It's finally here! Please enjoy the 8th Edition of our MHCBM Insider. As we wrap up a great year, we would like to take a moment to reflect on our rapidly evolving Program and acknowledge all the people who make it a great success! Our tight-knit program is not only driven by the students, but also guided by our core faculty, adjunct professors, and staff. We truly appreciate their academic knowledge, clinical expertise and emotional support.

We hope you take advantage of this Newsletter to keep our MHCBM Community updated on your new endeavors, and to network with Alums, graduating students and current students.

Many thanks to all who have and continue to contribute to the program and to this Newsletter! CHEERS!

Your Student Representatives 2012-2013
mhbmreps@bu.edu

The Director’s Corner

It has been 12 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 260 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. Carryl Navalta. We also honor the service and wisdom of Dr. Jane O’Hern who retired this year. We welcomed one of our largest 1st year classes in fall, 2012, and are very pleased to confer degrees for 34 outstanding 2nd year students in May 2013. We continue to refine and expand our curricula and clinical placement opportunities which are enormous tasks! Our Student Representatives hosted a very successful 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 Charlie, Jillian, Sam, Kshipra, Maria, Angela, Beth and Charlene. 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. We also have seen 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

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I would like to first congratulate the graduating class of 2013! It has been such a pleasure teaching supervision this spring and watching you develop into thoughtful, empathetic, and compassionate clinicians. I would also like to congratulate the 1st year...soon to be 2nd year students on their practicum and internship achievements. You all did a wonderful job in obtaining excellent training opportunities and continue to represent our program well in the community.

It is amazing how fast a year goes by. This year I had the pleasure of working as the Faculty Member with our Student Representatives Committee. They did an outstanding job creating a MHCBM T-shirt, coordinating social events, and engaging in community service by sponsoring a holiday fundraising event for the Home for Little Wanderers where faculty and students contributed toys, games, and clothes for children and adolescents for the holiday season. The student reps have also formed a BU MHCBM team to participate in the 10th Anniversary Walk for the National Alliance on Mental Illness, and I look forward to joining them in this endeavor. This year our program hosted our largest alumni night to date, and we were pleasantly surprised to reunite with 28 alumni. We had students from 2005 to the present, and it was so amazing to hear about all of the experiences you are having in the field. I continue to be so proud to be a part of this program.

The most poignant event for me this year is the celebration of Dr. O’Hern’s retirement from the program. It has been my greatest honor to have her as a mentor, guide, colleague, and most of all a friend. Dr. O’Hern has brought and meant so much to this program and I thank her sincerely for all that she has taught me. She will forever be a part of the MHCBM family. Congratulations Dr. O’Hern.

We’ve come to the end of yet another year and it’s always hard to believe how quickly it’s gone. Sometimes the days and weeks can drag on, but the months and years fly by. I continue to be impressed by our teaching faculty and the work that goes into empowering students to learn and providing them with the resources to do it. This also marks the first year that we have invited an alumnus of the program to teach with us. Kaitlin (DeLucia) Spitz will be finishing her second semester of Internship Supervision next month. She has been in a unique position of teaching and mentoring our students as they matriculate through and prepare for future careers and I’m thrilled to have her. Not surprisingly, the students have really given her rave reviews. This summer Kathleen Reid will also be joining us and teaching a Practicum Supervision section; I’m confident she’ll be just as highly valued.

As you’ll note from elsewhere in the newsletter, Dr. O’Hern has now officially retired (again!) from academia. Her wit and sense of humor are truly missed, and no one speaks “Boston” like her.

In my personal life, my daughter will be finishing first grade in June and finds her passion in art and soccer, and my son will be entering Pre-K in the fall. He’s got a great throwing arm and is very, very funny.

Seeing the email going out to alums for requests for the newsletter really hits home how many there are – and it’s such a pleasure to hear back from you as you’re navigating your personal and professional lives. Hearing back from alums is one of my favorite parts of my position – it’s such a thrill to hear of your accomplishments. And keep those ethical dilemmas coming my way!

Best wishes to all of you – and to our graduating class in particular. I’ve been so proud of how far you’ve all come.
Dr. Kates
Associate Professor

To all the graduates: much happiness and success! It’s been an exciting year for the Kates Household. We moved to a larger home, which means more to clean, but it’s very close to our old house. So many items we just ran across the street during the move and threw them over the fence. Luckily, we moved the Friday before the blizzard!

My son is now a freshman in high school...time flies. The proud Dad part of me boasts he placed 5th in the state in boys gymnastics on the vault. I’d like to clear room on the mantle for an Olympic medal, but he assures me he’s a long way off.

I recently celebrated my 30th anniversary at United Cerebral Palsy...so I’ve worked there longer than some of you have been alive! It was a fun year teaching you all with the highlight being a few rather out there movies in Human Sexuality! Some things we just can’t print in a newsletter. Wishing you all the best in your future plans.

PS...the dog still isn’t outdoor trained!

Mrs. Mark
Program Coordinator

Dear Class of 2013,

I wish you all the very best as you venture out into the paths you have set for yourselves, may you always remember the experiences you have learned within the MHCBM program.

Best of luck moving forward,

Mrs. Bernice R. Mark
Catching Up with Alumni

Thomas J. Dinsmore, Class of 2012

Congratulations to this year’s graduating class and I hope everyone is doing well! You are about to complete a significant step towards helping patients and clients with their lives in a more clinically comprehensive way. My time in the field since last year has really emphasized how many additional skills the grads of our program have compared to other clinicians with similar degree titles. Sure, it is the beginning of a life-long path - but that does not mean that where you are now is any less important than where you will be in 10 or 15 years.

Since last May I have been working full-time at the Shattuck Hospital in Jamaica Plain as a Milieu Therapist and seeing 6-8 outpatients a week through a community clinic in Medford, MA in the evenings. I have become involved with a few (of the many) organizations for therapists and clinicians in the Boston area as a means to develop professional ties with other individuals who are involved with the mental health field. Within a couple months of graduating I sat for and "passed" the NCMHC exam and am currently collecting hours to complete the licensure process. I intend to pursue licensure in MA as an LMHC and NH as a LCMHC.

If I can be of any help or support please feel free to contact me via tjdinsmore@comcast.net or via my LinkedIn profile. Good luck with all that lies ahead!

Reflecting on Dr. O’Hern...

Near the end of my second semester in the program I had only known Dr. O’Hern by name. The Tuesday class I was in was just finishing up, and a woman came into the classroom. I overheard a couple of other students saying "hello" to her and I then was able to put a name to the face. Wanting to introduce myself, I walked over to her with my hand outstretched and said "Hi Dr. O’Hern, I’m TJ Dinsmore." She immediately shook my hand and said, "I know who you are."

I learned several things about myself in that moment. Whether it was her humor, dynamic training, or just a coincidental reply, it almost doesn’t matter. Later on in my 2nd year I worked with her through her Internship supervision group and I was able to see her clinical acumen even more fully. Just like most of the faculty in the program, Dr. O’Hern left a mark on me and my learning path. I wish her well in her retirement and want to underscore that although I only really know Dr. O’Hern through my second year, it is obvious to me how much she brings to the MHCBM program. Her clinical and administrative experience will definitely be missed.

Roxana Moayer, Class of 2009

This coming year marks my final year in medical school at Keck School of Medicine at the University of Southern California. I am beginning the process of applying to residency programs in Otolaryngology Head & Neck Surgery. My MHCBM experiences were hugely instrumental in preparing me for medical school, especially during this clinical year. I would especially like to thank and honor Dr. O’Hern for her personal interest and support of my pursuit of medicine. Dr. O’Hern was generous with her time, practical in her advice, and unwavering in her confidence in me, to such a degree that I continue to carry her confidence with me. Thank you Dr. O’Hern. If anyone in the MHCBM program would like information about the medical school application or process, please do not hesitate to email me: rmoayer@gmail.com.

Zuri Obado, Class of 2012

After graduation in 2012, I took a seasonal position at Rutgers University as a program assistant for a summer program. I then transitioned back to New Jersey and in September 2012 and was given an opportunity to work as a Counselor Intern (Academic Counseling) for the same program (paid internship type of thing). Now in April 2013 I currently a full-time Senior Counselor for Special Programs at Rutgers University, School of Environmental and Biological Sciences (SEBS/EOF). My transition to academic counseling has been very smooth and I am enjoying it. I did submit my application to the Professional Counselor Examiners Committee for New Jersey and was approved to take the NCE exam but haven’t yet decided if I will take the exam or try to pursue a Ed.D. Time will tell at this point, but I’m working and using pretty much all my counseling skills on a daily basis, even diagnosing for my own entertainment.
**Catching Up with Alumni**

**Kim Phan, Class of 2012**

I can’t believe it’s been one year already! Since graduating from the MHCBM program, I’ve been working for the B.E.S.T. team and doing FFS at the Dorchester House Multi-Service Center. I get to treat clients in crisis and also do long-term therapy. Doing both emergency and outpatient work have been rewarding. Due to the recent events in Boston, I’ve been quite busy but I love my job. I have one more year until I get licensed. The goal is to get licensed and hopefully open my own mental health clinic. In the meantime, I plan to work, travel, and take as many photos as I can. Feel free to contact me at tkimphan@gmail.com.

A big shout-out to the MHCBM reps! CONGRATS and Best Wishes to graduating class of 2013!

**Jillian Stile, Class of 2004**

Since graduation, I have completed my Ph.D. in clinical psychology at the New School for Social Research, and I have been working with a college population in university mental health. I am living in Manhattan with my partner and my two little dogs, BonBon and WoofWoof. I want to thank Dr. O'Hern for giving me the confidence to enter this field by believing in me. It meant so much to me.

“**You’re a star,”** she would tell me.

Dr. O'Hern will always hold a special place in my heart. She was there at my first MHCBM info session, interviewed me for the program, and later became my advisor. She is a well-respected faculty member and most importantly a great pillar of strength and support for me throughout my two years in the program. We spent the majority of our advisory sessions looking at different exotic locales to vacation in Asia; it was definitely one of my favorite forms of self-care. She always reminded me about the importance of being culturally sensitive and never failed to give me a hug when I needed one. She’s the true star and always will be.
First Year Perspectives

WHAT I LEARNED THIS YEAR (outside of class, of course) By Charlene Chow

Boston is pretty great. Here’s why.

There’s a lot to explore, although you’ll want to do things like...

...learn to navigate the T...

...pick your apples & pumpkins...

...and visit the Waterfront...

...before winter arrives, because once the snow begins to fall...

...it could be a White Christmas...

...and then some.

But even when you think there’s no end in sight...

...the sun will undoubtedly reappear, the streets will repopulate, and...

...spring will eventually return with a serious – serious – vengeance...

...with summer fast on its heels. So, no matter what or when, every season here is a good season...

...to grab a friend (or two, or more!), and...

...go explore all of the sights & delights that make Boston such an amazing city!
First Year Perspectives

Morgan Baskett
As the end of my first year here at the Mental Health Counseling and Behavioral Medicine program approaches, I look back at the wonderful memories I’ve collected here both in and outside of class. The faculty are very supportive and go the extra mile in facilitating individual and personalized growth, and the discussion that emerges from such a diverse collective of classmates is at once challenging and enriching. Of course, the fact that the program is nestled near the heart of Boston is the icing on the cake. There is so much to explore in Boston, and I would urge everyone here and who plans to come here to get out and about—walk the Esplanade on a beautiful day, enjoy arguably the nation’s best ice cream at Toscanini’s, stroll through the beautifully-maintained galleries at the Museum of Fine Arts (students get in free!), indulge your green thumb at Boston Public Garden, then pick up some divine cannoli in the North End. The things you can learn and do are boundless, so just come—then get going!

Meghan Brown
I am so grateful for the wonderful time that I have had thus far in the MHCBM program. I can see myself developing as a counselor and growing as a person as a result of the classroom and clinical experiences the program has afforded me over the past few months. I particularly appreciate the strengths-based approaches that many of the professors teach and have encouraged me to use. Looking for the positive qualities and protective factors in my clients has been quite helpful as a practicum student at Arbour-Fuller Hospital’s adolescent inpatient unit, and I believe will be useful next year as an intern for Walden Behavioral Care’s eating disorder treatment program.

Ricky Brown
A student asked Dr. BG, "Has an intake the Buddha-nature?" Dr. BG answered, "It depends." and the student was enlightened.

Sonia Erlich
Last August, my favorite walking buddy moved to St. Louis. This may not sound like an event that falls within the “major life changes” category, but for me, it was significant. Over the past five years, Rachel and I have walked through job issues, boyfriends and break-ups, deaths of loved ones, and other major life questions. Of course, those walks also saw moments of joy such as successes with clients, publishing and leadership accomplishments, job promotions, real estate acquisition, exciting relationships, new insight and learning. A couple of years into the walking ritual, I got a dog, Bella, who joined us with gusto. A few months later, I attended a conference on working with families and younger clients. The participants were instructed to develop a write a plan for self-care. At the top of my list I wrote: Walking with Rachel and Bella.

Certainly, there have always been other people with whom I enjoy walking, but walking with Rachel provided its own particular form of medicine. Not only were we exercising and trekking through our beloved city, we were also creating a space to examine and reflect upon daily life. Having an outlet like this builds capacity for what we can handle. And it allows for re-entry into daily situations with greater awareness and care.

Rachel moved just before I began my time with the MHCBM program, and initially, it sufficed to walk with other friends here and schedule “virtual walks” (over the phone) with her. But returning to school was tougher than I had anticipated. Aside from the work itself, there were major practical adjustments to be made and a re-orientation of both time and identity. Through all of this, I missed the walks that had been so central to my health and peace of mind. I missed the consistency and sense of shared experience.

Now, every week I look forward to a walk in the woods with classmates. The players are different, but many of the key elements—walking, outdoors, conversation, ritual, and shared experience—are there. That we are classmates and, ultimately, colleagues in a field we love, adds a unique dimension to the walks.

Walking is a great way to get to know a person. The movement paces conversation, and all the while, you are sharing a lens and an experience. Walking in the woods reduces distraction, allows you to hear your thoughts more clearly and to listen to others more fully. Over the past few months, I’ve appreciated sharing this ritual with various members of the MHCBM program. We’ve traded stories up the snowy Blue Hills and untangled interpersonal dilemmas across the fields of Franklin Park. We’ve explored ideas and goals through the Arboretum. We’ve witnessed the coming of spring at the Middlesex Fells. And we’ve paused for quiet at Jamaica Pond.

Boston is a great city with beautiful neighborhoods and green spaces. Among other things, walking with classmates refreshes my love for my hometown.
**First Year Perspectives**

**Stephanie Fox**

Near the end of the first year it is amazing to look back and see how far we have come and how much we have learned. I had not realized how much I had learned until I was interviewing for internships. At one of my interviews, they pulled out a one paragraph case description. I was asked to read the description and tell the interviewers what else I would want to know about the client and what would be a long term and short term treatment plan. When they first pulled the case description out the first thought I had was I hope I can come up with enough questions. Then as I began to read the case description everything I had learned in classes and at my practicum site (NSMC Salem Hospital Emergency Department) kicked in.

So far, I have loved my experience in the MHCBM program. Getting to do my practicum this spring and being in the field has been great. I, also, really enjoy group supervision; it is my favorite class this semester. Being able to share the practicum experience with peers, discussing cases, and learning interviewing skills with gracious patients has become one of my favorite parts of the week. I am really looking forward to my internship at Germaine-Lawrence next year, as well. The program has been an adventure and it keeps getting better.

**Jeffrey Hodgdon**

Having come from a different background than most students in this program, it has been challenging, yet rewarding, to be pursuing a degree in MHCBM. The program has truly lived up to its expectations and beyond. Like other students, I got accepted into other programs, but am so glad that I decided to come here. The faculty and staff are all very good at what they do. Since this program is a "career change" for me, I have greatly appreciated the individual advising and mentoring that I have received, especially from Dr. Navalta. I absolutely love Boston, and I intend to stay in the area once I graduate.

My practicum experience is at Arbour-Fuller Hospital, working with a dual diagnosis population. I am loving it more and more each day. The clinicians, doctors, and staff are all talented, and working with the dual diagnosis population is truly a challenge, yet so rewarding. My supervisor is great at what she does, is patient, and takes time to meet with me most days, which I definitely appreciate. Because of a minor glitch with my practicum site, I was unable to start in January like most other students in my year, but Dr. Levy-Bell did a fantastic job of sorting it all out like she always does.

Overall, I am very pleased with how things are going this year. My favorite class so far has been Counseling Techniques with Dr. BG, just because I think I learned the most about myself through the course exercises and projects. During the next year or so, I look forward to strengthening relationships, whether with classmates or professors, and continuing to learn about a field that is still relatively new for me.

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**Natalie Gola**

As we all know, Boston University isn’t cheap... but that is the price we pay for a great education (pun intended). I’m sure I’m not the only one living below people who apparently drop bricks on the floor all day, next to undergraduates who throw ragers on Tuesdays, and across from a house that hosts heavy metal concerts on weekdays at 9 am. But the price for my apartment is one I can afford in order to enroll in my program of choice. I’ve also found myself coming home from the grocery store with four packages of paper towels and three tubes of deodorant just because they are on sale this week (and will last until Christmas).

Since I began the process of enrolling in the Boston University Mental Health Counseling and Behavioral Medicine program, I have been way more money-conscious than ever. I have a budget for everything, down to the penny, and let me tell you- it’s EXHAUSTING. I do my best to avoid eating out a million times a week, going on shopping sprees at all the cute stores around, and just blowing money all willy-nilly on awesome concerts that are happening every week. Even though I try to be as frugal as I can be, I remember that I am living in one of the greatest cities in America and need to take advantage of it. Here are some activities that can be on the pricey side, but are definitely worth the experience:

- Going to a wine or beer expo
- Enjoying a concert at the TD Garden or House of Blues
- Seeing a Red Sox game at Fenway Park
- Going to the Boston Aquarium or the ballet at the Wang Theater
- Exploring one of the many museums, like the Museum of Science
- Joining a gym or a yoga studio
- Shopping on Newbury Street or checking out Fanueil Hall
- Going on a ski trip to one of the many mountains up north, like Loon or Gunstock
- Enjoying a nice dinner in the North End

Like I have already alluded to, I am a penny pincher. So if you do want to save those precious dollars and enjoy the city for a better price you can always:

- Sign up for FitRec (and use the BU gym for free!)
- Go to free concerts at the Hatch Memorial Shell
- Take advantage of free wine tastings and food give aways, like Ben and Jerry’s
- Check out a brewery, like Sam Adams or Harpoon
- Shop at the Prudential Center
- Go to a comedy show
- Run along the Charles or walk along the harbor
- Go ice skating on the Boston Common Frog Pond
- Go site seeing (there are just way to many to list)

Depending on where you are from and where you plan to go after this program, try to take advantage of the two years you will be living in Boston. The amount of things you can find on the Internet and by word of mouth are endless. There are many, many places where I still want to eat (like Mike’s Pastries) and shop (like Harvard Square), which I plan to do before I leave Boston- with careful budgeting that is.
**First Year Perspectives**

**Melanie Jacobs**
I have been enjoying my first year of academic studies and am excited to become a second-year student in the program. I am particularly looking forward to beginning my internship at Lesley University.

**Tessa Ritchie**
Life in Boston is ever changing and always exciting! Moving from California has definitely had its ups and downs, but Boston is an awesome place to be. From the amazing food selections, to the live bands, to hiking at Blue hills, to watching the Red Sox or Bruins there is something for everyone. And with all of the amazing people in the MHCBM program, there is always someone to have fun with! As a student, this program has opened my eyes to so much and the professors and my fellow classmates continue to teach me new things every day. I will be starting my practicum at Walden Behavioral Care, a partial hospitalization program for adolescents with eating disorders, in the summer and I cannot wait to put the skills I have learned in the classroom to use. I cannot believe the first year has gone by so quickly and I am so grateful to all of the positive people I have met through this program and all the support I have received. Next year I will be interning at BMC adult outpatient unit and I could not be more excited for this opportunity.

**Samar Wahid**
Thinking back to my first semester in the MHCBM program, I see two mental snapshots. I recall sitting in my first class, psychopathology, and feeling overwhelmingly excited to be back in an academic environment; being out of school for a year had made me realize how much I valued furthering my education, and I felt privileged to be back in a classroom as opposed to burdened. Fast forward three and half months and I was walking out of my last final, amazed at how much I had learned in just one semester. As my first year of this program is coming to an end I can see that while I have learned a lot, there is still much to be learned in the second year of this program and beyond.

**Adam Rodriguez**
"Can you show me how you listen?"

It's well known that children can teach us so much. What is not as well known is how that happens.

The kids I work with hardly speak. They yell and scream, but don’t speak as much. There’s not a lot to converse about with a four year-old. But that’s my point.

I teach these children to listen; but, in order to do that, I must listen. What a pickle! What is there to listen to, after all? Especially when they can’t express themselves with words? WHAT DO I LISTEN TO?!

The answer lies in the second part of the instruction: "listen to me." Following this logic, I’m listening to others listening to me. Odd, but helpful. My next question is: what do I sound like?

Children are remarkable in how they often tend to pick up every varied inflection in my words. Surprisingly, I am not. What I have learned by demanding these seemingly simple tasks from kids is a lesson in how mirror neurons are constantly at work - in other words, theory of mind in an all too real, super sped-up time. Their reflections of what they hear and see ring tiny bells in my ears every time I step into the room to "play." I start to listen to myself. I do the thing that I ask them to do, and it is harder than I thought.

It is hard to listen to yourself. But that, I think, is the "how" behind the familiar idea. The kids I work with challenge me to feel how arduous my little requests are, demonstrating one of the basic tenets of counseling - empathy - and force me, quite reluctantly most of the time, to attend to my self. This may be one of the most rewarding experiences I as a budding counselor could receive.
Christie Thanasack
Coming into the program, I thought I knew what I was getting into. I expected to get skills training from competent professionals and to learn from their clinical experiences and knowledge. I was very pleased to get this. What I had not expected was to get schooled by my peers every day in class. I am always astounded and pleased by the wealth of experiences, perspectives, and insights that my peers share. It definitely makes for some lively discussions and overall we are a very talkative bunch - as pointed out by many of the faculty. Also, throughout the last few months I have gotten to know my peers both inside and outside the classroom. In that time my respect for them have only grown exponentially. Again and again, I am humbled by the compassion, empathy, and understanding that my peers display. I feel rather proud to consider them my future colleagues in the field who I would gladly collaborate with, and I continuously strive to meet the caliber set by them. Furthermore, I know that I will be able to rely on my peers for support as I start my clinical experiences. I definitely consider that a strength of our program and of our class. So far I have found the training to be top-notch, but the trainees are also top-notch in their academic and personal qualities.

Elizabeth Wanjiru
The Project Care research lab is one of my favourite experiences in the program. As part my responsibilities I do phone screens, in person screening, recruit participants, conduct neuropsych testing, and learn the basics of research. Plus it’s a really great place to work and the staff and faculty are really nice and supportive.
Second Year Perspectives

Nita Bhatia
Being a member of the 2013 MHCBM cohort has changed my life. I moved to Boston immediately after completing undergraduate college in a rural suburb of Rochester NY. Admittedly, moving to this city was both terrifying and thrilling. I had no idea the changes that were about to occur in my life. I immediately fell in love with the city of Boston and have spent much of my free time enjoying some of my favorite areas including the North End, Faneuil Hall, Seaport, and Newbury St. During my time as a student in the MHCBM program I realized exactly what career path I wanted to pursue. With the help of some of the most talented and dedicated faculty members, I am now about to embark on that journey. Before moving to Boston and beginning this program I never would have believed that this is where I would be today, with all that I have learned and accomplished. I have had some of the most amazing personal, clinical, and academic experiences of my life during these 2 years. I am now about to graduate which would not have been possible without the continuous support and encouragement of the MHCBM faculty members, especially my advisor Dr. Berger-Greenstein. I look forward to the next segment of my career, during which I hope to enroll in a Doctoral program in Clinical Psychology. I will also have the pleasure of spending some time traveling this summer, including a long awaited trip to Spain!

Margarite Bechis
It is hard to believe that two years have passed by so quickly. It is even harder to realize that, after graduation, many of us will move to other states or perhaps countries, only to be connected by our investment in the mental health field and shared experiences in program. I am grateful for the diversity of experiences I have had at my placements, working with a primarily male, adult population suffering from substance dependence as well as with a primarily female, adolescent group suffering from psychologically and medically-complex eating disorders. Through these experiences, I have become an avid supporter of motivational interviewing and dialectical behavioral therapy approaches and developed an interest in addictions treatment. I am excited to use my knowledge and experiences from the MHCBM program in the field of medicine and wish everyone the best of luck in their future pursuits!

Madeeha Channah
It’s all a scam! I spent weeks and days and hours studying hard, religiously doing every assigned reading, cramming for exams and pulling all-nighters because my parents told me that getting As and excelling in classes were the only ways to be successful in life. And then Dr. Brady (in our Career Counseling class) crushed that fantasy by noting that those who excel in class are quite often not the ones that excel in the workplace. So apparently it’s the C-graders and college drop-outs who end up hiring the A-graders-- pardon the hyperbole and over-generalization. Imagine my shock at this rude awakening!!

On a serious note though, being at internship and practicum sites this past year has truly changed my definition of success, failure and achievement. It has humbled me to struggle with the intricacies of the work we do in our field, to agonize over my slow climb up the steep learning curve of the "real world" application of counseling. There truly is only so much one can learn from a book; things move slower in the real world, our clients' progress is sometimes snail-like and faltering, and our own skills develop millimeter by millimeter painfully. At the end of the day, no one hands you a graded paper with a definitive 23 on 25 and helpful-but-often-unintelligible comments that give detailed feedback on your work. And, worst of all, you make mistakes. Not mistakes that cost you 2 points on your Psychopharmacology exam (okay, it was more like 20 points for me), but mistakes that can feel personal and embarrassing and raw, simply due to the nature of our work with all its human interaction, transference, counter-transference and supervisory feedback.

I think for me the toughest challenge has been to be patient and forgiving with myself and to talk to myself in a gentle manner rather than in the stern and punitive internalized voices of my Convent school teachers. And for that I thank all my classmates and professors who have helped nurture and comfort me, and shown me how to be positive and proud. Class of 2013 and MHCBM, it’s been a pleasure! My love and best wishes to you all. Happy Graduation!
Second Year Perspectives

Christina Crowley

For Second Years: Graduation is Upon Us

We are almost there. Only a few more weeks of maintaining the nearly impossible balance of internship and classes. Then we graduate and we move on to new cities, jobs, academic programs, and life adventures. But don’t forget - we have that one week between the end of classes and graduation for some of you to get your last shot at enjoying the city of Boston. So, now that winter has finally ended, here are some springtime activities that you can fill that week with before you bid Boston farewell:

1) Go to the Cape, Martha’s Vineyard, or Nantucket. Explore Provincetown, Edgartown, or Main Street on Nantucket.
2) Go on a whale watch. These leave from Boston Harbor, Gloucester, and the Cape.
3) Grab a drink or appetizers on the Legal Roof Deck in the Seaport area.
4) Walk the Esplanade around the Charles.
5) Go to a concert at the American Pavilion or the Half Shell.
6) Go to a Red Sox game at Fenway Park.
7) Go for a ride on the Duck Boats or Swan Boats

Chantal Gil

I can’t believe we are in our final weeks of the Mental Health Counseling and Behavioral Medicine program! Barely two years have passed and I feel I am becoming a confident clinician. For my final internship, I am interning at Boston Medical Center’s Adult Behavioral Health Outpatient Clinic. I feel spoiled here with Dr. BG around the corner and my wonderful supervisor who has offered me every experience I have ever wanted. As a result of this positive experience, I would love to continue in the outpatient field in Boston and I am currently looking for jobs!

Hint...Hint... Alumni... In the future, I hope to apply for PhD/PsyD programs in Clinical Psychology and/or get licensed in the state of Massachusetts. Wishing everyone the best!

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Jillian Edelstein

Student Representative

If I were to flash back to October of 2010, I would have just learned of Boston University’s Mental Health Counseling and Behavioral Medicine program from Dr. Levy-Bell at a graduate school fair at Emory University. It was circumstance that I landed at the grad school fair because I was not interested in any of the schools attending, partly because most were business schools or medical schools, and I knew I was looking for a psychology/counseling based program. Fortunately for me, Dr. Levy-Bell’s welcoming smile and attitude drew me to that small table and it clicked right away—this was the type of program I was looking for!

At that moment in 2010, I would not have been able to predict how my experience at BU would unfold, first because I had not even applied to the program, but also because I did not know how much I would learn and grow as a part of this program. In fact, until I was asked to submit to the newsletter have I actually reflected on my two-year experience in a meaningful way. In passing I have always promoted our program and raved about the unique training and clinical experiences I have had as a student. However, as I am thinking about where I was about 2 years ago and where I stand now, I am overwhelmed by the changes that I observed in myself. Such a transformation has occurred in the way I approach life; my friendships, family, every-day encounters on the street, planning for the future, and believing in my abilities to help others change and my ability to influence changes for awareness and promotion of mental health. I am proud to feel own my confidence and passion for such an imperative issue.

My internship experience at the McLean-Franciscan Inpatient Unit for Children and Adolescents could not have been more fulfilling. My colleagues, supervisors, teachers and patients have pushed me to do more, learn more, and adapt more to the ever-changing nature of our work. I am truly grateful for this clinical experience and I know I will always look back on those 9-months as my first experience as a valued clinician. I hope to carry these positive experiences with me as I formulate new experiences looking for employment in South Florida. I am looking forward to bringing my skills and ambition to an area of our country that is very dear to my heart, while still remembering the prestige I associate with my experiences in Boston. It will be a bittersweet ending marking the beginning of my career, I am prepared for the challenge...
Second Year Perspectives

Jaclyn Goodman
I can’t believe my two years in the MHCBM program is already coming to an end! I am currently interning at an elementary school in Waltham, MA as a School Adjustment Counselor. I plan to stay in the Boston area after graduation and would love to continue working towards my LMHC in another school system, as I’ve had such a great experience so far! With the help of Dr. Brady and other faculty members in the program, I have been able to pursue the option of receiving a certification as a School Adjustment Counselor as well. While it is definitely nerve-wracking to think about jumping into the real world after graduation, I am excited to see where my classmates and I will end up!

Amanda Jacobson
Thanks so much to the devoted faculty and staff of the MHCBM program! This training has been very meaningful, your advice and feedback have been specific and helpful, and your commitment to the comprehensiveness of the education you provide has been of great value to me.

Since September I’ve interned at the Faulkner Hospital’s Addiction Recovery Program. I’ve enjoyed the work very much, working with groups, individuals, and families, helping people to develop insight, coping strategies, and support networks so that they can live a life of recovery. It’s been a fantastic learning opportunity and has encouraged me to look for work in the field of addictions treatment.

After graduating our program, I plan to stay in the Boston area, to be close to my friends, boyfriend, and church family.

Kshipra Jain
Student Representative
My experience at the MHCBM program has been everything I had hoped for, and more. Coming from a research background, I was uncertain whether mental health counseling was truly the path I wished to pursue in my life. I had no idea what I was doing when I moved all the way from sunny California to the snowy Boston. Yet, I have learned so much not only about the field, but also about myself through this process. I am currently doing my internship at an outpatient setting, SMOC Behavioral Healthcare, and loving every second of it. I did my practicum at the Boston Emergency Services Team at BayCove last summer, and am so lucky to be able to have such a unique experience of working in a crisis team. In addition, I am part of an HIV study, Project CARE, at BMC, so I still get the opportunity to continue to gain research experience. I am so glad and thankful that I kept my fingers crossed and took this chance because this program has certainly been a great experience for me. It has helped me learn so much about myself and grow not only professionally, but also personally. Lastly, I am so fortunate to have had such a supportive group of friends, peers, and professors throughout my journey here. Wow, I truly cannot believe that I am about to graduate with a Master’s degree in Mental Health Counseling & Behavioral Medicine. CONGRATULATIONS Class of 2013!!!!!

Maneek Mundi
I was really drawn to this program because of the curriculum. Being that it is the only program that puts an emphasis on neuroscience and behavioral medicine, I felt that it would give me a unique opportunity to improve my clinical skills and develop an understanding from both a medical and mental health perspective.
Second Year Perspectives

Angela Kyrish
As I reflect back on the past two years, I feel so lucky that I have been able to have the experience of being in the MHCBM program. The knowledge I have gained, the teachers I have learned from, and the friends I have made are all part of what made these years so special. I remember feeling scared and nervous about moving to Boston and starting this period of my life and now that I am once again facing the unknown, I only hope that I am fortunate enough to continue having adventures as interesting as this one. My practicum experience at Riverside and internship at the VA were both amazing and I have loved the people I have had the opportunity to work with. I can’t believe how much I have learned about counseling in just two years! I feel very fortunate that I was able to be around people as supportive as my practicum and internship supervisors as well as the faculty and staff in our program. The teachers and friends I have gotten to know here in Boston have given me wonderful memories that I’ll always carry with me.

Kristen Naylor
As I am eagerly awaiting graduation from the program, I am also trying to savor my last few weeks as a student. It is a bittersweet feeling; exciting in that I will have no more papers, studying or reading after May 2013, sad in that I will miss the classroom setting and support from peers and faculty that has made my experience in the MHCBM program so special. For incoming students, I would advise not to wish away your time in the program! These 2 years have flown by, and with the "real world" quickly approaching on my horizon, I’m beginning to realize that I will actually miss many parts of being in school. Appreciate the great education and stimulating classes that you are a part of, and most of all, continue to learn from those around you. Best of luck!

Heather Tegeler

A Haiku:
Grad school is no joke
Clinical education
Meaningful career

Leah Lee
Hello, everyone! I am thrilled to share the most exciting news (along with my upcoming baby on graduation day) with you all. I recently heard that I became the recipient of the 2012-2013 Ruth and Martin Levine Scholarship in Graduate Medical Education. For those who are not familiar with it, the Ruth and Martin Levine Scholarship in Graduate Medical Sciences is made possible by the generous donation of Ruth R. Levine, PhD. Dr. Levine was the first Associate Dean of Graduate Medical Sciences and a faculty member at BUSM for many years. Given her own life experiences her wish was to allocate “income to provide annual scholarship awards to one or more graduate students enrolled in the Division of Graduate Medical Sciences, who have demonstrated excellent scholarship.” Well, I am extremely honored as well as grateful for the opportunity that I have received.

To me, a good physician or any health care provider who treats patients in person should be very well trained not only in clinical diagnosis and modalities of care, but also in patient care and competencies in clinical skills. This is the main reason why I applied for a dual degree in Mental Health Counseling and Behavioral Medicine (MHCBM) program where the primary objective is to learn in mental health counseling interventions with a complementary background in behavioral medicine and neuroscience. The emphasis of MHCBM program has taught me to gain insights and clinical skills in patient care in order to be a better-qualified physician.

As I will be receiving my masters in GMS and MHCBM program in May of 2013, I am confident to say that I have gained a strong foundation in both biological and clinical skills to become a better physician. I hope to continue my involvement with Boston University as a part of MHCBM program alumni in Boston University. May all the best to all of your future!!
When I think back to where I was at in my life two-and-a-half years ago, and then look at the man I am today, completing a masters degree, the change is remarkable. Having gone into a field with little to no experience under my , I feel that this program has provided me a firm foundation both clinically and academically for my future endeavors in academia.

I was the anomaly in my class — the lone male in the class of 2013, drifting in a sea of strong, powerful, focused women. While this experience may be daunting to some, I have found the experience to be fulfilling and rewarding. This really is a great cohort, and I routinely find myself learning from their contributions.

My internship at the Brockton VA’s Spinal Cord Injury Unity was probably the most life-changing, special experience in my life thus far. This placement gave me the opportunity to delve into the world of neuropsychology, to get deeply involved with a variety of research endeavors, all while honing my clinical skills. It was through this clinical opportunity and under the guidance of Dr. Maggi Budd, that my decision to pursue a Ph.D. in Clinical Psychology with a concentration in Neuropsychology was cemented.

Next year, I will continue my lengthy academic career, beginning my first year at Wayne State’s Clinical Psychology Ph.D. program. Although I will be finishing my graduate studies at 40 years old, it feels good to finally know what I want to do with my life. The MHCBM program has provided me with the foundation and experiences to bring my dreams to fruition, and for that, I am extremely thankful.

Finally, I’d like to congratulate the class of 2013 on graduation. It has been a pleasure getting to know you and work with you over the past two years. I wish you all the best on this next phase of your lives!
Many students used photography for both artistic expression and a therapeutic outlet. Here are some artistic submissions from our students:

Photo Credit: Nancy O'Reilly

Photo Credit: Jess Heaton

Photo Credit: Jess Heaton

Photo Credit: Faisal Alhamdan

Photo Credit: Faisal Alhamdan
This year, many students participated in the National Alliance on Mental Illness (NAMI) walk to help provide community awareness about mental health issues:
Happy Retirement to Dr. O’Hern!!

Thank You For Your Countless Years Of Tireless Service and
Dedication to Higher Learning!!!

The Class of 2013 and 2014 Thank You!
CONGRATULATIONS!

To the Class of 2013: *We did it!*

Faisal Alhamdam  
Margarite Bechis  
Nita Bhatia  
Maddy Channah  
Laquaya Cohen  
Christian Crowley  
Nicole DiCecca  
Jillian Edelstein  
Luisa Feng  
Stephanie Freeman  
Chantal Gil  
Jaclyn Goodman  
Jessica Heaton  
Amanda Jacobson

Kshipra Jain  
Angela Kyrish  
Tatiana Laska  
Leah Lee  
Liz Lehmann  
Jessica Lueck  
Maneek Mundi  
Paulina Murillo  
Kristen Naylor  
Charles Patten  
Anna Rosenspan  
Laure Saint-Georges  
Samantha Smart  
Heather Tegeler  
Nicole Winter