

WELLSPRING

College of Health and Social Sciences Newsletter

Edited by L. Eulalia Lowry

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MFT Mentors Professional Skills

The Marriage and Family Therapy Program represented Eastern University at the Christian Association for Psychological Studies (CAPS) East Conference in Lancaster, PA on October 26-27, 2018. In addition to the presentations of professors Baker, Kerns-Worthington,



Left to Right, Front: Dr. Rachael Kerns-Worthington, Adjunct Prof.; Dr. Gwen White, Prof Emeritus; Dr. Cheryl Sparks, Co-Director. Back: Dr. Kristen Poppa, Co-Director; Akua Opoku-Boateng, student; Dr. Algernon Baker, Affiliate Prof.; Rod White, alumnus; Tracy Defina, current student

Poppa, Sparks and White, Eastern was privileged to have students and alumni presenting, as well. One can witness the success of the program in the contributions of the students and alumni who are able to engage their field on a professional level. In addition to the full time professors' presentations, which were listed in the last issue of *Wellspring*, associates of Eastern University were responsible for the following presentations:

Trauma-Informed Ministry: Applying Clinical Insights to Safe and Effective Care in Church Settings. Rochelle Grady, DA (recent MFT graduate).

A Re-examination of Depression, Mania and Suffering: Case Studies in the Productivity of Suffering. Rodney White, PhD (recent MFT Graduate).

The Impact of Attachment Style on Black Heterosexual Women in Romantic Relationships, Roslyn Still, PhD (recent MFT graduate).

African-American Pastoral Couples and Their Engagement of Psychotherapy, Algernon Baker, PhD, MFT (Affiliate Professor).

Adverse Childhood Experiences – Where Do We Go From Here? Tracy Defina, MA (MFT current student), and Cheryl Sparks, PhD (MFT Co-Director).

Publications, Presentations and Honors for Eastern Students and Alumni

Cassandra Parrish (MA, Clinical Counseling, 2017) received the ASPIRE award at the 2018 Pennsylvania Psychological Association annual conference. Cassandra is a current PsyD student at Immaculata University. With her fellow doctoral students, Cassandra presented her winning research paper, "Self-Care: Understanding Clients' Perceptions and Practices."

Christopher Leins (MA, Clinical Counseling, 2012) co-authored an article entitled, "Using the Bible to Facilitate Treatment of Religious Obsessions in Obsessive-Compulsive Disorder." The article was published in Vol. 37, No. 2 Summer edition of *The Journal of Psychology and Christianity*.

James Mast (MA, Clinical Counseling, 2016) received a 2018 Young Alumni of the Year Award from Dock Mennonite Academy. A 2005 alumnus of Dock Mennonite, James was recognized for his professional accomplishments (including his graduate work at Eastern and his practice as a therapist at the Penn Foundation), as well as his local church service and advocacy in the larger Mennonite conference.

Joni Brandyberry, (MA, Urban Studies, 2018) co-presented with Dr. Kimberlee Johnson at the Christian community Development Assoc. annual conference in Chicago, IL on the topic "Young and Dumb: Breaking barriers of bias against youth."

Julia Mallory, (MA, Urban Studies, 2009) released the children's book she authored, entitled *Breathe*. Illustrated by Taqiyya Muhammad, *Breathe*, through rhyming verse, invites the reader to consider meditation as a means to relaxation and mindfulness.



Faculty of the Month

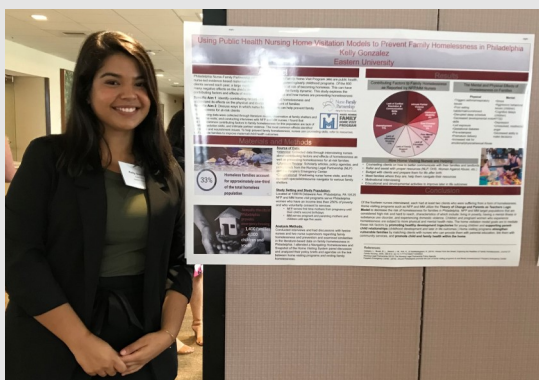
Dr. Andrew Bush (pictured above at the White House) for challenging our country's leaders to tackle the unrest in the Middle East with Christian principles of love and respect.

Matthew 5:9 "Blessed are the peacemakers, for they will be called children of God." (NIV)

Eastern Alums and Students Organize Marriage Retreat



Two graduates, Rochelle Grady, DA and Roslyn Still, PhD and two current students, Wendell Scantebury, M. Div. and Judith Brannon PHD (ABD) of the Marriage and Family Therapy program will speak at a Couples Retreat sponsored by Calvary Church in Wyncote, PA. The retreat, entitled "Seal Me In Your Heart" will be held at the Joseph Ambler Inn in North Wales, PA on February 15-17, 2019.



Nursing Student Honored by Independence Blue Cross Foundation

Kelly Gonzalez, senior BSN student, was a nurse intern speaker at the 2018 Nursing Internship Program Recognition Event this past summer, sponsored by the Independence Blue Cross Foundation in Philadelphia. Kelly also presented a

poster Using public health nursing home visitation models to prevent homelessness in Philadelphia. Kelly spent the summer interning at the National Nurse-Led Care Consortium. Additionally, she took part in several Leadership Labs to complement the experiential learning.

Lola Obadina (BA, Political Science, 2017) graduated with her Master's degree in Human Rights from Columbia University, in October 2018. Her research-based thesis was entitled "The Detainment of Asylum Seeking Children and the Denial of their Right to Education in the United States." She now promotes the education of low-income, minority children on the Operations Team at one of the Uncommon Schools in Brooklyn NY.

A Message from the Dean, Trish Reger

Each day I serve as Dean, I am inspired and impressed with the works of our faculty, staff, students and alumni. As evidenced in the updates published in this newsletter, our alumni continue to glorify God through their professional accomplishments. I would like to take this opportunity to commend them on their contributions to society and their professions. Congratulations! Job Well Done!

Let us learn from our alumni and take this season of Advent to use our work as acts of worship and praise that will deepen our faith and our relationship with God. It is without question that our December schedules are packed with exams, research papers, grading and end of year meetings. Certainly, these daily pressures can distract us from our Lord. Nonetheless, in preparation for Christ's birth, let us use school/workplace to focus our hearts, minds and hands on our God. "Whether you eat or drink, or whatever you do, do all to the glory of God." 1 Corinthians 10:31.

May you keep Jesus at the center of your December, and I pray that He brings you hope, joy, love and peace.