



**WILLIAM JAMES  
COLLEGE**

**May 27, 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.*

**May 2022**

Dear Community Members, Students, Faculty and Staff,

The month of May marks many special observations for our military and their families not to mention it is also Mental Health Awareness Month. In May, we celebrate Military Appreciation Month, Military Spouse Appreciation Day, and Armed Forces Day. We close out the month in somber observation of Memorial Day. While Memorial Day is marked with celebration, barbeques, families, and hope for a summer full of fun, it is important to remember that it is also a time to mourn those military members who gave their lives for our freedoms. With less than 1 percent of our total population, serving in the military, intentional remembrance is increasingly imperative so we will never overlook this cost.

On a personal note, since May 30, 2005, Memorial Day has had an even more poignant meaning in my life. On this day, a small fixed-wing aircraft crashed shortly after takeoff from a dirt runway in Iraq, killing all 5 souls on board, including: 4 US Air Force Special Operations service members and 1 Iraqi pilot. I will never forget—Capt Darek Argel, Capt Jeremy Fresques Sgt Casey Crate, Maj Brian Downs and their Iraqi pilot who were

all killed on impact.

Please consider making space to think of the sacrifice our service members and their families have made, so we do not forget.

This will be our last newsletter until the Fall 2022 semester begins. We hope you have a nice summer and look forward to reconnecting when we return, in the Fall.

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

### **Military and Veterans Psychology Program Lecture Series Reaches Thousands Across the Country**

Our program has reached over 1,000 throughout this academic year! Check out the link to learn more.

[MVP Lecture Series](#)

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### **New Military and Veterans Psychology Website**

Our Military and Veteran Psychology department and community continues to grow! MVP's website has been updated and now includes an overview of the concentration, news from our WJC community members, and all of our previous newsletters.

Additionally, the MVP concentration is now available for advanced standing BS students and school psychology students! Check out our website to learn more about the

enrollment process.

[View our Website!](#)

## Previous CE Events

### Cognitive Behavioral Therapy for Suicide Prevention

**Date:** April 8th, 2022

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 includes 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 the CE Event](#)

## Faculty Spotlight

### Dr. John Meigs, PsyD, LADC I

Dr. Meigs is a licensed clinical psychologist and teaching faculty member at William James College. Dr. Meigs obtained a Master of Arts degree in Counseling Psychology and Global Mental Health and a PsyD in Clinical Psychology from William James College. He completed an APA accredited internship at the White River Junction VA Medical Center in Vermont and a postdoctoral fellowship at Cambridge Health Alliance/Harvard



Medical School. Dr. Meigs is the director of the substance use and addictions counseling emphasis in the Counseling & Behavioral Health Department. His clinical experiences include New Hope TSS, Lynn Community Health Center Refugee Clinic, Lesley University Counseling Center, the Metro Boston Mental Health Units at the Lemuel Shattuck Hospital, MIT Mental Health and Counseling Service, the White River Junction VA Medical Center, and Cambridge Hospital. Areas of interest include individual and group psychotherapy, substance use treatment, trauma-focused care, cross-cultural and postmodern theories of psychotherapy, and global mental health. Dr. Meigs owns and operates a private practice in downtown Boston.

## Student Spotlights

### Kevin Lambert



Kevin Lambert has conducted numerous trainings on the topics of the transition of military veterans to civilian life, suicide prevention, moral injury, and peer support. Kevin serves as a primary consultant for the Brookfield Institute. Kevin is currently a student at William James College and serves as the Program

Development Assistant for the Train Vets to Treat Vets program at William James College.

Kevin served in the United States Army as an Infantryman From 2005-2008 and participated in over 600 combat patrols and missions as a light machine gunner in Iraq from August 2005 through December 2006. Kevin's awards include the Army Commendation Medal for Valor, Army Commendation Medal, and Combat Infantry Badge. His unit was also awarded the Valorous Unit Award.

Kevin has an Associate in Science Human Services degree as well as a Certificate in Alcohol/Drug Abuse Counseling from Northern Essex Community College.

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## Kelly Ré

Kelly Ré is a first-year student in William James College's Clinical Psychology doctoral program. Kelly's passion for military psychology stems from her grandfather's military experience in the U.S. Navy. He was an officer who served in World War II, the Cold War, and earned the Purple Heart award. Kelly has a Master's degree in Counseling from Palo Alto University, where she felt her interest in military psychology continued to grow through her experience serving on her university's Student Veteran Organization board.



After a rigorous application and interviewing process, Kelly recently was awarded the health professions scholarship program (HPSP) through the U.S. Navy. This scholarship will allow her to complete her ultimate goal of becoming a military psychologist, where she will be able to treat military and veteran populations. She will commission later this Summer and then in the Summer of 2025, Kelly will transition to active duty as she starts her doctoral internship at Portsmouth Naval Hospital.

Kelly has been actively involved in the Military and Veteran Psychology program this year and currently serves as the MVP program assistant. She also serves as a Student Engagement Officer for APA's Division 19's Student Affairs Committee.

## Contact Us!

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