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Newsletter

The Newsletter of the *Maryland Psychological Association for Graduate Students*



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Join Us!

Dr. Jen Lowry, winner of the MPAGS 2008 Mentoring Award!

The 2nd annual MPAGS Mentoring Award was presented to Dr. Jen Lowry at the MPAGS Convention in April. Dr. Lowry, the Chair of the Psychology department and Associate Professor at Loyola College in Maryland, was described by her nominator as "a wonderful mentor and role model. She has continued to amaze me over the past four to five years with the ways she is able to challenge, support, and encourage without ever asking for anything in return. She is a profound teacher, talented psychologist, and a truly remarkable person."

Dr. Lowry described her experience as a teacher in her acceptance speech, "As a teacher, the proverbial 'light-bulb' moment when a student 'gets it' is so incredibly wonderful. Equally fantastic is being part of the journey when a student begins a course or program and watching her or him develop and evolve into a confident, competent professional and person. The icing on the cake is to hear back from students, sometimes years later, and hear how you're doing. You may not know this, but we feel tremendous happiness and pride in hearing of your life, successes, and also helping you work through challenges, if possible—we will always be here for you, cheering you on, and hoping for the best for you."

If you are interested in nominating someone who has affected your psychology graduate career for next year's award more information will be distributed in February of 2009.

MPAGS Convention: A Look Back

The MPAGS convention/internship fair, held on April 5th, 2008, was a great success bringing in a record number of attendees. In total 84 students registered representing 11 schools, including Loyola College in Maryland, University of Maryland Baltimore County, Argosy University Washington D.C., Howard University, Gallaudet, University, University of Baltimore, Capella University, Fielding Graduate University, George Mason University, Walden University, and Yeshiva University.

Workshops delivered by Clara Hill, Ph.D. Bethany Brand, Psy.D., Kenneth Gelfand, Ph.D., and Karen Weise, Ph.D. made for an informative and eclectic afternoon presenting such topics as immediacy in psychotherapy, working with trauma survivors, nonverbal learning disorders in children, and play therapy. Additionally, Josephine Minardo, Psy.D. a New York State Psychological Association Board Member provided students with applied and useful resources to utilize throughout the internship application process. Robert Katz, Ph.D. from Springfield Hospital Center and Michele Dadson, Ph.D. from Children's National Medical Center equally prepared students for internship interviews by demonstrating mock sessions.

Finally, Dr. Jen Lowry delivered a heartfelt acceptance speech as the 2nd recipient of the MPAGS Mentoring Award. Congratulations to Dr. Lowry!

A special thanks to Kathryn Frisch and Nina Azhdam, Convention Co-Chairs for all their hard work and preparation throughout the year, and to all of those students who attended. See you next year!



Nina Azhdam & Kathryn Frisch
Convention Co-Chairs



Students speaking with representatives from Adult
Internship Sites

Students speaking with representatives from Child
Internship Sites





In Our Own Words

“Getting Involved in Professional Advocacy: The Time is Now!”

Brittani Baldwin, M.S., Loyola College in Maryland
MPA Public Mental Health Subcommittee Student Member

I recently had the privilege of joining the MPA Public Mental Health Subcommittee as a student member. The committee discusses proposed legislation related to public mental health and makes recommendations to MPA regarding its stance on these bills that cover issues ranging from bullying in schools to gambling addiction treatment.

I initially felt quite intimidated and inexperienced, questioning what I would have to offer. I was unfamiliar with the legislative process and the various bills being discussed. Despite my initial apprehension, I quickly found that the other committee members were invested in involving me in the process. They ensured I was fully included in all discussions, regularly checked my understanding of the discussions, and actively sought my input and opinions. I have been very impressed by their interest in, and support of, my ideas and perspectives. They have helped me to recognize the significant value of my perspective, and that I offer something unique to the group.

In addition to experiencing involvement on a professional committee, I have been fortunate to gain insight into how advocacy decisions are made. This includes decisions about whether to support, oppose, or make no recommendation on bills and how to promote action by MPA members on legislative initiatives. I was truly surprised to see the range of legislation that is related to the profession of psychology and how quickly and dramatically laws can change that impact our daily work. This experience has demonstrated to me the tremendous value of each psychologist's active involvement in advocacy efforts and helped me appreciate the important contributions of individuals who volunteer their time and energy to advance our profession. The contributions of these individuals are particularly impressive when considering that the fruits of their labor are not often seen until months or even years after they initiate their efforts.

I encourage all students and early career psychologists to become involved in advocacy efforts. Without our perspectives, input, and active involvement, a great opportunity is being missed to impact the profession we are entering. I believe that right now, at the earliest stages in our careers, is the easiest time for us to get involved. We currently have the support of peers and mentors, senior members of the profession are available to guide us through the beginning steps of our involvement, and opportunities to become involved abound. Furthermore, as we build practices, start families, and establish ourselves professionally, entering new areas of professional involvement will become more and more challenging. I know that some of you may feel as I did, that because of inexperience, you have little to offer to advocacy efforts. As I quickly learned, our perspectives are valued by those in leadership positions and are very relevant to decisions made about pending legislation. I hope that each of you will become involved and be active advocates in our profession. The time is now!

*A third year doctoral student in clinical psychology at Loyola College, Ms. Baldwin's field placement is at the college of Notre Dame and beginning in June, Ms. Baldwin will be at the Baltimore VA as a neuropsychology extern. She sits on the MPA Public Mental Health Subcommittee as a student member.

Article published in the The Maryland Psychologist, May/June Issue Volume 53, Issue 5, Page 25

Join Us!

Become an MPAGS Member

If you are a student member of MPA, then you are a member of MPAGS!!

If you are not, then joining MPAGS is easy, and costs \$25 - a one-time only fee that, with yearly e-mail renewal, brings benefits lasting your entire graduate student career through the post-doc supervision year.

Benefits:

- Publication opportunities
- Discounts to MPA/MPAGS events
- Leadership role opportunities
- Networking with other professionals
- Involvement in legislative initiatives
- Membership on the MPAGS listserve

Announcements

Introducing the New MPAGS Board!

Chair: Kate Morris

Loyola College in Maryland

Chair Elect: Melinda Capaldi

Loyola College in Maryland

Convention Co-Chairs: Lauren Brierley, Lauren Chandler and Kate Della Porta

Loyola College in Maryland

Communications Chair: Christina Hatt

Loyola College in Maryland

Membership Co-Chairs: Dana Lau and Kei Takahashi *Loyola College in Maryland*

Diversity Chair: Crystal Kannankeril

Loyola College in Maryland

Advocacy Chair: Linda Jones Herbert

University of Maryland Baltimore County

Advocacy Assistant Chair: Preston Greene

University of Maryland Baltimore County

Congratulations to the newly elected Board Members!

To Learn More Visit:

www.marylandpsychology.org/MPAGS

To join, complete an online application at:

www.marylandpsychology.org/MPAGSmembership