The time has come again for the annual MHBM newsletter! Every year, we feature submissions from faculty, alumni, and current students. We hope that this update finds you well. It’s been quite a year for the program. We welcomed a new core faculty member, Dr. Laurie Craigen (who, the Student Reps would like to note, is an absolutely amazing person and professor. We cannot stress that enough.) Drs. Navalta and Craigen will be starting a new Trauma class this summer, an exciting and welcome development. Additionally, we are looking forward to welcoming our largest first-year cohort yet.

At the same time, much remains the same. Dr. Berger-Greenstein continues to say “it depends” every five minutes, and her children continue to get cuter and funnier by the day (at least from an outside perspective). Dr. Brady continues to not age, which is a neat trick. Mrs. Mark remains the school’s clear MVP. The BUSM printing quotas still make no sense. Such is life.

We would like to offer our sincere gratitude to all of the faculty, core and adjunct, who have so patiently and lovingly helped us along on our respective paths. We have all grown a great deal since we first wandered into the program office, thirsty for coffee and guidance, and so much of that comes down to your willingness to go the extra mile on our behalf. Thank you!

Alumni! Please contact us with your stories! We love to hear from you! Keep in touch!

Best wishes,
Your Student Representatives (2015-2016) - mhbmreps@bu.edu
The Director’s Chair
Remarks from Program Director Dr. Stephen Brady

I attended a ceremony where a clergy member spoke about life as a river that must be traveled in the direction of the current. He noted that some folks spend all of their time trying to go against the current and exhaust themselves while others learn to go with the flow. I think he was exactly half right… it’s an art to know when to do against the flow and when to be carried along. There is a lot to be said for going against the flow. Going against the flow is sometimes the only way we have to make personal or social change. Think of all the women and men who have gone against the flow to change the world; to fight injustice, racism and misogyny. At various times in my own life going against the flow seemed like the only course if I wanted a different and from my perspective a better or at least freer life. I hope all of you are wise enough to go against the flow when needed. I hope your questioning of authority (to quote an old bumper sticker) includes living a creative and adventurous life, being an advocate for mental health and the needs of the underserved and for kindness and justice in this fraught political climate.

I am also learning the art of going with the flow and this has its merits as well! The flow in our Program includes so many classes taught (some hits… a few misses, but next semester is another shot!) The flow includes extraordinary clinical training opportunities and some challenges that we will fix. Most importantly, the flow includes students coming and going, new relationships created while we nurture existing ones with family, lovers, friends and colleagues. The flow includes birth, renewal and death. I venture to say all of us know of such new lives and the death of loved ones….Cherish it all. Question Authority and Go With the Flow!

Regards,
Dr. Brady
First I would like to congratulate the class of 2016! I have so enjoyed our two years together and I'm so proud of how hard you have worked personally and professionally to become counselors. I wish only great success and joy for you. I also want to express my deep enthusiasm for the class of 2017. It has been such a pleasure getting to know you. I especially loved this year’s annual ACA conference where I had an opportunity to hang out with several of you. Great memories and lots of laughs and yes the things we learned about Montreal culture and laws! I'm also thrilled to congratulate Dr. Craigen on surviving her first year with the MHCBM Program. It is awesome to have you with us.

Professionally, this has been an exciting year for me. After many years of dreaming about opening a private practice I am so thrilled that I have finally made my dreams come true. Being a therapist again is the most exciting and soul fulfilling experience that I have had in many years. My passion to once again be a part of someone’s healing process is in full bloom. There is one piece of wisdom that I would like to pass on to you, which I have embraced as a therapist and learned from one of the most prolific women of our time Ms. Maya Angelou, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Sincerely,
Dr. Levy-Bell
2016! Which marks my 16th year with the program and 12th year as a core faculty member. Our program continues to grow. Dr. Craigen joined us last August, and has been a true joy and asset.

Our work continues to be demanding—syllabi, documentation, lectures, powerpoints, clinical notes, advising, mentoring, manuscripts… and of course teaching classes for which the content evolves so much so that the material is revamped year to year. A good thing as it keeps me fresh and on my toes.

And my life outside of work? My daughter Macy will be 10 in 6 weeks. She is quite fond of reminding me that this is double digits and that it means only one more year with the kids’ menu and one more year before moving on to middle school. She made the elite soccer team last spring, which keeps us quite busy. And her mom has done a great job watching games not saying anything out loud about head injuries. Most weekends. My son Ari – almost through kindergarten! He is now beginning to read and feeling quite triumphant about it. And truly gifted comic timing. Not the slightest bit interested in sports, he’s my musician and artist. Gender stereotypes be damned!

The days can be taxing, the to-do lists can be long, and the responsibilities can be overwhelming. The months and years fly by so quickly, even though the weeks sometimes don’t seem to end. The stress of having a work hat and a wife/mom hat is ever-present, but I wouldn’t have it any other way. Privilege indeed.

Two years ago I wrote about the importance of mentorship, which continues to be on my mind. Mentors can remind us of what we’re contributing, what we’ve accomplished, and the proverbial big picture. This is the time of year, with the freedoms that come with summer, that I remind myself to take the time to connect with mentors I see less often. They keep me grounded, validate my worries, and remind me of how lucky I am to have the life I’ve created and been given. I hope that you use this as a reminder to do the same. Whether it’s faculty here (seeing the alums is one of my all-time favorite things!), family, friends, colleagues, supervisors … don’t forget to take the time to connect.

Sincere congratulations and best wishes to the class of 2016!

Dr. BG
First off, I want to thank Dr. Berger-Greenstein, Dr. Brady, Dr. Levy-Bell, Dr. Navalta and Mrs. Mark for your support and encouragement during my first academic year. I am truly thankful to be a part of this great team!

I also want to thank all the wonderful 1st and 2nd year students who helped me to feel welcome and challenged me to be a better instructor and supervisor. You renewed my love for teaching and I am grateful for your kind words, affirmations, questions, and conversations.

When I started out the academic year, my intention was to get back to the core counselor education tasks that I am passionate about and that allow me to be my authentic self; teaching, supervision, and student mentoring. I am thankful that this intention was fulfilled and continues to be realized in my work. It is also a great feeling to be part of a program that places a strong focus on quality teaching and endorses faculty with strong clinical identities.

As I sit here and reflect upon my first year in the MHCBM program, I keep returning to the word GRATITUDE.

I am grateful for the “little things”, like Uber (or Ubah as my mother calls it), for coffee at our impressive coffee station, and for all of my newly acquired art supplies.

I am also grateful for the BIG things like having AMAZING colleagues that allow me to simply BE ME both personally and professionally. I am grateful for the laughs that I have shared with many of you and for being a part of a program made up of such impressive, thoughtful and creative students and social change agents.

I am grateful for finishing my first year and I welcome my future moments in the program with an open heart and mind!

Dr. Navalta’s Nook
A Haiku by Dr. Carryl Navalta

Theory understands
Development gives context
Help is what we do
Annie Crossman ’16, Genya Mazor-Thomas ’16, Peitao Zhu ’16, and Frank Modica ’16 participate in a fundraising walk on behalf of BARCC, where Peitao spent his clinical internship.

Genya Mazor-Thomas ’16 and Peitao Zhu ’16 present a poster entitled “What Your Students Won’t Tell You About the Small Group Experience” at the ACES conference.

Cecilia Zhang ’16 presents a poster entitled “Raising Cultural Awareness in adolescents through the development of Cultural Identities” at the International Association for Social Work with Groups.

Andrew Robinson ’17, Stephanie Burgos ’17, Martin Florimon ’17, Danielle Pedersen ’17, Megan Drake ’17, Meghan Watson ’17, and Rosie Bauder ’17 (an event organizer!) participate in a fundraising walk with the American Foundation for Suicide Prevention.
Cool People Doing Cool Things

Student Spotlight

Andrew Robinson ’17, Carol Bauder P’17, Dr. Gerald Corey, Rosie Bauder ’17, Dr. Jamie Bludworth AKA Stan, Brie Ostreicher ’17, and Rachel Friedman ’17 smile for a photo. The group would later learn that Montreal shops cannot sell alcoholic beverages after midnight.

ACA MONTREAL

There was a Christmas Party! Joel was there, we collected toy donations for the Franciscan CBAT, and Lashay Shephard ’17 brought some awesome special guest stars to steal the show.

CHRISTMAS PARTY

After the Christmas Party, Genya Mazor-Thomas ’16 brought a box full of donated toys to the Franciscans CBAT, where they were accepted by Dana Spuck (left) and Christine Basile.

TOY DRIVE

Genya Mazor-Thomas ’16 successfully lobbied to keep chickens at his home in an undisclosed area in or around Boston, a wonderful example of effective self-advocacy. Hopefully he doesn’t mind that we put this here.

CHICKENS
Reflection on Studying in the US — by Lester Wu ’17

It was a huge transformation, beyond-description, for me to live a life in such a different country. Every single thing was incredibly challenging as a student who speaks the dominant language as a second language, particularly in the first year studying abroad. However, this made me realize the feelings of stepping out my comfort zone and made me try to live in harmony with the "vulnerable self" within me; somehow I felt like I was entirely different from the person I had been - the confident self - in my home country.

Oftentimes I had no confidence and faith at all that I would be able to accomplish the tasks assigned during the whole semester, even now, when my second semester is ending in a week. Every single thing in classes is still intimidating and terrifying to me. I usually feel lonely even though my cohort is super nice and supportive. I want to be alone during classes because I don't have confidence that I can communicate well.

However, regardless of these adversities, I will still stick to my original aspirations and show my perseverance because it was my choice to be here. This process will only make me stronger and more mellow. Even though I have to spend much more time to complete a tiny assignment than others do, I will still make it because I will not give up challenging myself to become a better individual. I don't want to lose.

One Year Down
by Danielle Pinals ’17

As an MHC, there’s a lot you should know
At the BU program, you learn and you grow
Our student reps said I should write something real
So I guess it's worth noting, we’re kind of a big deal

Being a student is not a joke
We’re usually busy and always broke
And when we’re in need of love and self-care
Our friends will remind us and always be there

Some people go running, others ride bikes
And when I am free, I play open mics
Although we have fun, we also have stressors
So sometimes we cry to our favorite professors

We self-diagnose and stress over tests
And as new counselors, we all do our best
From the DSM-5 to nonverbal cues
We learn to be open to everyone’s views

So it’s a bit corny, but I wrote this poem
Because Boston and BU are now my new home
It’s been a long year, yet gone in a flash
I’m hoping the second won't go by too fast
Get to Know Us — Life in Pictures
**Doppelganger-Inspired Trivia**
Compiled by Dylan Fox ‘17

Who said it? Rachel Friedman ‘17 or Psychopathology Professor Tasha Ferguson ‘08

"Once again, death comes into our conversation."
"Krohn's, which isn't quite as tropical."
"On a scale from 1 to clowns..."
"And by '22, I mean, some people say, like, 30."
"We can't just start talking about kindergarten."
"Apparently I'm just thinking about cookies."
"Railroad spike through the ole noggin."
"Sorry, you're narcissistic! Womp womp."
"Your response to stress, trauma, shrooms..."
"I live in Dystonia!" "Oh, no!"
"Hello, Colombian Embassy? I have one of your people here."
"I have a lot of respect for Harvard psychologists - they invented Sesame Street."
"I keep my work clothes separate from my regular clothes because otherwise I'd get confused."
"That's the problem with psychologists: they're always thinking about psychology."
"Disney doesn't teach you to be a heroin addict."
"You should punch a pillow - wouldn't that be better than cocaine?"

If you said “They're all Tashisms!” Then you are correct! Congratulations! You win nothing but the satisfaction of being right. Go you! (And if you happen to be Professor Tasha, we hope this helps explain Dylan’s frenzied note taking.)

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**Tales of New England Outsiders —**
Assembled by Meghan Watson ‘17

Our crack investigative team cornered some first year out-of-towners and asked them for their brief impressions of their new home. The results were shocking.

“Ya’ll don’t know what barbecue is”
Frannie Hatling ‘17

“Boston is very Psychodynamic"
Eryn Maschek ‘17

“They called it the ship of dreams - and it was"
Andrew Robinson ‘17

“Never talk bad about the patriots in public”
Meghan Watson ‘17

“It’s Dunkin vs everybody (I hate Dunkin)”
Sarah Johnson ‘17

"Boston's winter is just like Antarctica."
Lester Wu ‘17

“Is it possible to deliver pizza from NY?”
Rachel Friedman ‘17
MHBM INSIDER OUT
THE SIX BASIC EMOTIONS—A TRIBUTE TO NEURO

Clockwise from top left: Surprise, Joy, Fear, Disgust, Sadness, Anger
Clockwise from top left: Surprise, Joy(?), Fear, Disgust, Sadness, Anger
Perhaps lured by the call of free food, an incredible number of alumni came to this year’s alumni event, where they answered student questions, described their diverse and impressive set of experiences in the workplace and in continuing education, and in some cases even subtly indicated the availability of jobs in their agencies. Thanks for visiting! Come back soon!
Alicia Skorupinski Cashman  
Class of 2010

I completed my Masters in Nursing in May 2015 and am now a Psychiatric Nurse Practitioner. I work at an outpatient practice primarily in Norwood, MA. I continue to hold my LMHC and while I primarily do medication management I do have a small case load for which I do therapy and medications. Feel free to contact me if you are considering nurse practitioner school.  
Alicia.e.cashman@gmail.com

Thank you,  
Alicia

Tim Niemiec, LMHC, BCBA  
Class of 2006

I am still running the Triumph Center for child, adolescent, and young adult counseling with my Ph.D. partners, providing school consultation, individual/family/group therapy, diagnostic assessments, and a therapeutic summer camp to clients from all over New England. We are currently looking for licensed master's level clinicians for full and part time work; in addition, we are looking for doctoral level clinicians to join on a potential partner track in the business. It is an exciting time as we are growing rapidly. I recently passed the exam to become a Board Certified Behavior Analyst and am excited to use my new expertise in consultation and clinical work. It was great to see everyone at the recent alumni night; it is one of my favorite events each year. I hope all are well and please stay in touch!

Look! A baby!

Congratulations, Tanaya!

Please join us in congratulating Tanaya Kunnenkeri ’12 on the birth of her adorable son, Abraham John Kunnenkeri!
Dear MHCBM Community,

This May it will be 5 years since I graduated from the MHCBM program. Boy, does time fly! It was just yesterday that we were sitting in Dr. Brady's class, or learning from Dr. Berger-Greenstein, or finding our placements from Dr. Levy, or stressing about papers and case reports! Those were the days! I miss the program a lot, I had such a wonderful experience there.

My Practicum was at the Lowell Youth Treatment center, which is a Partial Hospital for adolescents. I had said I didn't want to work with kids, so Dr. Levy asked me to stretch myself. I'm so grateful as today my work continues to include adolescents. I left every day form LYT feeling like I was doing meaningful work. My internship was on campus in the Behavioral Medicine Clinic at BU (Charles River Campus), where I provided counseling to BU students. I loved this as well and it fueled my love for working with college students. It was a wonderful experience.

Both positions were strong placements for me primarily due to getting strong supervision from clinicians I really respected, felt supported by, and valued their guidance. This is so important. If you don't have that at your placement you must find it in addition!

The first couple years after graduating, I worked in an outpatient community center with primarily underserved adolescents and adults, and a private outpatient mental health facility that was very medically (and medication) focused. I learned a lot from both, and as with anything there are always pros and cons. Outpatient fee for service is tough, and working for an organization that clashes with your values of patient care wear on you after a while, but you have to buy food, and pay your bills. So on some levels navigating this for the first couple years was challenging, but is part of the evolution of my work and knowing what I really need and want out of my career.

In the Fall of 2013 I got asked to be and Adjunct Professor at Framingham State University, and to teach a Developmental Psychology course for those studying to be teachers. I've since taught 1-2 courses each semester and I absolutely love it. It is a lot of work but very rewarding. It uses different "muscles", and I can be myself versus being in therapist mode, and the combination of teaching with counseling is my ideal combination. Next semester I'll be teaching General Psychology and Abnormal Psychology there, it should be fun!

In addition to teaching 2 days a week, I see adolescents and young adults (outpatient) 3 days a week in a group practice called Southeast Psychological Services in Raynham Ma. It's great to be around other independent clinicians and work with a wide variety of clients there.

Recently, I've also added in my own private practice. I've opened a private practice in Framingham called Turning Leaf Counseling, where I am seeing adolescents, college students, and adults. I'm hoping to grow this and have this be my Clinical focus, in addition to teaching. I'm taking referrals! (www.YourTurningLeaf.com)

Perhaps the most exciting thing in the last year is the addition of our Goldendoodle puppy, Maple. Maple has stolen our hearts and is a wonderful dog. I will be integrating her into my practice as she gets older and is a little more calm (only a year old), as a therapy dog. She makes everyone she meets smile, and since she doesn't shed (and petting her feels soothing) I think she will be a better therapist than me! She's already much cooler than me, with 5k+ followers on Instagram (@oodlesofmaple).

That's all for now! I hope to have some more fun life updates next year! Wishing everyone a wonderful spring and summer, and as always feel free to reach out with questions!

Big thank you to the Reps for this newsletter, and the whole staff/faculty team!

Be well,
Esther
A Tribute to Dr. O’Hern

Anna Kharaz ’12

It has been but a few short years since I was sitting in Dr. O'Hern's supervision section and listening, wide-eyed, to the recollections of her brilliant international career. The captivating stories from every corner of the world inspired equal amounts of laughter and tears and Dr. O'Hern's knack for storytelling ensured that my classmates and I were amidst every remembered adventure with her.

While these recollections were informative and inspiring to me, I knew they were but a dream, out of reach, and belonging to someone else with the entrepreneurial spirit and vigor of our beloved supervisor. When I shared this mentality with Dr. O'hern, she tipped her head up with full-bellied laughter and told me that an attitude adjustment was all I needed. I appreciated her words, but swallowed my disbelief and tried to change the subject as quickly as possible, highlighting my emotional maturity and interpersonal grace. Naturally, she saw right through my avoidance tendencies and spent the rest of the year helping me confront my insecurities.

Today, I write this entry from Thailand, where I now work at an international school, independently building a counseling program in a foreign world and stockpiling my own O'Hern-esque collection of tales, some to share with others and some to keep for myself. I find that I often travel back in time, particularly during my most difficult days, to those vivid memories of supervision class, recalling Dr. O'Hern's words of encouragement and her endless inspiration. I am deeply appreciative of the fact that I had the opportunity to study under Dr. O'Hern and know we are all so fortunate, as a community, to have been graced by her presence. I would not be where I am today (literally and figuratively) without her, without the MHCBM staff and without my peers.

I write this in loving memory of Dr. O'Hern and of her imprint not only in my life and in our program, but in the world. May we all walk in her footsteps but make our own path. May we inspire and be inspired. After all, this is what our world needs.

Thanks, Dr. O'Hern and the rest of our MHCBM team.

With gratitude,
Anna
2nd Year Reflections

What are you most excited for after graduating?

- Annie Crossman: Excited to sleep
- Cecilia Zhang: Excited about the move to Atlanta
- Meghan Simonett: Excited to be paid
- Chandler Yunker: Excited to move to Denver
- Chloe Stergides: Excited to have the cohort as colleagues to consult with
- Nick Grafton: Excited to have more independence
- Renee Stanley: Excited to move back to California and begin a life
- Peitao Zhu: Excited to go to Syracuse and start a doctoral program (Yes, even more snow!!!)
- Madison White: Excited to start the next chapter
- Mariana Nicholls: Excited to not grow up and remain as a doc student in Boston
- Hannah Beaver: Excited for no more paper to write
- Laura Milan: Excited to be a MHCBM alum
- Jessie Hazelgrove: Excited to see where our talented cohort goes, AND to have more time for self-care
- Jenna Fraher: Excited for the continuance of self-exploration
- Marta Robinson: Excited to reflect back on the memories created and the lessons learned together
- Genya Mazor-Thomas: Excited to change diapers
- Brittany Ross: Excited to not be a student anymore
- Jameela Stanton: Excited to see family again
- Brooke Shafer: Excited to move to DC, Maryland, or Virginia
- Ana Maria Jarrin: Excited for no more role-playing
- Pilar Tucker: Excited to vacation with loved ones
- Soobin Kim: Excited to start getting paid for all the blood, sweat, and tears
- Frank Modica: Excited to start a new chapter, and live with loved ones
- Sophia Fidai: Excited to make time to travel
2nd Year Reflections

What kind of animal is a counselor?
- Seal
- Dolphin
- Parakeet
- Dog
- Bird
- Chimpanzee
- Polar bear

What kind of a sport is counseling?
- Football
- Lacrosse
- Mountain Climbing
- Skiing down the mountain with a leash on
- Tennis
- Soccer

What kind of imagery comes to your mind when you think of the process of counseling?
- Sunrise and sunset by the sea
- Splash painting
- Mountains
- A windy road with hills and lightbulbs
- Flashlight exploring a cave
- Holding hands walking down a busy street and teaching a child to dodge cars by themselves
- Key unlocking a lock
- Warm blanket with a wire inside that gives it structure
- Cast: it helps you heal and then you don't need it anymore

My biggest personal achievement has been...
- Completing my studies
- Letting go of being serious
- Finding the right career path for me
- Transitioning from high school to college
- Learning how to love myself
- Trusting myself

How would you describe your past two years at the program?
- Reconstructing a house from the foundation up
- New territory
- A walk in a magical forest
- Tumultuous
- A walk up candy mountain
WE MADE IT!
CONGRATULATIONS, CLASS OF 2016!

Hannah Beaver
Annie Crossman
Sophia Fidai
Jenna Fraher
Nick Grafton
Jessie Hazelgrove
Ana Maria Jarrin
Soobin Kim
Genya Mazor-Thomas
Laura Milan
Frank Modica
Mariana Nicholls
Marta Robinson
Brittany Ross
Brooke Shafer
Meghan Simonett
Renee Stanley
Jameela Stanton
Chloe Stergides
Pilar Tucker
Madison White
Chandler Yunker
Cecilia Zhang
Peitao Zhu