



VITERBO UNIVERSITY

PSYCHOLOGY

Department Newsletter

2019 - 2020

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DEPARTMENT CHAIR'S WELCOME

We are thrilled to share our annual department newsletter, in which we spotlight accomplishments of our psychology students, faculty, and alumni. Some highlights from the past year:

- Ceremony held to induct the first members into the new **Viterbo chapter of Psi Chi**, the International Honor Society in Psychology. Eligible students can become lifetime members and enjoy benefits such as career development resources and eligibility for scholarships and research grants.
- The **Psych Club and Psychology Department hosted several events**, such as monthly breakfasts with psychology students and faculty, and a faculty panel on graduate school.
- The **psychology alumni reunion** took place in October as part of Viterbo Days. We are eager to continue to grow our alumni connections!
- Many notable **achievements of our psychology students**, including two student research presentations at national conferences, and several graduates continuing their education in master's or doctoral graduate programs.

We are proud of our talented students and alumni and look forward to seeing what the next year brings!

Liza Ware
Psychology Department Chair

ADJUNCT FACULTY SPOTLIGHT



Tamera Hill, LMFT
Adjunct Instructor, Psychology & Mental Health Counseling

1. Describe your professional background.

After graduate school, I was a therapist at an adolescent inpatient program. Next, I did outpatient work at a community mental health center for 7 years, serving individuals, families, and couples. That's where I gained a

real passion for my work. I then started my own private practice and branched out into my niche. I specialized in couples therapy, including pre-marital and divorce preparation counseling. I also started adjunct teaching at the undergraduate and master's levels. One of my passions now, after 20 years in the field, is watching students get ready to go out and do what I have done for many years. My experience as a clinician and instructor also motivated me to go back to school for my doctorate in Viterbo's Ed.D. in Counselor Education and Supervision program.

2. How long have you been teaching at Viterbo?

What courses do you teach? I have been teaching here for 11 years. I have taught a little bit of everything in both psychology and counseling, mostly in the areas of developmental and family, human sexuality, and counseling theories and skills.

3. How did you become interested in teaching? My

interest goes back to when I was a kid; my mom was an elementary school teacher for 34 years and a middle school teacher for 3 years. I spent a lot of time in her class, and used to help decorate her classroom. I watched her grade papers on evenings and weekends. I believe my passion for teaching grew through watching my mom.

4. What do you enjoy most about teaching at Viterbo?

I love the environment of supportive colleagues. Every person that I have come into contact with answers any question I have. I love the small classes. I've been blessed with opportunities to advance over the years and that has been huge for me. Viterbo has a fantastic student population, and watching their progress is amazing. The school is doing great things and I'm grateful to be a part of it.

5. What is something scholarly that you do outside of the classroom?

I'm hoping to publish something soon. I'm looking at how therapists deal with grief and loss, much like "wounded healers." In our field we do a good job talking about grief with clients, but we're not doing as good of a job making sure that we're taking care of our therapists. Now that I'm doing my doctorate, I am reading so much, and this has opened my eyes further to explore this topic and many others.

6. What is something that you do for fun? I hang out with my to awesome kids and husband. I also love to travel. I'm a crafter, which provides self-care. My family and I love movies, which is fun because we say one-liners all the time. Music and reading are also my escapes and how I re-energize.

FACULTY UPDATES

David Saunders-Scott teaches lower- and upper-level courses and enjoys seeing students develop through the program. His research on factors that promote student academic success, shows that psychological factors (grit, perceived stress) predict college retention better than ACT scores or GPA. He is currently studying how the microbiota influences health, specifically whether healthy gut bacteria improve behavioral and biological markers of mental health (e.g., anxiety). David is on several university committees; on the Diversity Committee, he is helping to analyze a campus climate survey to develop recommendations for Viterbo to ensure our campus is welcoming and inclusive for all. In his free time, David enjoys spending time with his family, running, and watching a good movie from any genre.

Michael Parker's current research focus is motivation and need satisfaction. He is studying two forms of extreme thinking that result from a deprivation of basic needs: perfectionism and conspiratorial thinking. His work on perfectionism was presented at the Society for Personality and Social Psychology (SPSP) conference in Portland, OR in 2019, and accepted to the 2020 SPSP conference in New Orleans. Mike was awarded a small grant from SPSP to continue this research. He is also designing experiments to test shifts in willingness to consider conspiratorial beliefs, and writing a grant proposal to study the reduction of conspiratorial beliefs as a mechanism for climate change mitigation.

Stephanie Thorson-Olesen teaches in the undergraduate psychology and M.S. in Mental Health Counseling programs, and now in Viterbo's new Ed.D. in Counselor Education and Supervision program. She presented at three conferences this year on various topics, such as counseling clients that vape and cultural competency. Her research was recently accepted to the International Congress of Psychology (Prague, Summer 2020). She also helped write a grant awarded to Viterbo by the Health Resources and Administration (HRSA) to give stipends to master's students interested in substance abuse counseling to provide integrative services in rural areas. Stephanie is also the editor of the Wisconsin Counseling Journal. This past summer the Olesens traveled to three different countries: France, Switzerland and Monaco. They love continued learning and exploration of new cultures and places!



Liza Ware's recent research examines how experiences in nature promote children's and adults' learning about the natural world, particularly their understanding of ecological relations between humans, non-human animals, and plants. One study examines how children's experience at a farm camp facilitates their learning about farm ecosystems and ecological relationships. Her research will help identify best practices for teaching children and adults about eco-friendly behaviors. She will be on sabbatical in spring 2020 and will focus on preparing her findings for publication. She is enjoying applying her developmental psychology background to her own real-world example – her 2-year-old daughter. She provides Liza with constant wonder, amusement, and gratitude.

David Bauer studies 670 nm photobiomodulation therapy using model organisms. His students are studying environmental toxins and lifespan, using the nematode *C. elegans*, a soil-dwelling worm. They will expose the worms to potassium cyanide and treat them with 670 nm light to determine how dosage influences ATP production and survival. Dave also received a D.B. Reinhart Institute for Ethics in Leadership fellowship to study how cognitive factors and aspects of the Viterbo curriculum and experience contribute to students' moral judgment development. He is also learning R programming language and working with students to analyze data from public archives from psychological and/or neurological patients. David's wife, Ashley, is completing her nursing degree at Viterbo. Their children are growing quickly! Arya is nearly 6 and Phoenix is almost 1½. Both occasionally wreak havoc in his office.

Bill Bakalars teaches undergraduate psychology and substance abuse counseling courses, and in the M.S. in Mental Health Counseling (MSMHC) program. He works closely with MSMHC students on their action research projects and is actively involved in the Recovery Narratives project, an ongoing qualitative study started at Viterbo in 2013. Bill serves on Viterbo's PROMISE (Promoting the Reduction of violence, Mental Illness and Substance use through Education) committee. He maintains a part-time clinical practice at Mayo Clinic – La Crosse Healthcare. He lives in La Crosse with his wife, Patty. They have three sons, Louie (28), Charlie (27), and Frankie (19). He is a fanatic cyclist (pedals....none of the motorized stuff) and you will find him on a bike until the snow flies!

FEATURED ALUMNI SPOTLIGHT



Violeta Kadieva
PhD, LMFT-S
Class of 2009

1. Describe your current position. Assistant Professor in the graduate counseling program at Texas Wesleyan University in Fort Worth, Texas. I teach both master's and doctoral level courses in marriage and family therapy. I also teach a doctoral family systems class for the family nurse practitioner program in our School of Health Professionals.

2. What do you like most about your current position? We have a great supporting group of colleagues in our department. In addition, I get to facilitate a self-care group and we encourage our students to engage in mindfulness and meditation. We try to educate students about providing holistic care for their clients. I actually first learned about mindfulness from one of my Viterbo professors, Gary Robbins.

3. Describe your path from Viterbo to your current position. What steps and career moves got you to where you are today? I received my master's in marriage and family therapy at UW-Stout University. I had two assistantships there, one with the Honor's Program and one with the Provost's office. I was in the Honor's Program at Viterbo, which helped me in my application process. As an undergraduate, I had an internship at Chileda and also completed the substance abuse counseling coursework. As a graduate student, I had an internship at Omne Clinic in Eau Claire, where I worked with diverse clients and co-facilitated co-occurring disorders and family therapy groups. I chose to do a master's thesis so that I could apply for doctoral programs. I decided to attend Texas Tech University (TTU). I had a teaching assistantship and teaching fellowship at TTU, and won a summer dissertation research grant and graduate research poster competition award. I also completed an internship with the

Juvenile Justice Center in Lubbock, TX. After completing my doctorate in marriage and family therapy, I started as a faculty member in the Educational Psychology Department at the University of North Texas. I taught there for a year, and then moved to Texas Wesleyan University as they offered me a better position and opportunities. I have been there for 4 years and absolutely love my current position. I also received the Engaging Educator Award at Texas Wesleyan University.

4. What was the most beneficial thing you did as a student at Viterbo to prepare you for post-graduation? Taking electives, such as my marriage and family therapy and substance abuse counseling classes with Dr. Debra Murray. I did a practical internship. I also had a work-study position in the psychology department, which allowed me to work on research projects with Dr. Mort Morehouse and other students. We received a small research grant. We also participated in the Seven Rivers Undergraduate Research Symposium at Viterbo and won an outstanding presentation award. I am extremely grateful to Dr. Morehouse, Dr. Murray, and the Franciscan Sisters of Perpetual Adoration for these wonderful opportunities!

5. What was the most valuable lesson you learned while at Viterbo? I learned to keep working hard toward achieving my dreams and goals, and to persevere in the face of challenges.

6. What is your favorite memory from your time at Viterbo? My favorite experience at Viterbo was definitely my work-study position in the psychology department. I believe all of my professional achievements are due to this great experience. I also made many good friends that I still keep in touch with. We formed our own research team and called ourselves the "Mortskeeters."

7. What advice can you give current or prospective Viterbo psychology students? Work hard and never give up on your dreams and goals. Try to keep work-life balance. Never hesitate to ask for help, but also be willing to help others in need.

"Never hesitate to ask for help, but also be willing to help others in need."



RECENT ALUMNI SPOTLIGHT



Stacy Bracht

Education

- B.S., Psychology, Viterbo University, 2018
- Master's in Human Resources and Industrial Relations, University of Minnesota: Carlson School of Management, May 2020

Current Employment

- Human Capital Graduate Intern, UnitedHealth Group, with accepted offer to start full-time in Human Capital Apprentice Program in June.
 - ◇ Support various segments of the business with talent reviews, succession planning, development programs, focus group facilitation.
 - ◇ Apprentice Program rotates through four specialty areas in human resources, and will lead to human capital role involved with the business and strategic decision consulting.

Activities at Viterbo

- Internship: Human Resources Intern, People's Co-op, La Crosse
- Research: *Achieving Work-Life Balance: Marital Satisfaction and Time Spent Together*, Faculty Mentor: Stephanie Thorson-Olesen. Presented at 2017 Wisconsin Counseling Association conference.
- Extracurriculars: Women's golf team; Public Relations representative, Student Activities Board; Psychology Club officer; National Society of Leadership and Success; Tutor, General Psychology

Favorite thing about Viterbo

All of the support and opportunities that I wouldn't have had at a larger school. I got to build relationships with the professors and they were there if anyone ever needed help. They truly wanted you to succeed, which made it easier to want to succeed and learn. Also, getting the opportunity to become friends with the people in my classes since they were small and we usually had several classes together. I also got to conduct research and present it at the Wisconsin Counseling Association's fall summit. Even though I didn't go into a psychology graduate program, I use what I learned at Viterbo almost everyday in my classes and work. There is a lot of overlap across some classes, such as principles of coaching, management of teams, staffing and selection, and employee training. These classes teach a lot of the principles I learned at Viterbo, especially from social psychology.



Nicole Neuverth

Education

- B.S., Psychology, Viterbo University, 2016
- Master's of Education, University of Wisconsin - Oshkosh, Professional Counseling/Clinical Mental Health Counseling Emphasis, 2019

Current Employment

- Youth and Family Counselor-The Boys and Girls Clubs of the Fox Valley
 - ◇ Provide individual and youth-focused family counseling services at no cost to Fox Cities area for youth aged 6-18. Also provide case management for families and connect them to additional community resources.

Previous Employment/Activities

- AmeriCorps Runaway Team, Runaway and Homeless Youth Services of the Boys and Girls Clubs of the Fox Valley
- Counseling Internship, The Wisconsin Resource Center
- Graduate Assistantship, Department of Professional Counseling, University of Wisconsin - Oshkosh
- Counseling Internship, Outagamie County Criminal Justice Treatment Services
- Case Management and Outreach, The Counseling Center, University of Wisconsin - Oshkosh

Activities at Viterbo

- Internships: Peace of Mind Counseling, and The Parenting Place
- Research: *Gamification and Attention in College Students*, Faculty Mentor: Dr. David Bauer

Favorite thing about Viterbo

One of the things that I am most grateful for as I look back is the way the faculty prepared us for what was next. We had opportunities that other undergraduate students hardly ever have (using counseling labs, conducting independent research, etc.). The most important part for me is that I always felt supported, and that I mattered.

“The most important part for me is that I always felt supported, and that I mattered.”

CURRENT STUDENT SPOTLIGHT



Allison Dunne

Year in School:

Senior

Major: Psychology

Minor: Neuroscience

What is your favorite thing about being a student at Viterbo? The approach that everyone takes to our learning. We're allowed to be independent and grow as students, but there's always someone there willing to help you with whatever you're doing. It feels like a community that always wants you to grow.

Why did you choose Psychology? I chose psychology, I'm sure for the same reason a lot of people do, because of personal connections to it, but then it grew to a lot more than that and I really found a love for research and learning about it more deeply. I think it was me realizing that there were so many different opportunities and paths I could take.

What has been your favorite psychology course at Viterbo and why? The research methods courses, and Psychological Testing. I really like research and the process, and psych. testing made me think; it was really in-depth. That's what made me fall in love with neuroscience, too—being able to understand everything else I was learning in my classes and then apply it to different principles.

Describe the research projects you've completed. First, in Research Methods II, on attachment styles and how they relate to marriage satisfaction. From there I realized I really liked research, and my focus in Advanced Research has been on motivation and perfectionism. The process has been fun and hard. It's a lot of work on top of everything else but it's super worthwhile when you get cool data and, in the end, you have this whole project and you can say, "I did this," and, "I put the work into this and now I have the results," and you're able to present them to somebody else. It's a really fun build-up where you get more excited as you go.

What are your plans after you graduate? I'm planning to go to graduate school and for my Ph.D. and am in the process of applying to schools. I want to go to a program that's mostly focused on research, with teaching as well. I want to go to a program that focuses on motivation, but I'm also looking at social neuroscience programs.

What advice do you have for freshmen?

Take every opportunity that you can and try as many different things as you can because you never know what will surprise you. Once you find that "thing," you'll know and you'll want to stick with it and it's what's going to drive you to continue when school gets hard.



Samuel Danielson

Year in School:

Senior

Major: Psychology

What is your favorite thing about being a student at Viterbo? I really like the class sizes and getting to know the professors on a personal level so I am able to go to them and ask for help.

Why did you choose Psychology? I actually switched from marketing, but I've always had an interest in psychology. I just felt like it was something that was meaningful for me. I've always known that I want to help people and it just seemed like a better way for me to do that. It keeps me interested and I enjoy it; it's been fulfilling.

What has been your favorite psychology class at Viterbo so far? I really enjoyed Social Psychology. I thought everything I learned in that class was super interesting and it was sort of my introduction to the psychology program. I also really liked Family Therapy and learning about the dynamics between people.

Describe the internship and research project you've competed. My internship is in the Center for Student Success here at Viterbo. I help students with their schedules, help them get where they need to go, and tell them about the resources that are available to them if they are asking. I am also setting up a proposal that has to do with retaining students at Viterbo as it's related to mental health outcomes here on campus. It's very interesting so far and I'm learning a lot.

My project in Research Methods II research was on ostracism and social exclusion and how they affect helping behavior in people, and we looked at group identity as a moderator. We predicted that when people were excluded or ostracized, they would be more likely to help other people who are in a group that they are also a part of. That is what the research has said, but we actually found that that did not happen in our sample; there was no difference between groups.

What are your plans after you graduate?

I'm looking at graduate schools, currently at doctoral programs in clinical psychology, I've still got to apply to them, but I'm in the process of looking. Taking the GRE is the next step.

What advice do you have for freshmen?

Don't be afraid to ask for help, especially from your professors if you are struggling in a class. They are more than willing to help you.

"Take every opportunity that you can and try as many different things as you can because you never know what will surprise you..."

PSYCHOLOGY ALUMNI UPDATES

Congratulations to all alumni on their accomplishments!

Tammy Gruen (Thompson) - Class of 1990

Working with Viterbo for students in my AP Psychology class at Logan High School to have the option of earning dual credit at Logan and Viterbo. What a great opportunity for my students!

Cynthia Patros "Cyndy" - Class of 1991

Director of Coulee Reading Center for the past 8 years.

Tania Lynne Voter - Class of 1993

Licensed Professional Counselor, independent practice in La Crosse, since March 2016

Shanen Kazynski (Baures) - Class of 1995

Certified end-of-life-doula and life coach. Owner and operator of The Journey Within LLC, (dba) The Respite Caregiver of La Crosse, offering non-medical support and services

Crystal Sobotta (Oslie) - Class of 1999

School counselor, Houston Public Schools, since 2005

Mandy Howe - Class of 2004

Promoted to Clinical Manager of Addiction Services, Gundersen Health System, July 2017. Adjunct professor in the Master's of Mental Health Counseling program, Viterbo University, 2019

Katie Morse - Class of 2004

MSW, Case Western Reserve University in Cleveland, Ohio, 2017. Hamilton County children services worker for 7 years, now as Guardian ad Litem. Resides in Cincinnati, OH with husband, 6-year-old foster son, and two dogs

Vilmarie Fraguada Narloch - Class of 2006

Certificate in Psychedelic-Assisted Therapy and Research, California Institute of Integral Studies, 2018. Recently passed the Examination for Professional Practice in Psychology. Working on launching a non-profit mental health organization, Sana Healing Collective, in Chicago

Shannon Ketcham - Class of 2010

Certified Mental Health First Aid Instructor, National Council for Behavioral Health, June 2019

Danielle M. Olson - Class of 2012

Doctoral student, Chicago School of Professional Psychology, Irvine, CA. PsyD in Applied Clinical Psychology, anticipated graduation in 2022

Caley Griswold (Cavadini) - Class of 2014

Executive Secretary, City of La Crosse - Mayor's Office. Mom to two children

Maddison Noel (Brown) - Class of 2014

New mom to daughter, Olivia, born on June 16th, 2019

Amanda Schield - Class of 2014

Licensed as a Mental Health Counselor (LMHC), February 2019. New position at Columbia Valley Community Health in Wenatchee, WA, August 2019. As a new provider, got to go to Guatemala for a Spanish Immersion experience for 3 weeks

Holly Skretta - Class of 2014

Therapist, Mercyhealth Child and Adolescent Day Treatment, Janesville, WI.

Jessica Manske (Hiles) - Class of 2015

Married Ryan Manske on October 5th, 2019

Tanya Desfosses (Shawley) - Class of 2015

Counselor in substance abuse program, county Department of Corrections, New Hampshire



Alyssa Sherwood - Class of 2016

Masters in Social Work, St. Thomas/St. Catherine Universities, May, 2019. School-Based Mental Health Provider, Gundersen St. Joseph's Hospital and Clinics, Hillsboro, WI. Working toward 3,000 clinical hours to fulfill requirements needed to become an LCSW

Erin Burns (Mulcahy) - Class of 2016

Therapist, Inner Courage Counseling, Naperville, IL. Was involved in the process to open the practice, with two supervisors from internship. Teaching undergraduate psychology classes at two universities in the area. I love teaching and see it as a major part of my career moving forward!

Kayla Ryba - Class of 2017

In final year at Winona State for Master's in Counseling, graduating May 2020. Intern at La Crosse Family and Children's Center.

Maria Michels - Class of 2017

In third year of PsyD program at Spalding University, graduating May 2023. Currently in practicum, doing assessments and seeing therapy clients. Presented 3 posters at APA conference in Chicago. Currently working on developing a coping scale and researching its psychometric properties.

Houa Yang - Class of 2018; MSMHC 2021

Admissions Counselor, Viterbo University, July 2019.

Rowdy Yates - Class of 2019

In first year, M.A. in Forensic and Legal Psychology, Marymount University, Arlington, Virginia. Interning with the United States Marshall Service.

Lexi Bird - Class of 2019

In first year, School Psychology PhD, University of Kentucky. Teaching assistant for Developmental Psychology; research assistant on tobacco dependency treatment project. Also working with a high school psychologist in Lexington.

Alumni, do you have a memory or update to share?

Email Liza Ware at: eaware@viterbo.edu

ALUMNI MEMORIES

Collected for the Psychology Alumni Reunion, held on October 12th, 2019

"We used lab rats for class. It was a very powerful way to understand learning theories. We used Skinner boxes and also built mazes out of wood. My rat was named Mille and she was a genius. At the end of the semester, the rats would be given to a snake owner. I couldn't bear to have Millie be eaten, so I gave her to a custodian as a pet." - Beth Dolder-Zieke

"I remember Mort's laugh echoing down the halls of the 5th floor of the Murphy center"

"One of my most favorite memories of being a psych major at Viterbo, was taking the Amtrak to Chicago for the APA conference with my mom and my grandma."

"I liked child psychology and enjoyed the project that we had for raising a child based on different parenting styles."

"Courtyard Carni was always a blast. There was a great sense of community."

"Some of my favorite memories were taking the upper level Psychology classes. I enjoyed hearing about the practical 'real-life' experiences on how to help clients within the community from Ron Schaefer. The class material was very interesting. He was my faculty advisor and I always appreciated his advice and enjoyed meeting with him."

"I remember how often [David Wilman] would tell us he would have rather been a rock star while he was teaching us quantitative analysis."

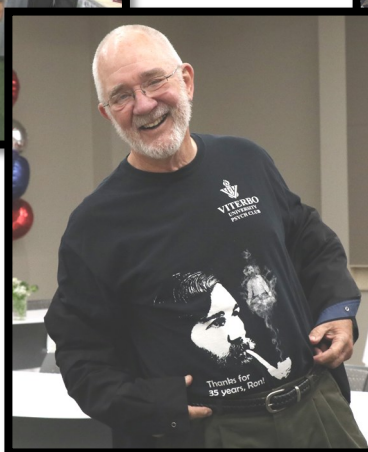
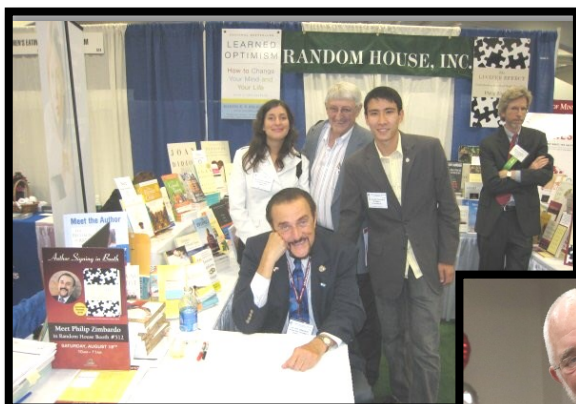
"Impromptu gatherings in the faculty offices. Mort's and Ron's doors were always open and we were welcomed."



"As a non-traditional student, I was so pleased that I had such an amazing cohort. They brought me in, gave help where I needed and I found them to be such great friends. Even now, we still keep in touch." - Lana Buchner

"I remember Pam Maykut really challenging us/me to take the research track as it was a path to graduate school. She pressed me to work hard conducting qualitative research, but I appreciate the skills and work ethic she instilled."

"I am so blessed to have had Stephanie Thorson-Olesen as my advisor, she is such a big part of why I was able to graduate early and am where I am today. I will never forget our chats in her office when she would order us Jimmy Johns and we would talk for way longer than we had planned."



PRESENTATIONS, PUBLICATIONS, AWARDS

Psychology students and faculty have been hard at work on many interesting research projects, internships, conference presentations, and scholarly publications. Congratulations to all on their accomplishments!

Research Methods II Research Projects

Psyc 330 students worked hard on their research projects last spring and presented their findings at Viterbo's annual Scholars' Days.

Close Relationships as a Moderator of the Effect of Ostracism on Accessibility of Death Thoughts

Katlyn Becker, Sarah Murl, Michaela Pronschinske, Rachel Zeleznik

Choice vs. Disease: Factors that Influence Attributions Towards Alcoholism

Kaitlin Babcock, Aubryana Kujawa, Christina Repa, Donyell Zingler

The Impact of Ostracism on In-group and Out-group Helping Behavior

Samuel Danielson, Allana Haas, Nicholas Moder, Jared Elijah Wilson

Mental Health and Stigma: Correlations Between Illnesses and Gender

Desiree Ryan, Kayla Schweiner, Marisa Stefanski, Jade Temple

Advanced Research (Psyc 489) Projects

Student: Allison Dunne

Faculty mentor: Michael Parker

Research topic: Reframing Perfectionism from a Motivational Perspective

Student: Ashley Kast

Faculty mentor: Michael Parker

Research topic: Ostracizers vs. The Ostracized: An Investigation of the Antecedents of Ostracism

Student: Lexi Bird

Faculty mentor: Liza Ware

Research topic: The Role of Empathy in Strengthening Children's Connection with Nature



Student: Sarah Murl

Faculty mentor: Stephanie Thorson-Olesen

Research topic: Dispositional Gratitude and Marital Satisfaction

Recent Student Internship Placements

Samuel Danielson - Viterbo University Student Affairs

Bronagh Kipp - Viterbo University Career Center

Brooklynn Rucinski - La Crosse School District

Marisa Stefanski - YMCA Teen Center

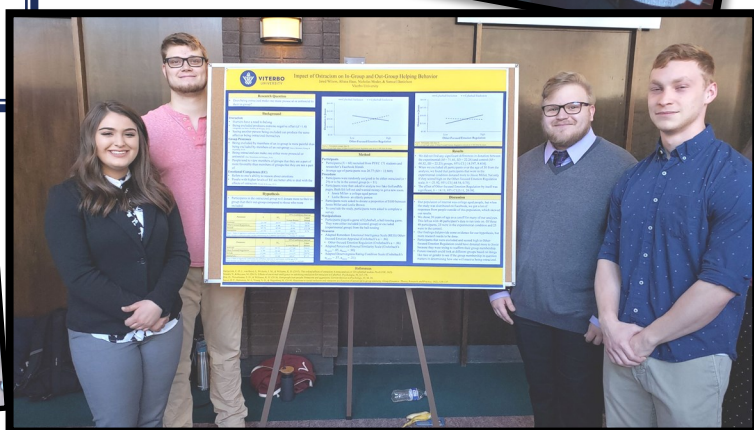
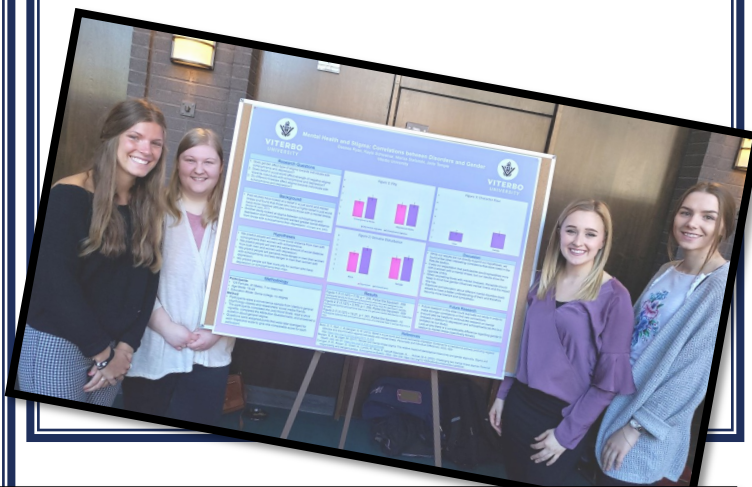
Student Presentations & Publications

The Role of Empathy in Strengthening Children's Connection with Nature

- Alexis Bird (2019, April). *National Conference on Undergraduate Research, Keenesaw State University, Kennesaw, GA.*

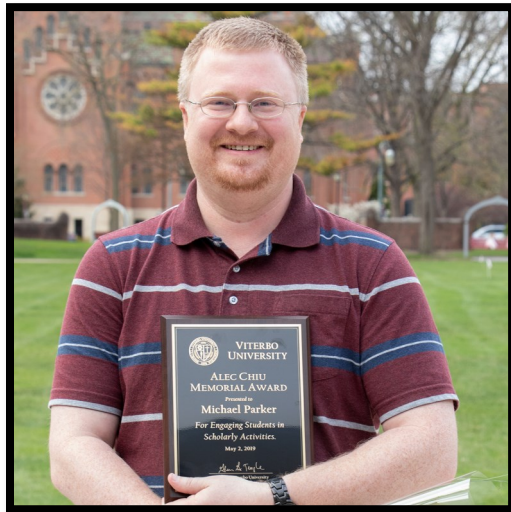
You Aren't Perfect: The Role of Basic Needs and Motivation on Perfectionism

- Allison Dunne (2019, November). *Seven Rivers Undergraduate Research Symposium, Viterbo University.*



Faculty Awards and Recognition

- **Michael Parker:** Research grant (\$1,500) from the Society for Personality and Social Psychology for the proposal, “Basic Psychological Needs and Motivated Social Cognition”.
- **Michael Parker:** “Alec Chiu Memorial Award” at Viterbo's Spring 2019 Rose Awards for engagement in scholarly activity.
- **Michael Parker:** Awarded tenure and promoted to Associate Professor
- **Stephanie Thorson-Olesen:** Awarded tenure and promoted to Associate Professor
- **Stephanie Thorson-Olesen:** Recognition at the La Crosse YWCA Tribute to Outstanding Women.



Faculty Presentations & Publications

**indicates student co-author*

Topics in substance abuse and mental health

- **Bill Bakalars** delivers regular educational presentations and client consultation to employees of Includa (managed care organization) in La Crosse, WI.

When perfect is not good enough: Motivational antecedents of perfectionism

- Allison Dunne* & **Michael T. Parker** (2019, February). Presentation at the Society for Personality and Social Psychology Annual Meeting, Portland OR.

Vaping and e-cigarettes: Are they a healthy alternative?

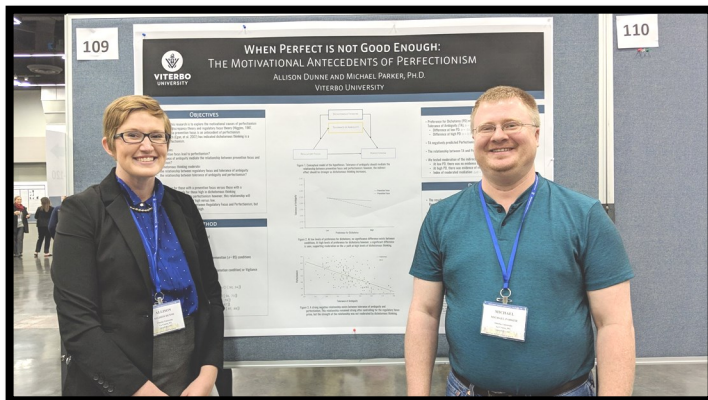
- **Thorson-Olesen, S. J.,** & Frank, R.* (2019, November) Presentation at the Wisconsin Counseling Association Annual Conference, Madison, WI.

The substance abuse epidemic: Understanding sobriety strategies for success.

- **Thorson-Olesen, S. J.,** & Murray, D. (2019, October). Poster at the Association for Counselor Education and Supervision Conference, Seattle, WA.

Domestic immersion: Building the cultural competence of counselors-in-training.

- **Thorson-Olesen, S. J.,** Murray, D., & Baker, M. (2019, March). Poster presentation at the American Counseling Association Conference, New Orleans, LA.



DEPARTMENT EVENTS



Installation ceremony for **Viterbo's** chapter of Psi Chi, and induction of first members.



Psych Club hosted a booth at Viterbo's "Fresh Check" Day, a mental health promotion and suicide prevention event.



Congratulations to our May 2019 graduates!

QUESTIONS? CONTACT:

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