Attleboro, MA, doing a combination of case management and individual counseling. It's been a great experience working with a more acute population and it's something I hope to come back to in the near future. Next year I’ll be starting medical school at Tufts University, hopefully working toward a future in psychiatry. All my love and thanks to the entire MHCBM program for providing this incredible time in my life!

Alex Martinez, Class of 2012
I am currently in my practicum at Genesis II, a family substance abuse program in Newton, MA. The work that I am doing here is both challenging and rewarding, as I get the opportunity to see women work on their substance issues and in many cases be reunited with their children. I am excited to start my second year internship at Wayside youth and family services in May, where I will continue to get experience working with families.

Tanaya Sinha, Class of 2012
I'm really excited to get my hands dirty in the field after hearing many of my peers' stories about their Spring practicums! I am conducting my practicum this summer at Boston Emergency Service Team (B.E.S.T.). I wanted some exposure to an Emergency setting and get some experience working with adults since most of my previous experience has been with children and adolescents. For my internship, I will be at The Boston Medical Centre- Child and Adolescent Psychiatry, where I hope to hone my individual and group therapy skills with that population. All the best to both first and second years in the program!

Cristin Fitzpatrick, Class of 2011
My internship is with Y.O.U., Inc. I provide group and individual counseling for adolescents ages 10 to 17. I want to continue working with adolescents and I'm currently applying to positions available at Y.O.U., Inc. in the Juvenile Recourse Center, Home-Based Services, and Family Support Network. I'm taking my licensure exam this summer and I'm excited to begin this new chapter in my life. I wish you all the best!

Mathew Salch, Class of 2011
For my second year internship I am at St. Elizabeth’s Hospital, working with adult individual's diagnosed with substance abuse disorders. I work in an inpatient detox program, as well as, an outpatient substance abuse program. I perform individual counseling, group therapy, and case management. I have gained new insight and knowledge into addiction and how to treat substance dependence; I am grateful for having this opportunity and I am looking forward towards graduation from this program. I plan on taking the licenser examination and completing all clinical obligations to become a licensed clinician. I wish all my colleagues and friends good luck as we continue into the future.

Chawisa (Prae) Chamsuwan, Class of 2011
I am finishing up my second year internship at the Children's Community Support Collaborative program in The Home for Little Wanderers, where I'm doing family, individual and group therapy with adolescents in residential and home-based settings. I really enjoy working with adolescents and families and am hoping to continue to work with this population once I am back in Thailand for good this summer. It has been such a great experience for me here in Boston and in the US and I hope all of you will find a chance/time to visit me in Bangkok! All are welcome and I promise I will show you a good time. Best of Luck Y'all!

Jessica Farnsworth, Class of 2012
This spring I am finishing up my sports psychology internship at BU's Student-Athlete Support Services and will be starting my clinical practicum in May. I really enjoyed counseling and advising the freshman athletes and think it may be something I would be interested in as a career. I am very much looking forward to my internship in the fall at The Academy in Newton. I currently work with children and am excited that I will get to gain experience as a counselor in the school system and do play groups with kids! I hope everyone has a great summer!

Matthew Whitaker, Class of 2012
I'm excited to be starting my practicum this summer at the Eliot Community Human Services Adult Day Treatment Program, and my internship at the Gay Men's Domestic Violence Project next year. I know I'll learn a lot at both placements--just as much as I've been learning in the program this year, and as much as I will in class work next year.

Hallie Leavitt, Class of 2012
I am at the Dr. Solomon Carter Fuller Mental Health Center for my practicum and it has been a wonderful experience. I have learned a great deal about forensic psychology and what it is like to work on an impatient unit. Next year I will be interning at BMC Infectious Disease Clinic, which I am very excited about. I am very interested in medicine so I hope to learn more through my internship experience. I am also planning on going to more school after this program, but I am not sure at this point in time. My first year has been a very positive experience and I look forward to what is yet to come!
Anna Kharaz, Class of 2012
I am currently completing my Clinical Practicum at the outpatient program of Arbour Counseling Services, where I am learning to do intakes, treatment plans, and group therapy. I have been having a wonderful experience with this program so far and am looking forward to my internship at The Boston Center, a partial hospitalization program for children and adolescents. In addition to completing my practicum, I am also volunteering in the Addictions Lab where I perform phone screenings and take vital signs. Best of luck to all the second years!

Steven Falk, Class of 2011
It's crazy how time flies...when you're having fun of course. During my last year in the MHCBM program I have interned at the VA's SARRTP program (a 4-6 week residential program focused in treating substance use disorders). Over the course of my training I have been able to expand my knowledge of various psychotherapeutic techniques, and have gained substantial experience in working with co-occurring disorders. Following graduation I plan to move to the Chicago area to work on expanding a research focus and pursue a doctoral degree in clinical psychology. Additionally, I plan to continue my work with the substance abuse populations, and work towards becoming a licensed counselor in Illinois.

Priya Gupta, Class of 2011
As a practicum student, I worked with Dr. James Chengelis on the Psychiatry Consultation and Liaison Service in the Menino Pavilion of BMC. We focused on patients with comorbid medical and psychiatric issues to provide psychopharmacological interventions. It was a great experience to build my medical skills. During my internship, I worked at the VA Boston Healthcare System in the Substance Abuse Residential Rehabilitation Treatment Program. I provided individual and group interventions for veterans with substance dependence problems. It was a very rewarding experience and I really enjoyed the work. In the future, I hope to continue working with veterans and potentially in substance abuse. I had great clinical experiences while at the MHBM program.

Maggie Wentworth, Class of 2011
For my second year internship I am at Dimock Community Health Center in the Child and Adolescent Mental Health outpatient clinic. This year I have conducted individual therapy for child as young as 4 years old up to 18 years old with a variety of diagnoses. Through this experience I have learned to work collaboratively with parents and teachers to provide support and treatment. I am looking forward to taking the summer to search for jobs with children and families throughout Massachusetts and possibly Maine or New Hampshire, while enjoying some down time and doing all the things I was too busy to do the last 2 years.

Kristen Corkum, Class of 2012
My first year at the MHCBM program has been a great experience. I am finishing up my practicum at Arbour-Fuller Enhanced - Acute Treatment Services (E-ATS) program. This has been a wonderful experience working with dual-diagnosis adults in a 5-7 residential treatment setting. I am looking forward to my internship next year at the VA Women's Integrated Treatment and Recovery Program (WITRP). Upon graduation, I am interested in remaining in Boston until receiving my licensure and look forward to these next few years!

Alexa Brewer, Class of 2012
I've really enjoyed my first year in the program. I've met so many amazing people and have developed my clinical skill immensely. Completing my practicum at BMC's C & L service has been a great experience and I'm looking forward to starting my internship at Wild Acre Inns Babcock PHP program in the Fall.

Ashlie Stitt, Class of 2012
I have greatly enjoyed my first year in the BU MHCBM program! I have learned so much about counseling, and have come to know myself better both as an individual and a future clinician. For my practicum site I have been working at the North Shore Rape Crisis Center doing group and individual work with survivors of sexual assault, as well as psycho-education, outreach, and prevention work. It has been a truly rewarding experience. For my internship next year I am continuing my work in trauma at Voices Against Violence- a site focused on Domestic Violence and Sexual Assault that involves outreach, school-based work, individual counseling, and a forensic crisis team. Here's looking forward to another great year!

Mary-Helena McInerney, Class of 2011
I am currently finishing up my second-year internship at Arbour Counseling in Worcester, where I provide individual therapy for children (I finally took on a kid caseload!), adult, and geriatric populations. Through this internship, I have been able to work towards a specialization in geriatrics. I enjoy being at this site, and have decided to stay on as a clinician after graduation. I'm excited to further my career and actually get to just work for a while. In the summer I intend to take the licensure exam and enjoy a break before deciding the next steps in terms of education/working. I wish everyone the best!

Mari Minkel, Class of 2012
My first year practicum at Health & Education Services, Crisis Stabilization & Emergency Services has given me a new understanding of the field of Mental Health. I have worked with clients individually and in a milieu. I have also assessed for urgent psychopharmacology intervention, and have gone on mobile emergency evaluations. Next year, I will be interning at Faulkner Hospital in Jamaica Plain at their Addictions and Substance Abuse Intensive Day Treatment Program where I will be practicing and learning therapeutic group techniques for behavior change, psychoeducation and psychological wellness. I have enjoyed my experience working in Mental Health, and I appreciate the opportunities to learn the many aspects and different types of jobs within the field. I know these clinical training opportunities will continue to provide training, experience, and deeper insight into myself to clarify my professional goals.
### Get to Know Us

**MHCBM Student Hometowns**

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GET TO KNOW US—
PUTTING A FACE TO THE PROGRAM

Dr. Kempler with 1st Year

Halloween Party

Thanksgiving Dinner

1st & 2nd Years

MHCBM Holiday Party 2010
Congratulations class of 2011 –
“SUPERLATIVES”

Kaylee “Take the Blame” Burnham
David “That’s Dr. Hand Gesture, To You” Bresler
Chawisa Prae “Sounds Like Practice” Chartsuwan
Jennifer “Fire Truck Song” Driscoll
Steven “Meowsers CEO” Falk
Jessica “Public Transit Authority“ Fidalgo
Cristin “Color Code” Fitzpatrick
Liane “Too Loud” Gillis
Priya “Dripping in Labels” Gupta
Alex “Do You Have Some Salt?“ Hidalgo-Sotelo
Brenda “Expert CV Editor” Klaiber
Mary “Quite Contrary” McInerney
Esther “Class Coordinator“ Merritt
Mathew “I Catch Moose With My Bare Hands” Salch
Megan “Always Appropriate” Scerra
Dora “Makes Me Emotional” Shalts
Maggie “Nola” Wentworth
Nicole “Too Short” Wolff