



## *Psychology Department Newsletter Fall 2018*

### *In this Issue*

<b>Congratulations, Dr. Ervin!</b> .....	<b>1</b>
<b>Psychology Club at the Suicide Prevention Walk</b> .....	<b>1</b>
<b>Undergraduate Capstone Presentations</b> .....	<b>2</b>
<b>Conferences</b> .....	<b>2</b>

### **Congratulations, Dr. Ervin!**



Dr. Audrey Ervin, Academic Program Director of the Graduate Counseling Psychology Program and Associate Professor of Psychology, was awarded a Spring 2019 Sabbatical! A sabbatical is a period of leave awarded to professors for the purpose of research, travel, or professional engagement opportunities. In 2017, Dr. Ervin completed a certificate at Harvard University entitled Mindfulness for Educators. Her sabbatical will be devoted to furthering her knowledge on mindfulness and translate new skills into concrete training experiences to benefit DelVal students, faculty, and staff. She plans to develop a mindfulness-based interventions class and develop presentations to share her knowledge with others in our community. We wish her the best of luck on this endeavor and look forward to Dr. Ervin’s return in the Fall!

### **Psychology Club at the Suicide Prevention Walk**



On November 3<sup>rd</sup>, Bucks County Community College hosted a Suicide Prevention Walk at their Upper Bucks campus in Perkasi, PA. The Walk raised awareness of the stigma of suicide and instilled hope in participants. Representatives from mental health agencies like Penn Foundation and the Bucks County Department of Mental Health and Developmental Programs were also present to share resources. DelVal’s Psychology Club attended the walk and helped raise over \$300 for suicide prevention causes in the county. Shane Wittkop, Psychology Club President, described the event as “a powerful and emotional experience... we were doing our part to help a good cause.”

## Undergraduate Capstone Presentations



As part of DeVal's e360 program, undergraduate students complete an experiential-based learning opportunity. In December 2018, counseling psychology rising seniors presented their experiences to the DeVal community. Caitlin O'Brien discussed her internship at Buxmont Academy, an alternative school for at-risk youth. In reflecting on the poster presentations, O'Brien said she enjoyed "being able to share my positive reflections with others." Marybeth Fennelly, who completed an internship in the Pre-Med Volunteer Program at Doylestown Hospital, offers this advice, "Find an experience that challenges you and makes you an overall better student and individual, because that will be the experience you are proud to share with the community."

## Pennsylvania Counseling Association (PCA) Conference



In November, 6 undergraduate students, 4 graduate students, and Dr. Matthew Mutchler attended the 50<sup>th</sup> annual Pennsylvania Counseling Association's conference held in Pittsburgh, Pennsylvania. The Psychology Club and Graduate Counseling Psychology program sponsored much of the student travel. Graduate student Meg Clawson, who co-presented with another graduate student, Emily Sjogren, and Dr. Mutchler, said, "I loved making connections with clinicians, hearing interesting workshops, and bonding with other students and faculty from DeVal. Presenting at PCA was such a great experience. I look forward to presenting more in the future now that I know how rewarding and fun it can be!"

## International Society for Exploring Teaching and Learning (ISETL) Conference



Professors from the Psychology Department, Dr. Kathy Wu, Dr. Matthew Mutchler, and Dr. Buskirk-Cohen, joined with English professor, Dr. Jessica McCall to participate in the 49<sup>th</sup> annual meeting of the International Society for Exploring Teaching and Learning in Tempe, Arizona. Drs. Mutchler, Buskirk-Cohen, and McCall have presented regularly at this conference, but it was Dr. Wu's first time attending and presenting her work. Dr. Wu shared, "I really appreciated how the presenters at the conference seemed genuinely excited and invested in sharing their best practices. It's wonderful to bring back what we've learned to improve the learning process at DeVal."