

alumni NEWS

PRESIDENT'S PASSAGE

Expanding Master's Degrees Expands Opportunities for Stakeholders

Mark E. Skrade, Psy.D., President



Only four short years ago, Forest embarked on a strategic initiative to expand master's degree and certificate offerings as a way to meet the specific needs of stakeholders. Our first venture in the Master of Arts in Counseling Psychology Program (MACP) provided an accelerated evening/weekend program to meet the needs of local working professionals to further their careers toward master's level licensure in the state of Missouri.

"CHILDREN AFFECTED BY THESE DISORDERS ARE OFTEN AMONG THE MOST VULNERABLE AND UNDERSERVED SEGMENTS OF OUR POPULATION."

The MACP program has been well and widely received, recently graduating its second cohort of alumni. Our next step implemented earlier this year was a Master of Arts in Clinical Psychology (MACL) degree option that can be completed independently of the Doctor of Psychology and delivered in a similar evening/weekend format to accommodate the unique needs of working professionals desiring a stronger emphasis on assessment and research in career preparation.

This program too has been met with much success, attracting 16 new students in the first semester alone. While these have been exciting developments to see as they unfold, the recent addition of

Class of 2010 becomes newest alumni cohort

On Saturday, Oct. 9, 2010, Forest graduated its 29th cohort of alumni, which consisted of:

- **10 MASTERS OF ARTS IN COUNSELING PSYCHOLOGY**
- **30 MASTERS OF ARTS IN CLINICAL PSYCHOLOGY**
- **FOUR MASTERS OF ARTS IN MARRIAGE AND FAMILY THERAPY**
- **36 DOCTORS OF PSYCHOLOGY IN CLINICAL PSYCHOLOGY**

Held at the historic Gillioz Theater in downtown Springfield, commencement weekend 2010 was an exciting and memorable event for all. Weekend festivities kicked off on Friday with back-to-back workshops presented by alumnus and

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NEW DIRECTOR



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CLASS OF 2010



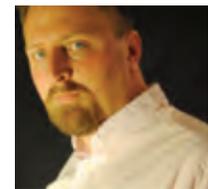
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▲ COMMENCEMENT SPEAKER
DR. SUNDEEP THINDA ('03)



▲ THESE GRADUATES ARE THE NEWEST ADDITIONS TO THE FOREST ALUMNI RANKS

Class of 2010 becomes newest alumni cohort

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commencement speaker Sundeep Thinda, Psy.D., '03 on "Working with a Multicultural Population" and "Multi-Disciplinary Team Approaches to Therapy". Later that evening, alumni, faculty, current students, staff, members of the board of directors, community friends and families celebrated

the graduating class with a reception hosted at the Springfield Brewing Company.

Commencement ceremonies on Oct. 9 included an address by Dr. Thinda, who is currently a senior psychologist at Back in Motion Rehab, Inc., a rehabilitation clinic that specializes in multidisciplinary chronic

pain and post-traumatic stress disorder treatment. He also serves as an adjunct faculty member at Kwantlen Polytechnic University and a partner/research consultant with Sigmund Consulting Group, specializing in marketing and branding strategies.



▲ GRADUATES AND THEIR FAMILIES MIX WITH FACULTY, STUDENTS AND ALUMNI AT THE SPRINGFIELD BREWING COMPANY GRADUATION RECEPTION IN OCTOBER



▲ DR. RENAE COURTNEY ('10) AND MS. DEVIN POE ('10)



▲ DR. TARA DOWNIE ('96) AND MIKE DOWNIE



▲ FROM LEFT, DR. GLENNA WEIS, DR. ANN ELISE PARKHURST, DR. PETER JABERG AND DR. BILL MYERS

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Photos and video from graduation and the alumni reception are available at www.2010forestgraduation.shutterfly.com/.

Marriage and Family Therapy Program Welcomes New Director

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is absolutely complimentary to many disciplines, strengthening the mental health professionals' ability to care for the whole client."

Opportunities to explore new ways of collaboration across disciplines, such as the medical family therapy training afforded at the Ronald McDonald House, excite Brown the most. Such opportunities create unique learning environments for students that prepare them for the future of mental health care.

"Medical family therapy is a specialty area where I see a real need for growth and exposure for students and alumni in research, training and clinical roles," said Brown, who recently returned from the Collaborative Family Healthcare Conference in Kentucky. "So many family-related issues

have a medical component at the core that must be understood and dealt with," says Brown. "The future of mental health demands increased collaboration with medical providers to enhance the quality of patient care."

And as a mother of both a "tween" and a teenager, Brown is also very aware of the changing technology landscape and how it is impacting family systems, communication and daily interactions. Both of her recent continuing education workshops on teens and "sexting" were sold out by mental health professionals wanting to learn and understand the role of texting, Facebook, Twitter and other social media that influence family therapy.

But it is in her role as coordinator for the Diversity in Practicum and Internship (DIPI)

training over the last two years where Brown has enjoyed opportunities for personal growth. Working with student fellows, she coordinates student and supervisor training experiences aimed at facilitating those difficult dialogues with which many professionals struggle. Recent topics have included, "The Browning of America," "Weight Bias and Privilege" and "Working with Older Adults."

Brown is thrilled to host lesbian, gay, bisexual and transgender (LGBT) expert Dr. Roger Worthington on campus in April. Worthington, a recognized expert, will lead students and supervisors in an exploration of clinical issues and the role of personal bias in working with LGBT populations.

"This type of training for therapists and clinicians is timely and greatly needed.

Dr. Worthington's unique approach to skill development based on experiential exploration of our own bias helps participants confront the bigger issues of self-as-therapist directly and personally," said Brown. "It is a challenging approach full of hard work, but it is very exciting to be able to address these types of issues in a training environment."

Alumni with expertise in diversity topics or issues who would be interested in facilitating a presentation are encouraged to contact Brown at kbrown@forest.edu. Brown would also enjoy hearing from marriage and family therapy alumni about the ways in which Forest's top-notch training has played a role in their current professional life.

"WE ARE VERY FORTUNATE TO HAVE AN MFT PROGRAM WITH A STRONG FOUNDATION"

ALUMNI SPOTLIGHT

It's About Seeing the Potential in Every Opportunity

FOR ALMOST FIVE YEARS, DR. THOMAS FULKS HAS MADE THE 45-MINUTE DRIVE FROM HIS PHOENIX HOME TO THE EDGE OF THE DESERT WHERE HE SERVES ONE OF THE MOST UNDERSERVED CLIENT POPULATIONS IN OUR NATION - INMATES.

Four days per week he sits with some of Arizona's most hardened criminals, at times for no more than 15 minutes, and attempts to meet their mental health needs with the resources available.

Fulks will be the first to tell you what a tall order this is to fill, especially when you consider he may only have one chance to help his clients. Couple this with the sobering fact that he is the only psychologist for over 5000 inmates, 1800 of which are currently diagnosed with mental illness, and you begin to appreciate the reality of our alumni who work in underfunded state correctional settings across the country.

Although he never aspired to work in a correctional setting, Fulks is passionate as he describes his view of life as a correctional psychologist. "You have to be a psychological smart bomb; hone in on what the client needs, provide the intervention, and trust it will work without collateral damage," says Fulks who trained as a generalist during his doctoral and internship programs. "It takes a certain kind of person to work with prison populations. It's definitely not for everyone. But, you'll never find a more diverse population in terms of level of functioning and range of disorders. You think you've seen psychopathology? You haven't seen anything until you've worked

with inmates."

When asked what motivated him to work in a prison, Fulks replied, "Ultimately, I think every psychologist wants to be in private practice. That's our dream. The reality is that private practice is beyond most alumni right out of school due to the burden of student loans. I decided to serve in the NHSC program as a prison psychologist so I could realize my dream of private practice more quickly." Fulks said.

"You get up to \$50,000 toward loan repayment for a two-year commitment and then an additional \$35,000 each year after that." He goes on to espouse his experiences with the NHSC program by saying, "It's all tax-free. In my opinion, the loan repayment program has been a commitment to a philosophy that I'm going to be a short-term provider to an underserved population and that doing so will eventually open my gateway to financial freedom. At that point, I can practice any way I choose."

In addition to serving the inmates, Fulks is the head of the mental health treatment team that include psychiatrists, psychiatric nurses, psychiatric nurse practitioners, licensed professional counselors, and even the correctional officer assigned to release planning for mental health issues. The

"YOU'LL NEVER FIND A MORE DIVERSE POPULATION IN TERMS OF LEVEL OF FUNCTIONING AND RANGE OF DISORDERS"



THOMAS FULKS, Psy.D., '03
PSYCHOLOGIST III,
DEPARTMENT OF CORRECTIONS,
BUCKEYE, ARIZONA

frustrating fact is that 11 such positions in his facility are unfilled due to the economic situation in Arizona.

Fulks doesn't let the lack of resources get him down, though. Instead, he actively recruits for those positions and does his best to find the positive and potential in every situation. "My job is to serve the inmates of my facility and thereby serve the people of Arizona. But I also have a responsibility to my team. With the long odds we face in terms of client to clinician ratios (600:1), I've got to make sure my team knows that they're supported."

In talking with Fulks, it becomes clear he quickly learned the critical lesson of self-care and balancing personal life with professional success in order to remain in his correctional setting. He describes a sense of personal satisfaction when exploring Industrial Organizational Psychology, working with the FBI on profiling hostage takers, and teaching for the Florida Institute of Technology online.

When asked to reflect on his professional satisfaction with his chosen career path Fulks says, "You have to be very good at

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what you do, because in corrections neither you nor the patient has control over any of the therapeutic variables. My measuring stick for client progress and personal satisfaction with that progress has completely changed."

Fulks goes on to say, "Most people in graduate school are achievers, not accustomed to failure. Being a psychologist isn't about being fixated on succeeding with every client. The most challenging part of being a psychologist is learning to give

oneself opportunities to fail. You have to be okay with not helping every patient achieve their goals. Your responsibility is to be the most competent, ethical clinician you can be and help your clients help themselves."

For more information on the current openings in the Arizona Department of Corrections, go to www.forest.edu/alumni or contact Dr. Thomas Fulks by phone at 623-386-6160x4855 or by email at tfulks@azcorrections.gov.

In memoriam...

ROD C. CANNEDY, Ph.D.

Jan. 30, 1941, to Sept. 6, 2010

Musician, songwriter, professor, mentor, clinical psychologist, minister, and father

Visit the Rod Cannedy Facebook page

(search for Page rather than Profile) to share condolences with his family or listen to music recorded with his son.

Chris E. Stout, Psy.D. ('85)

APA INTERNATIONAL HUMANITARIAN AWARD WINNER



Whether in Tanzania, Benin, Cambodia, Rwanda or other remote parts of the world, the mission of the Center for Global Initiatives, founded by Illinois

Alumnus Dr. Chris Stout, is to create self-sustaining programs that improve access to healthcare in underserved communities.

The Center is operated by a 100% volunteer group of directors, advisors, and friends so that all donations go to projects and operations. Read more about the work of Dr. Stout and the Center at

<http://www.apa.org/monitor/dec07/rockstar.aspx> or visit <http://CenterForGlobalInitiatives.org>.



▲
MS. BRINDI STREUFERT (2010) AND GUESTS



▲
FROM LEFT, DR. AMANDA MCCORKINDALE ('10), DEAN STEPHANIE WOOD, DIRECTOR OF STUDENT AND ALUMNI AFFAIRS MARCIE KIRKUP, AND MS. BRANDI NOIRFALISE

Center for Professional Solutions
CPS/WORKSHOPS

Center for Professional Solutions

Don't miss out on great CE opportunities through the Center for Professional Solutions!

Check out the spring 2011 schedule at www.forest.edu/cps

UPCOMING WORKSHOPS IN:

- Health Psychology
- Attachment & Loss
- Addictions
- Sexual Interventions
- Behavioral Therapy
- Updates/Innovations & more!

Watch for a NEW 4 part series in Eating Disorders!

CALLING ALL ALUMNI: Do you have an expertise you would be willing to share for the benefit of others? If you are interested in teaching opportunities through CPS, contact Stacey Trewatha-Bach at strewatha-bach@forest.edu or 417-823-3469.

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FALL 2010

alumni NEWS

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Expanding Master's Degrees
Expands Opportunities for
Stakeholders

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CLASS OF 2010

Held at the historic Gillioz
Theater in downtown
Springfield, commencement
weekend 2010 was an
exciting and memorable
event for all.

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ON THE BOOKSHELF

Above His Shoulders: A true
account of sexual abuse, its
impact on relationships, and
the emotional survival and
healing.

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NEW DIRECTOR

Marriage and Family Therapy
Welcomes New Director,
Kristina S. Brown, Ph.D.,
LMFT.

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ALUMNI SPOTLIGHT

Thomas Fulks, Psy.D.,
serves one of the most
underserved client
populations in our nation -
inmates.

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