

PSYCHOLOGY & COUNSELING

DEPARTMENT NEWSLETTER



UNVEILING PERSPECTIVES

THIS NEWSLETTER IS MORE THAN JUST A COLLECTION OF WORDS; IT IS A TESTAMENT TO THE VIBRANT TAPESTRY OF EXPERIENCES, ACHIEVEMENTS, AND INSIGHTS THAT MAKE OUR DEPARTMENT UNIQUE. AS WE NAVIGATE THE REALMS OF PSYCHOLOGY AND COUNSELING, WE ARE COMMITTED TO FOSTERING AN INCLUSIVE AND EMPOWERING ENVIRONMENT, WHERE DIVERSE VOICES ARE NOT ONLY HEARD BUT CELEBRATED. "UNVEILING PERSPECTIVES" IS OUR PLATFORM TO SHARE STORIES, RESEARCH FINDINGS, AND THE REMARKABLE ACHIEVEMENTS OF OUR STUDENTS AND FACULTY.

IN THE SPIRIT OF OUR HBCU HERITAGE, WE STRIVE FOR EXCELLENCE, COMMUNITY, AND THE UPLIFTING OF EACH OTHER. THIS NEWSLETTER IS A REFLECTION OF THAT COMMITMENT. JOIN US AS WE DELVE INTO THE DIVERSE PERSPECTIVES THAT SHAPE OUR ACADEMIC COMMUNITY, INSPIRE CHANGE, AND LEAVE AN INDELIBLE MARK ON THE WORLD.

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COMMUNITY IMPACT

From the Desk of the Chair



Dr. Tonya Davis

Welcome to the first edition of our departmental newsletter! It is with great enthusiasm that I extend my warmest greetings to all of you. In this edition, we celebrate the spirit of growth, collaboration, and achievement that defines our department. As we navigate through the academic year, our commitment to excellence in research, teaching, and community engagement remains unwavering.

Our department thrives on the collective efforts of our students, faculty, and staff. As we embark on this journey together, let us continue to foster a supportive and inclusive environment that empowers each member to reach their full potential.

Thank you for being an integral part of the AAMU Psychology & Counseling family. We hope you enjoy reading this newsletter and feel inspired by the incredible work happening within our community.

GRADUATE STUDIES COORDINATOR



Dr. Shatoi Scott

UNDERGRADUATE STUDIES COORDINATOR



Dr. Adrienne Vaughn-Parham



Dr. Everton McIntosh

Dr. Everton McIntosh stands as the bedrock of wisdom and commitment in the Psychology & Counseling Department, holding the esteemed position as the longest-serving faculty member. With an unwavering dedication to the pursuit of knowledge, Dr. McIntosh has been an inspirational force shaping the academic landscape for decades. His contributions extend beyond the classroom, touching the lives of countless students who have benefited from his mentorship and guidance. We celebrate his enduring legacy and express our heartfelt gratitude for the immeasurable impact he continues to make on our academic community.

FACULTY SPOTLIGHT

Dr. Adrienne Vaughan-Parham, a distinguished member of our faculty and AAMU graduate, has been awarded a significant portion of the recent grant dedicated to supporting innovative educational initiatives for students in grades P-12. Dr. Vaughan-Parham's project, entitled "Psyched for Success," stood out for its commitment to enhancing learning experiences, fostering inclusivity, and contributing to academic success.

With a grant of up to \$20,000, Dr. Vaughan-Parham's project embodies the spirit of impactful and forward-thinking educational initiatives. Her dedication to advancing the academic journey of our students aligns perfectly with the goals of this grant. We are confident that "Psyched for Success" will not only contribute to the academic success of P-12 students but will also serve as a model for innovative teaching practices within our community and this department.

Congratulations to Dr. Adrienne Vaughan-Parham on this well-deserved recognition, and we look forward to witnessing the positive impact of her project on our students and the broader educational landscape.

Dr. Adrienne Vaughan-Parham



"This is your education, take care of what belongs to you"



Dr. Cy'Tique Davis

Cy'Tique Davis holds a Doctorate in Philosophy, Master of Arts in Marriage and Family Therapy with a Specialization in Military Families (A302), MBA, certified as an EMDR in Color Therapist, and holds a TS/SCI clearance. She has extensive experience training organizations on mental well-being and resilience, teaching at the collegiate level, the federal government, and providing therapy to couples, families, military families, veterans, and individuals. She has deployed three times in support of this nation's freedom during her 21-year military career where she retired as an Army Chief Warrant Officer.

NEW FACULTY INTRODUCTION

Dr. Natasha LaMarr



Natasha LaMarr holds a doctorate in Counseling Education and Supervision. She is also a Licensed Professional Counselor, Clinical Supervisor, and Certified as an EMDR therapist. She has extensive experience training organizations on the impact of trauma, teaching at the collegiate level, and providing trauma-informed therapy to couples, families, and individuals. She has traveled the world both nationally and internationally providing psychotherapy and training parents and couples on the importance of being trauma informed.

WELCOME TO THE HILL!

STUDENT HIGHLIGHTS

In the spotlight this month, we proudly feature Ms. Jean-Mone' Moreland, a shining star within our academic community, not only as an exceptional student but also as the esteemed President of the Psychology Club and our College Student of the Month. Jean-Mone' exemplifies the spirit of leadership, scholarship, and service that defines our university's ethos. As the dedicated head of the Psychology Club, she has fostered an inclusive space for intellectual exchange and community building, enriching the academic journey for her peers. Beyond her academic achievements, Jean-Mone' is an active member of the AKA sorority, where she continues to make meaningful contributions to our campus and local community. Her commitment to excellence, both in and out of the classroom, reflects the highest ideals of our institution, and we celebrate Ms. Jean-Mone' Moreland for her outstanding accomplishments and positive impact.



Ms. Jean Mone' Moreland

UPCOMING EVENTS

Self-Injury Awareness Session - March 7th, CCN 118 11:00am - 1:00pm

Career Cafe - March 19th, CCN 212 at 2:00pm - 5:30pm

Career Fair - March 21st, CCN at 2pm

World Bipolar Day Webinar - March 27th

PUBLISHED & PRESENTED

Congratulations are in order for our esteemed students and faculty who are consistently committed to advancing our university and this department by publishing relevant material and constantly lending to the advancement of all we do.

Erwinique Brown, an AAMU Graduate Student in the Psychology and Counseling Department presented a proposed research study called "Sweeping Around my Front Door: Counseling Needs Assessment". This project was a counseling needs assessment for Morgan and Madison County residents, and professionals that serve them. This was presented in November 2023.



Erwinique Brown, AAMU Graduate Student

Erwinique Brown also presented at The Society of Personality and Social Psychology Annual Convention earlier this month, in San Diego, California.

Ms. Brown presented a project name "Intervention Proposal for Young Adults and Adolescents with social and emotional issues ". This proposed intervention is to help the individuals develop and strengthen skills and behaviors for their future development. Individuals with social phobia and anxiety can benefit from skill training, which could alleviate anxiety symptoms for a job or opportunity interview, for example.

CAREGIVER COLLEGE



During the Fall Semester of 2023, Dr. Tonya Davis, Chairperson and Associate Professor of the Psychology and Counseling Department, along with Jessica Ryes, Counseling Graduate Student, gave a presentation named "How do I Live Without You: Caregiving to Surviving" at the Caregiver College Conference hosted by Top of Alabama Regional Council of Governments (TARCOG). If you want to know more about the agency, you can find the link below: <https://tarcog.us/>

Dr. Tonya Davis , Department Chair & Jessica Ryes, AAMU Graduate Student

COMMUNITY OUTREACH



Support Group:

- We will facilitate support groups for various populations, such as parents, veterans, or individuals struggling with specific mental health issues, providing a safe space for sharing experiences and coping strategies.

Free Workshops and Webinars:

- Offer workshops on stress management, mental health awareness, or effective communication in relationships.
- Conduct webinars on topics like mindfulness, coping strategies, and the importance of seeking professional help.

ALUMNI SPOTLIGHT

Dr. Demario S. Overstreet joined the UAB Department of Surgery in August 2023 as an assistant professor in the Division of Gastrointestinal Surgery. Dr. Overstreet obtained his Bachelor of Arts and Master of Science degrees from Alabama Agricultural & Mechanical University (AAMU), a historically black college and university (HBCU) located in Normal, Alabama. He then obtained his doctorate in Behavioral Neuroscience from the University of Alabama at Birmingham. Additionally, Dr. Overstreet is a graduate of UAB's NIH AHRQ-funded HSR T32 pre-doctoral program (2018-2021). After earning his Ph.D., he completed a postdoctoral research fellowship at Harvard Medical School and Brigham & Women's Hospital in the Department of Anesthesiology, Perioperative, and Pain Medicine.



Dr. Demario S. Overstreet

PSYCHOLOGY CLUB UPDATES

As we embark on continuing this semester, we're excited to share updates from the AAMU Psychology and Counseling Club, where Jean Mone' leads as our esteemed President, and Xavier Woods serves as our dedicated Vice President. We are busy and actively engaged in community and department development.

Club Updates:

1. Meetings Schedule:

- Our club meetings are now scheduled twice a month, creating more opportunities for engagement and collaboration.
- Meeting days: Every 1st and 4th Tuesday or Thursday of the month.
- Time: 2:30PM
- Location: Room 118

2. Membership Information:

- We welcome all students who share an interest in psychology and counseling.
- To join, please visit our club page during membership enrollment season and follow the registration instructions.

3. Upcoming Events:

- Stay tuned for exciting events, including guest lectures, workshops, and social gatherings designed to enhance your knowledge and connection within the field.
- Career Cafe - March 19th CCN 212 at 2:00pm - 5:30pm
- Career Fair - March 21st CCN at 2pm

4. Leadership Spotlight:

- Get to know our leaders - President Jean Mone' and Vice President Xavier Woods - passionate individuals dedicated to fostering a welcoming and inclusive environment for all members.

5. Engage with us on Social Media:

- Follow us on Instagram at AAMUPSYCHCLUB for real-time updates, psychology-related content, and a supportive community.

6. Open Forum and Suggestions:

- We value your input! Our open forum sessions during meetings provide a space for your ideas, suggestions, and concerns. Your voice matters! You can also email us at getpsychedupaamu@gmail.com

THANK YOU!

MARCH MENTAL HEALTH

DATE	NATIONAL MENTAL HEALTH OBSERVANCE	SUGGESTED RESOURCES (Live Links)
1st	Self-Injury Awareness Day	Self-Injury Information & Resources
10th - 16th	National Sleep Awareness Week	Get Enough Sleep
11th - 17th	Brain Awareness Week	
15th	World Sleep Day	Get Enough Sleep
18th - 24th	National Drug and Alcohol Facts Week	Addiction/Substance Use Information & Resources
20th - 24th	LGBTQ Health Awareness Week	LGBTQ+ Communities & Mental Health
30th	World Bipolar Day	Bipolar Disorder Information & Resources

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

We are in the business of doing what must be done. Here is a collage of some of the events we've been psyched up about!



LEADERSHIP DEVELOPMENT INSTITUTE AT THE APA



PSYCHOLOGY & COUNSELING SELF-CARE TIP OF THE MONTH

Welcome to the Psychology & Counseling Tip of the Month! This month, we focus on the transformative power of mindfulness in promoting mental well-being. In the hustle and bustle of academic life, taking a moment for mindfulness can make a profound impact on your mental health.

Why Mindfulness? Mindfulness involves paying attention to the present moment without judgment. Research shows that incorporating mindfulness practices into your daily routine can reduce stress, enhance focus, and improve overall mental well-being.

Tip: Incorporate Mindfulness into Your Routine

1. Start Your Day Mindfully: Begin your day with a few minutes of mindful breathing. Focus on your breath, letting go of any thoughts about the day ahead. This sets a positive tone for the hours to come.
2. Mindful Breaks: Take short mindfulness breaks during the day. Whether it's a five-minute walk, a few moments of deep breathing, or a mindfulness app session, these breaks can refresh your mind and increase productivity.
3. Mindful Eating: Pay attention to what you eat. Engage your senses – notice the colors, textures, and flavors. Eating mindfully fosters a healthier relationship with food and can be a grounding experience.

4. Gratitude Journaling: Before bed, jot down three things you're grateful for. This simple practice can shift your focus towards positive aspects of your life, promoting a more optimistic outlook.

Remember, mindfulness is a skill that develops with practice. By incorporating these tips, you're taking a proactive step towards enhancing your mental well-being. Stay tuned for more Psychology & Counseling insights next month!



JOB, FELLOWSHIP & INTERNSHIP OPPORTUNITIES

Financial Aid Work-study Students - Two Positions

The Financial Aid Work-Study Student will play a vital role in supporting the day-to-day operations of the Financial Aid Office at AAMU. This position is designed for eligible work-study students to gain valuable experience in a professional office setting while contributing to the efficient delivery of financial aid services to our diverse student population within the Psychology & Counseling Department.

Interested students should submit their resume and cover letter to Mrs. Evelyn Smith at evelyn.smith@aamu.edu. Please include "Financial Aid Work-Study Application" in the subject line.

TECHNOLOGY & INNOVATION



The AAMU Psychology & Counseling Department is thrilled to announce the integration of Mursion, an innovative virtual reality simulation platform, into its courses. This groundbreaking addition is designed to elevate the learning experience by providing students with immersive and interactive opportunities to practice therapeutic techniques, counseling interventions, and interpersonal skills in a realistic virtual environment. Mursion's cutting-edge technology allows students to engage in lifelike scenarios, honing their clinical and communication competencies in a risk-free setting. With this integration, the department is committed to fostering a dynamic and experiential learning environment that prepares students for the complex challenges of the counseling profession, ensuring they graduate with the practical skills and confidence needed to excel in their future careers.



MEET OUR GRADUATE COUNSELING FACULTY

Tonya Davis, Ph.D., LPC-S, CFMHE

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Jo Weaver - PhD, LPC, NCC, RYT-200

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Natasha LaMarr - Ed.D, LPC, CPCS, EMDR

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MEET OUR UNDERGRADUATE PSYCHOLOGY FACULTY

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Everton McIntosh, Ph.D

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Leatha Bennett, Ph.D

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COMING
SOON

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Cy'Tique Davis - PhD, LMFTA, MBA, EMDR, TS/SCI

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PSYCHOLOGY & COUNSELING STAFF

Mrs. Evelyn Smith, Executive Administrator



Ms. Robin Sims, Graduate Assistant



STUDENT ADVISORY BOARD

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Onie Sass
Tamiya Bowden
Xavier Woods
NaJae Cochran
Jessica Ryes

THE MISSION OF THE AAMU PSYCHOLOGY AND COUNSELING STUDENT ADVISORY BOARD IS TO ACTIVELY PROMOTE THE INTERESTS, CONCERNS, AND WELL-BEING OF STUDENTS WITHIN THE DEPARTMENT. THROUGH OPEN COMMUNICATION, COLLABORATION, AND INNOVATIVE INITIATIVES, THE BOARD STRIVES TO ENHANCE THE OVERALL ACADEMIC AND PERSONAL DEVELOPMENT OF STUDENTS, CONTRIBUTING TO A THRIVING AND INCLUSIVE COMMUNITY.

INCLUSIVE DEPARTMENT INITIATIVES

When we do anything, it is always executed with the utmost intention and accuracy. Our new logo continues this narrative. As created by students who embodies the spirit of accuracy and representation, the logo captures who we are and what we represent for this university, highlighting the continued progress of the department and its members.

