



**WILLIAM JAMES
COLLEGE**

March 16, 2022



MVP and TVTV Newsletter

Your newsletter for all important updates related to Military and Veterans Psychology and the Train Vets to Treat Vets Programs.

March 2022

In March, we honor Women's History Month. In line with the theme for International Women's History Day, we "break the bias" by highlighting the contributions of women military and veterans. Over the past decade, all roles have been officially opened to women, however women have long since contributed to national and global security. Women Veterans are the fastest growing population in the military service, making up 20 percent of new recruits and roughly 16 percent of the entire United States military force. Women veterans make up 10 percent of the total veteran population and roughly 1 out of 100 people in the general population. There are roughly three times the number of women veterans at William James College than in the general community. In honor of what they have done and what they are yet to do, we highlight our future military women psychologists who are recipients of the Health Profession's Scholarship Program (HPSP). The HPSP scholarship offers two-, three- and four-year military scholarships to cover the cost of school and fees, as well as a living stipend for aspiring military psychologists. This highly selective program is offered by the Army, Navy and Air Force. Following graduation recipients are commissioned as officers in their prospective service. We expect these women will make

history through their contribution to military psychology and we are proud to have them in our community.

Jenny D'Olympia, PsyD, LMHC, LP, HSP (she/her)
Assistant Professor and Assistant Chair, Counseling and Behavioral Health Department
Director, Military Veteran Psychology and Train Vets to Treat Vets Programs
Director, Master of Arts in Psychology (online) Program

Announcements

Upcoming CE Events

Peer Support: A Vital Component for Recovery-Oriented Care for Veterans

Time and Date: March 18th 12-1pm

CE Credits: 1

Cost: Free

Peer support is a psychosocial intervention used effectively with both veteran and civilian mental health consumers. This supportive intervention bridges cultural differences between providers and veterans and can combat social isolation and instill hope for recovery. This presentation will address the ways in which peer support specialists can act as cultural brokers or translators between all stakeholders. In addition, we will discuss how providers can become more knowledgeable about this intervention so they can appropriately integrate this type of support into their mental health treatment plans with clients.

[Register Here](#)

Cognitive Behavioral Therapy for Suicide Prevention

Time and Date: April 8th 12-1pm

CE Credits: 1

Cost: Free

Cognitive behavioral therapy for suicide prevention (CBT-SP) refers to a group of therapies using a cognitive behavior therapy (CBT) approach to reduce the risk of future suicidal behaviors. All studies reviewed for this recommendation used

CBT to directly address suicide risk. Key components of this approach include the identification of thoughts, images, and beliefs that precede suicidal behaviors and the use of both cognitive and behavioral strategies to help patients learn adaptive ways of coping with suicide-related stressors. Although there may be some variation with respect to CBT's alignment with patient values and preferences, most patients typically report high satisfaction with CBT focused on suicide prevention.

[Watch for the Registration Link Here](#)

Save the Date - Spoken Words Discussion - "Rape Culture"

Time and Date: April 14th, 12-1pm

April is sexual assault awareness month. We are co-hosting an event with the Office of Diversity, Equity and Inclusion to bring universal attention to this difficult subject. Please do not shy away and join us to learn how you might be an advocate in this space. This is a problem that we must face as a community if we wish to solve it. Faculty, staff, students, and community members are invited to join us for a presentation delivered by Obbie West through a combination of spoken words and discussion. He is an Army Veteran who advocates for community awareness about sexual assault in all communities. will define "Rape Culture" by addressing the toxic stigmas perpetuated by society and the hazards created by unhealthy definitions to consent.

Student Spotlights - Female HPSP Recipients

Amy Overpeck, MA

What Service Did You Choose and Why (army, Navy, or Air Force)

I chose to serve in the Air Force because my brother is currently an active-duty 2Lt. I talked with him a lot about how the Air Force functions, the differences with other branches, and found myself drawn to the Air Force. I could really see myself as an Airman which is what I wanted when



pursuing a career in the military.

What made you want to join the military?

In addition to my younger brother, I have a long familial history of men serving in the military (both of my grandfathers, my stepfather, and my uncles. I wanted the opportunity to carry on the tradition and be the first woman in my family to serve.

What made you interested in military psychology?

With having family members serve, I saw the mental health impact military life can have with regard to exposure to traumatic events, moral injury, separation from family, and reintegration into civilian life. I want the opportunity to provide mental health care to Airman to hopefully mitigate the adverse effects they might experience years later on. I also want the opportunity to hopefully decrease mental health stigma in the Air Force so Airman are more open to getting the help they deserve/need to continue to function for their assigned mission while they are active duty but to aid them in their civilian life after.

Where will they do their internship next year?

I will be going to Wright-Patterson Air Force Medical Center in Dayton, Ohio for completion of my APA internship. This was my number one choice and I am very excited to continue both my clinical doctoral training and officer training there next year.

Jennifer Sobel, MS, MA

What Service Did You Choose and Why (army, Navy, or Air Force)

I joined the Army because it was the service that I knew the best. I was brought up on Army bases in Europe.

What made you want to join the military?

The military was the family that I knew, and I couldn't imagine being without it. I probably decided that I was going to join when I was still in middle school. Both my parents were in the Army and both my grandfathers were in the Army.

What made you interested in military psychology?

I joined the military and was accepted to undergrad for psychology at about the same time and they have stayed hand-in-hand since then. Initially, it was through conversations with my military family and realizing that there was a need for psychology in military populations. Through my years in the military, I still see the need there and couldn't imagine a life without the military in it.

Where will they do their internship next year?

I will be interning at Tripler Army Medical Center as an active duty Army officer.

Mia Porter, MA



What Service Did You Choose and Why (army, Navy, or Air Force)

The U.S. Army. As the largest U.S. military branch, my undergraduate institution's Army ROTC program offered extensive and rewarding leadership opportunities to dedicated Army ROTC students. Through Army ROTC, I enhanced my military, professional, and academic skills by

serving as Alfred University's, Houghton College's, and Alfred State College's ROTC commander, as well as an SMP Platoon Leader in the Army National Guard.

What made you want to join the military?

During the summer between my undergraduate first and second years, I felt a calling to serve others on a larger scale. I believed that the military would encourage me to strengthen my resilience and strive for the highest version of myself every day. The military provided me daily opportunities to provide mentorship to others and give back to my local and national community on a consistent basis, which connected me to my intrinsic values.

What made you interested in military psychology?

In the Summer of 2017, I was afforded an internship position at Fort Hood's military hospital's Behavioral Health Department. This experience was transformative for me, as it nourished my interest in PTSD and led me to recognize the need for clinical and counseling psychologists within the U.S. military.

Where will they do their internship next year?

Brooke Army Medical Center, Joint Base San Antonio-Fort Sam Houston, Texas (the Department of Defense's largest medical facility and only Level 1 Trauma Center 😊)

Shannen Gordon, MA

What Service Did You Choose and Why (army, Navy, or Air Force)

I am going into the Army because it is the largest branch of the military and I felt as though I would have the opportunity to work with the greatest number of people through that branch.

What made you want to join the military?

I wanted to join the military because I grew up in a military household and understood the experiences and challenges that service members and their families endure together. I am very passionate about serving those who serve and hope to give back in any way that I can.

What made you interested in military psychology?



I became interested in military psychology as I was growing up. I was fortunate to grow up with a father in the military, and we frequently exchanged conversations about mental health and the stigma associated with it in the military. We also talked at length about the unique stressors that military service members and their families experience which fueled my desire to pursue military psychology.

Where will they do their internship next year?

My internship next year is at Womack Army Medical Center at Fort Bragg in North Carolina.

Contact Us!

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