
COUNSELING PSYCHOLOGY NEWSLETTER



SPRING 2026

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Greetings from the Program Director



Hello! I hope you are enjoying the warm spring weather we have had lately.

I would like to share with everyone some exciting news. The pre-doctoral internship match results were revealed at the end of February. We had a large internship application cohort this year, and all 10 of our students who were applying for their pre-doctoral internship training for the 2026-2027 academic year were matched with excellent sites. Our 100% match rate is substantially above the national average of 81% in Phase I, which is indicative of the high quality of our clinical training. We are very proud of these 10 advanced students (i.e., Ashley Koh, Cachet Lue, Caleb Freund, Cameren Pryor, Cassandre Jean-Ceide, Hannah Hwang, Jacob Kranendonk, McKenzie Watson, Nick Magera, and Olivia Kit). Please join me in congratulating them and see page 24 of the program newsletter for information regarding where they are going to complete their pre-doctoral internship training in AY 2026-2027.

This year's admissions cycle was a success. We conducted our virtual interview day activities on January 23 with 34 applicants. Then, we invited the candidates who received initial offers to visit our campus on February 20.

Greetings from the Program Director

I want to give a big, heartfelt “Thank You” to our program GSAs and student representatives (i.e., Raven Gipson-Washington, Ayurda Pathak, Sreoshi Chowdhury, and Javon Williams) for their hard work in coordinating with many current students to pull off these two important events. There are a lot of moving parts to both events, and I know the applicants appreciated the work that was done behind the scenes to make both days run smoothly. We have concluded our admissions process with 8 candidates accepting offers. We are excited about the incoming cohort and will provide more information about each of the new students in the Fall issue of our newsletter.

UNT has over 46,000 students on campus now, and our university continues to grow in its size and reputation. If any program alumni would like to visit Denton, please let me know and I would be more than happy to connect over lunch or coffee.

Joshua Hook, PhD

Director, Counseling Psychology PhD Program

Faculty Updates

Dr. Chiachih Wang



Everyone in the CCARL lab has remained busy and productive in the past few months since the last issue of the program's newsletter. Shiho, our 6th year lab member, successfully completed and defended her dissertation in November 2025. She is making good progress on her pre-doctoral internship training and excited to return to Denton in May to walk at her graduation commencement. Additionally, both Ashley and Cachet were matched with their top-ranked pre-doctoral internship programs. Ashley will complete her internship at Santa Clara University, where Cachet will be at Florida Atlantic University next year. Congratulations to both Ashley & Cachet! We hope they will have a smooth transition to the next stage of their professional development. Another piece of good news is that Ayurda passed her comprehensive exam in January 2026 which permits her to begin to work on her dissertation and get ready for the upcoming internship application cycle. Christie & Lynn are both working diligently on recruiting participants to collect data for their thesis projects. They plan to complete their theses and schedule their defense meetings in the end of this Spring semester or this Summer. Elizabeth & I have two proposals being accepted by the 2026 International Congress of Applied Psychology (ICAP) annual conference which will be held in Florence, Italy this summer. We are looking forward to presenting research findings at the ICAP conference in a few months.

Faculty Updates



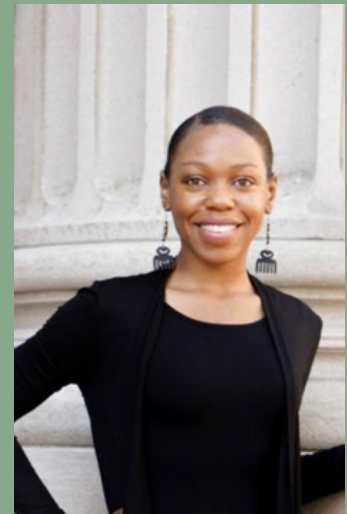
Dr. Chiachih Wang

In early January, I managed to visit Yellowknife, Canada, which is a subarctic town and one of the best locations to see the Northern Lights. The weather was very cold, daytime highs of -20 to -30 degrees throughout the five days when I was there but the aurora one could observe there was absolutely vibrant, dynamic, and amazing. I have attached one of the photos taken there. Our lab had a social gathering in February of 2026 at Dr. Wang's house. We wrapped dumplings and potstickers together and enjoyed the homemade dishes, along with multicultural desserts, drinks, side dishes brought by lab members. It was a fun night! The group photo was taken during the Spring 2026 lab social gathering.



Faculty Updates

Dr. Martinque Jones



Members of the BWell Lab have been very productive over the past few months and are excited about the Spring semester. Members of the lab are working on strengthening their clinical skills, while also advancing their research programs. Amber Williams and Cassandre Jean-Ceide successfully matched for internship and will continue their training at two stellar university counseling centers, while Quanisha Whitfield is dedicating her time on externship to launching a Black women's wellness workshop entitled "Handling Me with Care." Additionally, Cassandre Jean-Ceide and Dionne Regis had a manuscript accepted for publication to the *Journal of Black Sexuality and Relationships* focused on colorism in dating.

Raven Gipson-Washington was recognized for her scholarship through her receipt of the Texas Higher Education Board Leadership Research Scholar Doctoral Award. Additionally, our lab has worked diligently to disseminate our knowledge into the community.

Faculty Updates

Dr. Martinque Jones

Along those lines, Raven launched the Black Women's Wellness Club (@bwwclub), whereas Quanisha and Cassandre have continued their work on the Tea and Theory podcast (@teaandtheorypodcast). In all, we are excited to continue our clinical and scholarly work centered on the experiences of women of color and sharing this work with the larger community. For more information about our lab, please see <https://www.bwelllab.org> or @bwell_lab.



STUDENT SPOTLIGHT



Tiffany Tran

Hi everyone! My name is Tiffany Tran, and I am currently a fourth year in the program in the (last) Child and Family cluster working with Dr. Wang in the Cross-Cultural Attachment Research Lab. I cannot believe how fast time has flown by and I am already nearing the end of my fourth year. It feels quite bittersweet to be writing this as I know my time at UNT will be coming to an end in the next couple years.

I have learned so much and worn a multitude of hats since I started in 2022. Each year brought its own challenges and taught me about myself in ways I could have never imagined. All of the classes, clients, research, assistantships, and externships have allowed me to develop different parts of myself and remind me I am more capable than I think. I have found that I thoroughly enjoy working with kids, teens, and emerging adults thanks to the externship placements I have had. Through these opportunities, I have also learned that I love play therapy! Playing comes quite natural to me, so I am glad I get to incorporate that into my career and bring out my inner child. It can be quite scary starting at a new placement or working with a new population, presenting concern, or modality, but I always remind myself that we all start somewhere, we're here to learn, and there will always be people there to support you.

STUDENT SPOTLIGHT

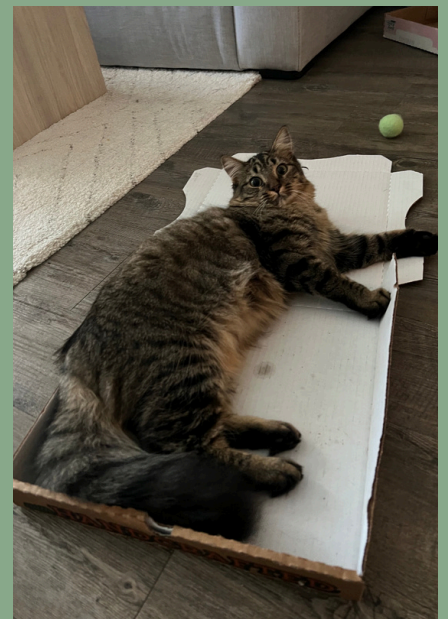
Tiffany Tran

If you know me, you know I love my cats (and my stray and wild animals) more than anything. For those who don't know, my cat, Pepper, passed away in September 2024 at the beginning of my third year. This was an absolutely devastating loss as she was my first pet and the one who would greet me when I came home for the past 8 years. If it wasn't for the support of my family, friends, and school community, I would not have made it through third year as well as I did. That year taught me I had to be really intentional about taking care of myself and being aware of my limits. Now, you can find me taking care of myself by attending musicals, concerts, or any activity where I can turn my brain off for a few hours and just have fun. If I'm not doing that, I'm usually napping or watching TV with my new cat, Maple. All of this to say, make sure to incorporate self-care as much as you can and do the things that fill your cup – you really will need it.



Pepper

Maple



STUDENT SPOTLIGHT

Tiffany Tran

As I look back on my time here, I am filled with love and appreciation for everyone who has helped me get to this place. I would not have been able to survive this program without my support network and community I have built here. My biggest piece of advice to people here is to find your people and lean on them. One of the most important factors in deciding to attend UNT was the students. I have always said the people make the program what it is and all have something to share with others. As happy as I am to not have to be on campus as often, I am sad I won't see everyone's lovely faces around Terrill Hall. I hope you all know how much of an impact you have had on me, no matter how big or small the interaction!

I am so excited to see what lies ahead in these last couple years at UNT and beyond. Thank you all so much for learning a bit more about me and don't hesitate to yap with me if you see me around! It's one of my favorite pastimes.

STUDENT SPOTLIGHT

Chloe White

Hi everyone!!!

I'm Chloe, and I'm a third-year student who works under Dr. Hogge in the cultural identity and well-being cluster! It feels utterly surreal that I am almost a fourth year in this program. I vividly remember thinking, "Dang, six years is a very long time for me to be in grad school," and remember people looking at me like I was both one of the most ambitious and unhinged people on Earth when I explained that yes, actually, it is my dream to pursue a career that requires me to be in school for ten years, thank you very much! Now, somehow, I am about halfway through and beginning to approach the final stretch, and I could not be more grateful for where this has all led me.

As I reflect on my time so far, I am incredibly grateful for everyone's support in this program. My supervisors, peers, and mentors have all been nothing but incredibly kind and helpful as I have navigated this program.



A core memory that I think I will always have is from my cohort's program orientation. We were all complete strangers at this point, and we were getting extremely overwhelmed as we were told about the many hats we would have to wear each day in this program. To break some of the tension we felt during our break, we joked that when we were doing a "group PhD," every person's name in our cohort would be on each of our degrees at the end of it all. While it was a silly moment that really helped us bond and break the ice, I think it's a strong testament to my experiences and to how supportive the community has been of one another throughout my time here.

STUDENT SPOTLIGHT

Chloe White

Currently, as a third-year student, I am also grateful for the experiences I have had so far. I was extremely worried to begin being a therapist and administering assessments for the first time, but I quickly realized how much this program prepares you to be able to do these things and that you never do them alone. My supervisors in both the UNT Psychology Clinic and CTS have provided me with endless support and feedback to help me achieve my goals and make mistakes, and I am super excited to continue learning and growing as I move on to externship next year! The opportunity to complete my thesis was also one I was beyond grateful for because it was the first time I had collected my own data. My thesis examined how having a personal history of suicidality may be associated with suicide stigma and negative emotional reactions when working with suicidal clients, and found that nearly all participants reported some type of suicide history, which has made me more committed to potentially exploring something similar for my dissertation and has made me more committed to advocacy related to graduate trainees. I also find myself excited about more opportunities to get involved in advocacy, as it is extremely important to me. Currently, I serve as a student rep for Division 17's Section for Advocacy of Sexual Orientation and Gender Diversity (SASOGD), and I also volunteer at the Resource Center and am excited to continue to have such opportunities both academically and in the community.

STUDENT SPOTLIGHT

Chloe White

One of the most important things I have learned in this program is the importance of setting boundaries and having a life outside of being a graduate student (if anyone reading this knew first-year Chloe, you would know she was sorely lacking in these skills). Currently, I am incredibly grateful for many friends, family members, and my partner, who constantly ground me and reorient me to life outside of being a doctoral student. Outside of the program, some things that have given me a lot of joy this year are my figure skating classes, listening to Mitski, playing pickleball with friends, eating at Yin Tang at least once a month, playing video games, and watching a lot of movies!

I am extremely excited to see where this all takes me as I hit new milestones in this program and continue learning from my peers and other mentors here!



STUDENT SPOTLIGHT

Sabrina Zuniga

Hello good people! Greetings from lil' Texas me turned PA princess!

But actually, a group supervisor of mine recently joked about how there were no princesses in PA, and I shared with the group, "I beg to differ. My Texas-self became a full-blown winter wonderland PA princess out here," and my internship cohort-mates completely agreed with me.

It is truth. I am constantly in awe that I am here and that this is my life.

I am currently living in South Central PA (Amish territory, so yes, I frequently see horses and buggies riding along the rolling Appalachian hills), more than halfway through my predoctoral internship at WellSpan Philhaven Hospital, where I work on a child/adolescent inpatient unit conducting assessments and individual/family/group therapy for high-risk kids. What a truly redemptive year this has been!



STUDENT SPOTLIGHT

Sabrina Zuniga

On a personal level, I remember feeling anxious the night before match day, having a gut feeling that I was going to be matched in PA. I was not looking forward to moving away from my entire support system. But how God has redeemed it all! I am truly having the time of my life exploring all that the Northeast has to offer – from frequent Appalachian hikes, to local Amish markets, to the fall foliage, to frequent Philly/DC/NYC trips, to an abundance of snow, and to beautiful people I have met through my internship and through church community – I am being spoiled, and I can confidently say that being matched here has been one of the best things to ever happen to me. My gratitude for life itself and my drive to find meaning and purpose through my clinical work grows every day.



STUDENT SPOTLIGHT

Sabrina Zuniga

On a professional level, I cannot even begin to articulate what a hard and beautiful journey graduate school has been. I remember my first year in assessment class thinking to myself, “is this really what I signed up for?” Now, as I work on a child/adolescent inpatient unit working with teens at high risk for suicide, and as I have a postdoctoral position lined up in which I will be working with adolescents and young adults with eating disorders at Texas Children’s Hospital in Houston, TX, I stand in awe as I realize I am living the dream. Truly, what a privilege it is to work with these kids and their families!

However, I must emphasize that this has all been a gift, and none of this was solely my own doing. The support I received from Dr. Hook in my growth as a researcher, my clinical supervisors who believed in me, the phenomenal externship opportunities I was blessed with, generous upper years who shared resources and encouragement, and my dear classmates who have journeyed with me not just through the program but also life in general – all has been a gift, and my inner being cannot help but say “my soul proclaims the greatness of the Lord; my spirit rejoices in God, my savior” (Luke 1:46). Truly, my life is marked by abundant, undeserved grace!

Dear friends, there is a light at the end of the tunnel. How much I want for you all to persevere and share your gifts with the world! And - at the same time - to remember that your purpose is here and now, in the clients you have now, in your family and friends in front of you today. I am sending much encouragement your way, and please never hesitate to reach out to me if you would like to talk program, career, or life!

ALUMNI SPOTLIGHT

Dr. Adam Hodge

Hello UNT current students and alumni! My name is Adam Hodge, and I graduated from the program in 2022 after working with Dr. Hook in the Positive Psychology Lab. Since then, life has been a whirlwind of growth, exploration, and transformation, both personally and professionally. I wanted to take a moment to share my journey with you and reflect on how my time at UNT has shaped the path I walk today.

The years since leaving UNT have been filled with opportunities I never imagined. My professional journey began at Wright-Patterson Medical Center in Dayton, Ohio, where I completed my doctoral internship.



I was fortunate to remain there as a faculty member for the internship program, contributing to research with community partners while working toward licensure and navigating the complexities of developing my professional identity. Joining the U.S. Air Force has opened doors to a world of opportunities, allowing me to step into diverse roles that have stretched and challenged me in ways I never anticipated.

ALUMNI SPOTLIGHT

Dr. Adam Hodge

One of the most rewarding aspects of my career has been the variety of roles I've held. As an embedded mental health provider, I had the honor of serving as a consultant to commanders, offering guidance on managing stress, sleep, and the delicate balance of work and family life. I have also ventured into the realm of industrial/organizational psychology, leading assessments and selections for specialized military roles. Most recently, my family and I embarked on a life-changing move to Okinawa, Japan, where I now serve as a Child Psychologist for the Pacific Air Forces. This role has taken me to Guam and Northern Japan multiple times, where I've had the privilege of working with children and adolescents stationed overseas, providing assessment and therapy services. These experiences have been deeply rewarding, and helping children develop their own cultural competencies and navigate the major life changes they experience is a role I never would have dreamed of.



ALUMNI SPOTLIGHT

Dr. Adam Hodge

On the personal side, life has been equally transformative. Our family has grown in size and spirit, with our oldest child turning 10 this year, our third child arriving in February 2023, and our fourth on the way this July. Raising our children in Japan has been a beautiful adventure, offering them the chance to immerse themselves in a new culture and develop a rich awareness of their own identities. Our oldest two children have embraced Japanese language and culture classes, often asking thoughtful questions about the differences they observe. Witnessing their curiosity and growth has been one of the most fulfilling aspects of this journey. I also had the incredible experience of getting to meet up with Dr. Wang in Taiwan when he took a group of students there on a trip last summer. It has been so meaningful to remain connected and engaged with the community at UNT.

As I reflect on my time at UNT, I am filled with gratitude for the foundation it provided. The program's emphasis on multiculturalism, community engagement, and the rigorous training has been instrumental in my ability to connect with the diverse populations I now serve. The relationships I built with faculty and peers continue to inspire and guide me, and I am constantly reminded of the unique opportunities I had to develop my clinical, research, and assessment skills.

To those currently in the program, I encourage you to embrace this time of learning and exploration. The program offers a wealth of resources and opportunities to help you grow into the professional you aspire to be. Take full advantage of the "choose your own adventure" approach to your education. If I can ever be of help, please feel free to contact me at adam.s.hodge@gmail.com – I would love to connect.

ALUMNI SPOTLIGHT

Dr. Cameron Davis

Hello UNT family!

Some of you may remember me from my time in Terrill Hall between 2017 and 2022, and for those I haven't had the chance to meet, I'm Cam Davis. I graduated in May 2022, and it's honestly a little wild how quickly time has passed since then.

Right after leaving Denton, I headed to the University of Texas at Austin Counseling and Mental Health Center for my APA internship. It was a meaningful training experience that really helped solidify my clinical interests and approach. From there, I transitioned into my first full-time role at the Indiana University School of Medicine, where I worked as a Multicultural Mental Health Specialist providing mental health services to medical students, biomedical science graduate students, and residents.



I truly valued my time in Indianapolis and appreciated getting to experience a new city, especially the sports culture through the Indianapolis Colts, Indianapolis 500, Indiana Pacers, and Indiana Fever. That said, Midwest winters definitely tested me and helped clarify and solidify my move back to Texas.

ALUMNI SPOTLIGHT

Dr. Cameron Davis

In March 2024, I returned to Dallas and joined UT Southwestern Medical Center in the Student Wellness and Counseling Center. I currently serve as a licensed psychologist and Assistant Professor of Psychiatry. My role includes providing mental health services to medical students and other UTSW trainees, as well as supervising psychiatry residents and clinical psychology students as they develop their clinical skills. I have especially appreciated the variety within the role and the opportunity to support individuals across different stages of training. Being able to invest in the development and well-being of other providers across the healthcare spectrum, particularly through a multicultural and relational lens, has been especially meaningful and continues to shape how I approach this work.

Outside of work, I have been making a more intentional effort to create balance and engage in life beyond professional responsibilities. I have been traveling more, saying yes to myself a bit more often, and trying to remember that rest is actually productive. It has also been nice settling back into Dallas, enjoying the city, and reconnecting with a sense of familiarity, although I would be lying if I said Austin does not occasionally call my name. I have also stayed connected to the fitness space, continuing to train in bodybuilding and toying with the idea of a HYROX or even a marathon, so we will see where that goes.

In many ways, it feels surreal to be in a position that I once envisioned early in graduate school. The path has not been perfectly linear, but I have found a lot of value in being intentional about the direction I wanted to move toward. If I could offer anything to those currently in training, it would be this: Chase what genuinely matters to you and do not let other people's expectations define the ceiling of what you think is possible!

ALUMNI SPOTLIGHT

Dr. Cameron Davis

I am incredibly grateful for my time at UNT and everything that came with those 2017 to 2022 years. I still think back on the everyday moments in the cube room, holiday gatherings, Ave C, and of course boat party (part 1 and part 2), which will always be top tier memories. The relationships built during that time have had a lasting impact and continue to be meaningful.

Dr. Cam quick tips:

- Enjoy your time in Terrill Hall, it goes by quickly
- Build your community, those relationships will last beyond training
- Know your worth and do not settle
- Take care of yourself, there is only one you

Wishing everyone in the UNT community well, and I am always happy to connect if I can be of support.

All the best,
Cam Davis

Congratulations to our new Student Interns!

Caleb Freund

Central Texas Veterans
Health Care System
Waco, TX
CTVHCS Austin Facility

Hannah Hwang

Western Washington
University
Bellingham, WA
Psychology Internship

Cassandre Jean-Ceide

University of Texas at
Austin
Austin, TX
General Internship

Olivia Kit

Oregon State
University
Corvallis, OR
Psychology Internship

Ashley Koh

Santa Clara University
CAPS
Santa Clara, CA
Psychology Internship

Jacob Kranendonk

Baylor University
Counseling Center
Waco, TX
Internship in Health
Service Psychology

Cachet Lue

Florida Atlantic
University CAPS
Boca Raton, FL
Psychology Internship

Nick Magera

University of
Oklahoma Department
of Athletics
Norman, OK
Health Service
Psychology

Cameren Pryor

Stanford University
Stanford, CA
Psychology Intern

McKenzie Watson

Jordan Valley
Community Health
Center
Springfield, MO
Psychology Internship





STUDENT REP COLUMN

Hello & greetings from your 2025-2026 student reps, Raven & Javon! Just a few short weeks left in the academic year. We're almost there! Time flies when you're having fun!

A huge thank you to everyone who helped with Interview Day. It was a long but successful event, and several applicants were impressed by the community-centered culture we continue to cultivate as students. We're so grateful to our amazing community, current GSAs, previous GSAs, and former student reps, who made planning smoother and demonstrated exactly why students want to be here.

We're excited to welcome the new cohort soon! As we celebrate our continued progress through the program, we also prepare to say farewell to students heading off to internship. While we'll miss you, we're so proud and can't wait to see what you do next. Be sure to take time to wish them well! Thank you to everyone who participated in our Spring 2026 Town Hall! Your voices matter, and we're grateful for the honest feedback and collaboration. We're committed to working with other programs and the Director to make our program better and more inclusive.

To all students, please continue sharing your thoughts with us! We love hearing from you and are here to support your success. Remember to take care of yourselves: practice self-care, take frequent breaks, set boundaries, and reach out when you need help. We're in this together. Please continue to lean into community.

Finally, from Javon: Being able to represent the voices and support my colleagues over these past 2 years has been an incredible experience. I know the next student rep will do amazing things, and I appreciate you all more than you know!

With appreciation,

Raven & Javon

EDITOR'S COLUMN

As always, we want to extend a heartfelt thank you to everyone who contributed to this semester's newsletter—and a special thank you to all who helped make Interview Day such a success.

It truly could not have come together without your time, energy, and collaboration, and it reflects the strength of this community at its best.

As we move toward the end of the semester, we hope you're finding ways to take care of yourselves along the way. With summer just around the corner, we encourage you to use this time to rest, recharge, and soak in a little sunshine—you've earned it.

We're excited to finish the semester strong and are already looking forward to all that the upcoming year will bring. Wishing you all the best as we close out the semester, and we can't wait to see what's ahead!

*Ayurda &
Sreoshi*

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