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Counselor Education Newsletter

Counselor Education

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Fall 2014

# Counselors Corner: A Newsletter of the Department of Counselor Education

Kara Hiltz

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## Students to Take Part in Faculty Hiring Process

By Kara Hiltz

The Counselor Education department is on the hunt for new, talented faculty members, and current faculty members will look to students for feedback on candidates.

While the department is hoping to eventually hire two faculty members, the most urgent position they are looking to fill is for a Visiting Assistant Professor. This position includes a three-year contract, and the search will be local.

The new Visiting Assistant Professor will teach four courses, including the Bridge Implementation I and Implementation II courses. Typically, the new hire may teach courses such as EDC 614: Contemporary Issues or EDC 604: Career Development Concepts. But the new hire's course load will depend heavily on the hire's background and expertise.

Dr. Susan Seem is the Chair of the Search Committee for new faculty. She says that a small number of students will be asked to sit with candidates for the open Visiting Assistant Professor position during the interview process, as each

candidate will each visit a class. One candidate will also attend the Department of Counselor Education Scholarly Conference on November 19 at the MetroCenter. During these visits, students will have an opportunity to get to know the candidates and ask them questions on behalf of Counselor Education students.

Think about what you look for in a professor and craft questions that will determine whether candidates are a good match for the student body, suggests Dr. Seem.

While filling the Visiting Assistant Professor position by January would be ideal, it may not be realistic. Interviews are being held in November, and if none of the candidates are a good fit, it would be difficult to fill the position by January.

The second open position of Assistant Professor will most likely be interviewing in January or February for a start date in August. Counselor Education students will have an opportunity to meet these candidates as well.

## Thesis Becomes Capstone Research Project

Starting with this semester's Implementation I students, the end-of-program thesis will now be a capstone research project. While the department is still working out the finer details, here's a quick glance at the changes:

- ◆ The capstone research project will entail a program evaluation or action research project in which students collect and analyze data.
- ◆ The capstone research project will still require IRB approval.
- ◆ The capstone research project's literature review will be shorter (about 10 pages) and more focused than those in previous theses.



**Dr. Thomas Hernández**  
Department Chair

## Chair's Note

Welcome back to another fine year in the Department of Counselor Education! It is truly a pleasure to be able to say that and to experience its meaning on a most personal level.

The faculty and I look forward to working with you and helping you as you navigate through the program toward your goal of entering the counseling profession.

Keep in mind that we are all navigating through "change." Blackboard is new to all the faculty, so I ask you to be patient as we adjust to this new course management software system. In addition, know that as a faculty we are working diligently to fill the two vacancies we have in the department. We will be interviewing in the coming weeks for the Visiting Assistant Professor position and in the early spring for

the Assistant Professor position. In both cases, your opinions and perspectives are highly valued. We will be bringing each candidate to a class to give you an opportunity to ask questions that are pertinent to you. You will then have the opportunity to provide the faculty with feedback that will help us in making our decision as we select our newest colleagues.

Also, know that our assessment activities never stop in an effort to make a better program for you. Please look at the "Continuous Program Improvement" link on the department homepage for recent reports about these efforts.

I wish you well as you move forward throughout the Fall 2014 semester, and look forward to seeing you soon!  
Enjoy!

## Counselor Ed Students Team Up with Champion Academy Because 'We Believe'

By Ebonessa Graham

Each semester students enrolled in EDC 606: Research and Program Evaluation have the opportunity to research and evaluate a program. This semester graduate students Ebonessa Graham, Larissa Pieper, Lisa Jones, Michelle Contestable, and Steve Mitchell have an amazing opportunity — to work with Roland Williams and youth enrolled in Champion Academy.

Roland Williams is a Rochester, NY native and an NFL Super Bowl champion. Williams founded Champion Academy to support inner city males who are at risk of not completing high school. Champion Academy is a free year-round, positive mentoring program that serves young males between the ages of 12 and 18. The program began in summer 2014 with a two-week summer football camp that served 423 Rochester City School District students in grades 7-12. Champion Academy demonstrates an active commitment in every area of the youth's life and the program's motto is "We Believe."

Aside from focusing on football, Champion Academy incorporates an entertaining and engaging curriculum. Curriculum topics include conflict resolution, leadership, civic responsibility, social etiquette, time management, health and nutrition, financial literacy, college and career readiness, goal achievement, and perseverance. Although Champion Academy is a new program, the youth are responding positively to the program and many emotional testimonies can be found on the Champion Academy website.

Counselor Education students, under the supervision of Dr. Dobmeier, are currently conducting focus groups with the youth of Champion Academy to gain their perspectives on their life goals, aspirations and ideas of success. EDC 606 student teams will use the findings to inform Roland Williams on how to further serve the youth based

on the young men's perspectives. The information will also be presented at a scholarly conference held at the College at Brockport. The collaboration between Counselor Education students and Champion Academy highlights Brockport's commitment to ongoing community involvement. It also allows students to demonstrate their understanding of the college's mission which is to "Aspire, Engage and Excel."



## Kitty and Elaine Relocate to Santa Fe

By Lauren Giglia

I had the opportunity to Skype with Kitty and Elaine while they were at their new practice, The Gloaming at Santa Fe, LLC. Our conversation started with a tour of the space in beautiful Eldorado, New Mexico. Being able to see the beautiful sky blue in the air as contrasted with Rochester's grey sky was uplifting! It was eerie to see all of Kitty and Elaine's belongings hanging on the walls all the way across the country. They glowed with excitement as they spoke about some of their experiences with the new business, connections with community members in Eldorado, and how The Gloaming came about.

Kitty and Elaine first spoke about their vision when creating their practice, which is to give back to the community. They explained that in order for their business to flourish, or at least provide enough income to live, they would have to understand the needs of the community. Through speaking with their landlords, Destiny and Steve—also local business owners—they were able to better understand in which areas this community needs support. Kitty stated that they realized there was a need for support for caregivers. By noticing that the population consists of mostly people aged 55 and over, the need for caregiver support is increased. With this concept in mind, Kitty and Elaine decided to create support groups based upon caregiver needs in the community. They are currently running two groups: one based upon the needs for caregivers of those living with Alzheimer's and the other as a general caregiver's support group. Kitty has engaged in a 7-week class about Alzheimer's in order to better help their clients. They are also developing a support group for loved ones of those living with addictions (similar to the topic of Al-anon). Based on these needs, Kitty decided to pursue her mental health license and add counseling to her coaching services.

Kitty and Elaine spoke about the joys of being able to co-counsel and work together. Elaine shared an eye-opening experience of co-counseling with Kitty and an individual client during an initial consultation. At the end of the session, Kitty and Elaine offered the individual the choice of which counselor with whom she would prefer to work. She compared this to a strengths-based counseling approach and how it empowered the client to make her own choice in an accepting context.

They also emphasized their happiness regarding the "small community" feel in which Santa Fe and surrounding areas embody. Their practice lies in the middle of a small community in and of itself, with "La Tienda" (Spanish for "The Store") right across the street from them. Elaine and Kitty write an article in the *LaTienda Weekly Update*, a local online newsletter, about wellness topics. At the end of this article are websites in which you can find their articles, as well as The Gloaming's website and Facebook page.

Speaking of The Gloaming; how did they get that name? As soon as I asked the question a giddy laughter came out of both Kitty and Elaine. First, they explained the meaning of the word *gloaming*. The gloaming is the name for twilight, or the change in the sky that happens when the sun sets and the sky becomes dark. They see that as a time of possibility. They shared the story about how they planned to create a retreat center years ago and call it The Gloaming, when they were living in Florida. Although it never took off, they decided to bring The Gloaming to Santa Fe by adding it to the name and The Gloaming at Santa Fe, LLC was born!

Kitty and Elaine also expressed their love for Brockport and how they miss each and every one of us! They were happy to hear about those who have had great news within the past few months since they've been gone. They have also asked me to pass along their love to all of you.

If you're interested in staying in touch with Kitty and Elaine and learning more about The Gloaming at Santa Fe, LLC, please visit the following websites:  
The Gloaming at Santa Fe, LLC:

[www.thegloamingatsantafe.com](http://www.thegloamingatsantafe.com)

Facebook: [www.facebook.com/thegloamingatsantafe](https://www.facebook.com/thegloamingatsantafe)

Inspirations from the Gloaming (LaTienda articles): <http://www.thegloamingatsantafe.com/InspirationsfromtheGloaming.en.html>





## Students Join Counselors and Counselor Educators for AADA's Day on the Hill: Medicare Reimbursement and VA Hiring of Professional Counselors

By Bob Dobmeier, AADA President

On July 24, a dozen AADA members, including students from different parts of the U.S., met with their Senators and Representatives in Washington, DC to advocate for Medicare reimbursement for professional counselors and hiring of counselors in VA settings.

The second day we joined fellow members and friends at the AADA summer conference, *On the Hill and At Home: Counselor Advocacy Everywhere*, in the nation's capital. The keynote by Dr. Jane Myers and an array of inspiring education sessions were offered on counseling and advocacy for adults.

Following the visit to the capitol the fruits of our efforts began to blossom. The office of Senator Charles Schumer (NY) followed up with an inquiry about hiring counselors at the VA and with the help of Art Terrazas, ACA Director of Government Affairs, was guided to contact Senators Jon Tester of Montana, Jim Moran of Kansas, and Tom Udall of New Mexico.

Several weeks later we received an invitation from the VA for counseling interns and recent graduates to apply for three Master's trained Health Science Specialist positions in New York State VA settings. Counseling doctoral students Steve Kassirer (Syracuse University), Christian Chan (The George Washington University), and Matt Fullen (Ohio State University), were joined by Cassie Fleck and Jessica Hess (counseling master's students from the College at Brockport attending the ACA Institute for Leadership Training) in meeting with Congressional leaders.

Although he was not able to come to Washington this summer, doctoral student Scott Branson (University of Colorado at Boulder), AADA's Chair of

Government Affairs, was busy doing professional advocacy back in his home state.

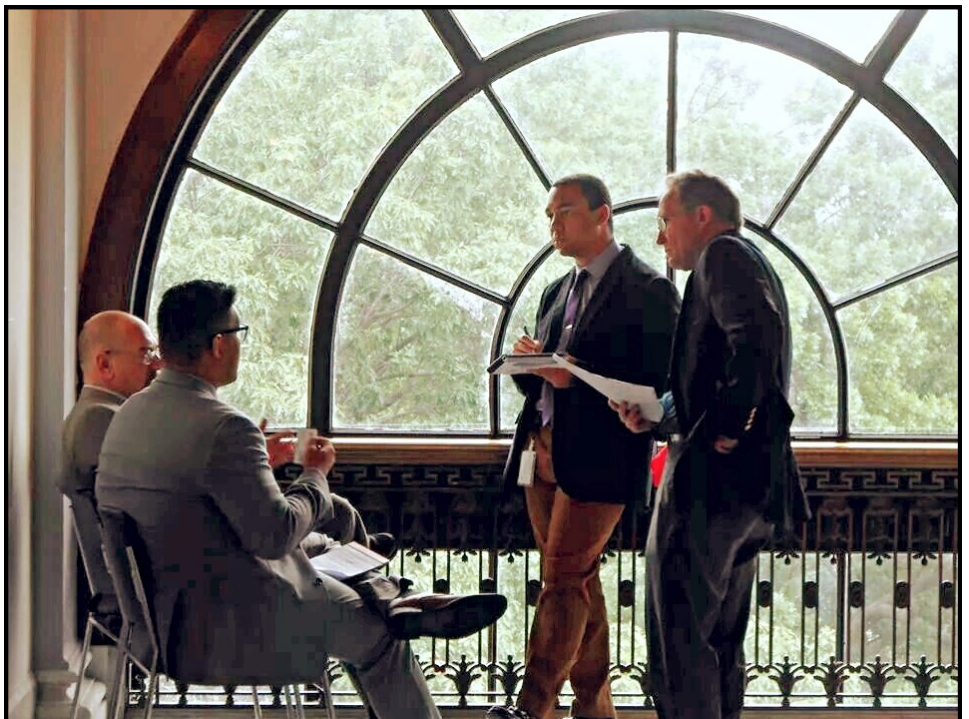
When Scott learned from AARP of their letter of support to the U.S. Senate for the Seniors Mental Health Access Improvement Act of 2013 (S. 562), which entailed Medicare reimbursement of professional counselors, he contacted Senator Michael Bennet (CO). The Senator personally returned Scott's call and was given by Scott, with the assistance of Art Terrazas, estimates of costs and savings associated with S. 562.

Scott's communications with AARP were followed by their separate letter to the House of Representatives endorsing passage of the Mental Health Access Improvement Act (H.R. 3662) that also calls for Medicare reimbursement of professional counselors.

Word has spread back home about the need for students, counselors, and counselor educators to communicate with Congressional leaders about reimbursement of professional counselors. Kristin Morgan, an Implementation II student at Brockport doing her internship at Unity Health Systems - Healthy Start, for her advocacy project in EDC 617: Leadership and Advocacy has written an article in the AADA newsletter and will contact her Senators to encourage support of S. 562.

I wish to thank all of those students, counselors, and counselor educators who attended the AADA Day on the Hill and who contributed to AADA's 2014 Summer Conference, *On the Hill and at Home: Counselor Advocacy Everywhere*.

Sincerely,  
Bob Dobmeier, AADA President



## Master's Capstone Research Project Topics

*Todd Costanza, School*

Principal's Perception on the Role of School Counselors and the Counselor-Principal Relationship

*Cassie Fleck, School*

Adolescent Perceptions of Healthy Relationships: Implications for Programming

*Jessica Hess, School*

Anxiety Prevalence Among High School Students

*Cassie Mauro, School*

Academic Motivation and Student Engagement

*Margaret Mink, School*

Bullying Prevention: Combining Whole-School Approaches and School Climate

*Tausha Hill, College*

The Impact of Motivation on College Success: Economically Disadvantaged Students

*Megan Bartz, Mental Health*

The Relationship Between Gender and Psychiatric Diagnosis in Victims of Military Sexual Trauma

*Robyn Broomfield, Mental Health*

The Importance of Group Support in Reducing Depressive Symptoms in Women Who Live in Urban, Low Income Environments

*Ashlee Bulluck, Mental Health*

The Use of the Developmental Assets Profile in a Residential Treatment Center

*Priscilla Cortes, Mental Health*

The Impact of Peer Support on Treatment Outcomes for Reintegrating Veterans with Mental Illness

*Lauren Giglia, Mental Health*

The Co-Occurring Disorder Patient: Effects of Stigma, Perception of Care, and Treatment

*Denise Hyland, Mental Health*

Constructing Safer Lives: Women Who Display Resilience in Responding to Intimate-Partner Violence

*Nicole Kramell, Mental Health*

Developmental Assets in a Residential Setting

*Kristin Morgan, Mental Health*

Self-Efficacy and Social Support: An Application of Social Cognitive Career Theory

## EDC Scholarly Conference

Work on the thesis projects begins in Implementation I and is completed by the end of Implementation II. Students in EDC 606 and Implementation II will present their research at the Department of Counselor Education Scholarly Conference on **November 19, 2014** at the MetroCenter. Everyone is welcome to attend!

## EDC 606 Action Research Topics

Learning From Urban Teens in a Mentoring Based Program: Career Goals That Make Sense

*Larissa Pieper, Lisa Jones, and Ebonessa Graham*

Qualitative Research Study on the Occupational Aspirations of Urban Teen Males

*Michelle Contestable and Steve Mitchell*

A Secondary Analysis of the Campus Climate Survey: The Impact of Living On or Off Campus and Other Variables

*Roslyn Phillips, Greg Sykes, and Colleen Halbohn*

Brockport's Campus Climate: The Influence of Race and Financial Hardship on a Student's Decision to Live On or Off Campus

*Gianna Grosser, Kate Mahar, and Andrea Burns*

Why are Counselor Education Graduate Students Underperforming in Diversity Proficiency in Practical Application?

*Elizabeth Cenci, Christine Wilson, and Rachel Milner*

Counselor Preparedness in Crisis and Trauma: An Investigation into Student Learning Outcomes

*Mike Pernot, Terri Allman, and Sarah Perri*

## Upcoming Conferences and Counselor Education Events

October 23, 2014 — 6:00 pm  
Counseling in the Military Community: A Panel Discussion  
MetroCenter

October 31-November 1, 2014  
NY State School Counselor Association (NYSSCA) Annual Conference  
The Albany Hilton  
Albany, NY

November 8, 2014 — 10:00 am  
Rochester Chapter NYMHCA Meeting  
LeChase Hall, University of Rochester

November 11, 2014 — 5:00 pm  
Nu Chapter Gives Back  
Abbott's across from MetroCenter

November 19, 2014 — 3:30 pm  
Department of Counselor Education Scholarly Conference  
MetroCenter

December 5, 2014 — 4:30 pm  
Nu Chapter Initiation & Department Graduation  
Eagle's Lookout, Brockport Campus

December 13, 2014 — 10:00 am  
Rochester Chapter NYMHCA Meeting  
LeChase Hall, University of Rochester

February 4, 2015 — 8:00 am  
Western New York School Counselors Consortium (WNYSCC)  
RIT Inn & Conference Center  
Henrietta, NY

March 11-15, 2015  
American Counseling Association (ACA) Annual Conference & Expo  
Hyatt Regency Orlando  
Orlando, FL

## Department Gives Blackboard Learn™ a Test Run

By Kara Hiltz

The College at Brockport is transitioning from ANGEL Learning to Blackboard Learn™ for its learning management system. By next fall, the entire campus will use Blackboard Learn™, but the Counselor Education department is part of a test group using the system this semester.

As with any new software, there have been issues cropping up for both faculty and students. Faculty members experienced some hiccups when their course content was moved from ANGEL to Blackboard Learn™ automatically. Faculty have had to learn the new interface and help students navigate it as well.

Blackboard Learn™ allows for emailing classmates and professors through the learning management system, but it is connected with each person's Brockport Gmail account. Emails sent through the system are received in recipients' Gmail

accounts only. Some students have expressed frustration over the fact that there is no Inbox or Outbox within Blackboard Learn™ so it is not possible to see what messages a student has sent through the system. Students have also worried that professors aren't receiving email sent through Blackboard Learn™.

Despite transition issues, Blackboard Learn™ has many great features. The faculty is optimistic about the new learning management system, and encourages students to report issues to the Help Desk so that they can get resolved.

To report an issue with Blackboard Learn™ call the IT Help Desk (x5151) and press 6.

## NEED DASA TRAINING?

Genesee Valley BOCES offers DASA workshops at the College at Brockport. ***This training is required for all students in the school counseling track.*** For more information and to register for an upcoming session, visit <https://gvbores.adobeconnect.com/a834894853/brockportfall2014>.

### UPCOMING WORKSHOPS:

Wednesday, November 19, 2014 5:30 p.m.-9:00 p.m.  
Tuesday, December 2, 2014 5:30 p.m.-9:00 p.m.



## Faculty Profile: Dr. Thomas Hernández



Thomas Hernández has been serving as Co-chair of the Campus Climate Task Force since November 2012. A report on this study was presented to the campus community in April, 2014. Dr. Hernández recently returned to the department after serving the College as Interim Dean of the School of Education & Human Services here at the College at

Brockport while continuing to serve as Chair of the Department. Dr. Hernández recently published *Community College Student Awareness of Mental Health Problems and Resources* with Robert Dobmeier, Michael Kalkbrenner, and Tausha Hill in the *New York Journal of Student Affairs*. He also published *Scope of Practice Impact on Employability in New York State: Director and Counselor Views* in the *Journal of Mental Health Counseling* with Steven Kassirer, Nicholas Delaney, Loren Goldstein, Megan Taylor, and Robert Dobmeier. Dr. Hernandez also presented with Steven Kassirer and Robert Dobmeier at the NYMHCA Bi-Annual Conference in April 2014 on *Scope of Practice Impact on Employability of Mental Health Counselors in New York: Director and Counselor Views*. He also presented with Karen Mackie, Summer Reiner, and Bonnie Rubenstein at the Western New York School Counseling Consortium on *School Counselor Intern Supervisor Training: Part II* in February 2014.

## Faculty Profile: Dr. Susan Seem



Right now, Dr. Susan Seem is enjoying being back in the department after a year as Interim Assistant Provost for Diversity. This semester she is teaching two classes: Integration and Counseling Concepts, and she is enjoying her time with students in both classes. Dr. Seem is also a lead writer on the CACREP Self-

Study for our program's reaccreditation. In addition, she is the Chair of the Search Committee for two new faculty positions in the department. As part of that search, Dr. Seem will be asking students to participate in interviews with candidates. She is also working on getting back to her scholarship interests, which include feminist therapy and theory and the psychology of evil and "othering." If any student is interested in those areas and would like to do some research with her, please contact Dr. Seem. She would be delighted. She wishes everyone a wonderful fall semester.

## Faculty Profile: Dr. Robert Dobmeier



Bob and Summer had an article, "Counselor Preparation and the ASERVIC Competencies: An Exploratory Study," published in *Counseling and Values*. Bob is currently revising a book chapter on substance abuse and relapse and is conducting a study with Counselor Education students and

the Department of Criminal Justice on reentry of jail inmates. Bob, Summer, and Tom did an education session, "Professional Counselor Identity: A National Study of Counselor Educators" at the NARACES Conference in September in Providence, RI. Along with Mike Morde and assisted by Robyn Broomfield he presented "Mental Health of Adults Who Are Inmates: Counseling Interventions," at the ACA Conference in March in Honolulu. Bob, Steve Kassirer, and Tom Hernández conducted a workshop at the NYMHCA Conference in Albany in April entitled, "Scope of Practice Impact on Employability in New York State: Counselor and Director Views." As President of the Association for Adult Development and Aging (AADA) Bob organized a summer conference in Washington, DC, "On the Hill and at Home: Counselor Advocacy Everywhere." Attendees went to the Hill to advocate for Medicare reimbursement and employment of professional counselors at the VA. Bob is teaching EDC 617: Leadership and Advocacy as a new course in the Department, having developed the course with Summer. Bob spearheaded renovation of the Department's home page, with the assistance of Tom, Susan, Summer, and Elaine and of the College's Marketing Communications Department along with participation from students and alumni. Go to the home page and see the new video, *Our Story*.

## Faculty Profile: Dr. Patricia Goodspeed



Dr. Goodspeed has a full plate this semester teaching both Implementation I and EDC 603: Group Counseling Concepts. She is taking on a new role as the advisor for the department newsletter and does individual supervision with students. Dr. Goodspeed also manages the department's scholarships and awards for students who apply.

She is looking forward to spending time on her personal research interests.



## Faculty Profile: Dr. Summer Reiner



Dr. Summer Reiner has been busy taking over some new roles in the department for the 2014-15 school year. She is serving as the Clinical Coordinator, Assessment Committee Chair, and the Nu Chapter Faculty Advisor. In October and November, she will be out conducting site visits for students enrolled in Implementation I. She will also be following up with site supervisors for students enrolled in Implementation II. As the Assessment Committee Chair, she has worked with the rest of the committee and department members to identify areas for improvement regarding our counseling curriculum. In an effort to better understand students' perspectives on our areas for improvement, the Assessment Committee is working in collaboration with students enrolled in EDC 606: Research and Program Evaluation. If you are contacted by an EDC 606 student, please consider engaging in their action research project and help us to better understand your sense of preparedness around specific topics. Aside from her work in the department, Dr. Reiner continues to be involved in the NYSED School Counseling Advisory

Council (SCAC). The SCAC was charged with providing recommendations to the Commissioner on school counseling related regulations, specifically: certification, role responsibilities, comprehensive school counseling programming, and Annual Professional Performance Review (APPR). In terms of scholarship, Dr. Reiner presented four sessions at the NARACES Conference in Providence, RI and will be presenting a poster at the American Counseling Association Conference in Orlando, FL. Drs. Reiner, Dobmeier, & Hernandez were also invited to contribute a column to the Exemplar, which is the newsletter for Chi Sigma Iota, on their article that appeared in *Journal of Counseling and Development* (ACA's journal). If you are a member of CSI, be on the look out for the column. This past summer, her teaching collaboration with Dr. Jim Tobin (EDC 619: School Settings /EDA's Program Evaluation) was also featured in a cover story for *Counseling Today*, ACA's trade magazine. In terms of leadership roles, Dr. Reiner is serving as the Past Chair of the ACA North Atlantic Region. She was appointed as the Graduate Student Liaison for the New York State School Counseling Association. Finally, she is on the editorial board for the *Journal of Counseling and Development*.

## Welcome to Ann White, Ed.D., LMHC, NCC, New Adjunct Professor

By Kara Hiltz



This semester a new adjunct professor, Ann White, Ed.D., LMHC, NCC joined the Counselor Education department. Ann is teaching EDC 604: Career Development Concepts at the MetroCenter downtown.

As an undergraduate at Southern Illinois University in Carbondale, Illinois, Ann studied philosophy with a minor in religious studies, and held a

particular interest in eastern religions. She began a Master's degree in Rehabilitation Counseling at Southern Illinois University but did not finish until many years later, when she relocated to the University of Rochester's Warner School of Education.

After completing her Master's degree in College Counseling at the University of Rochester, she continued on at the University of Rochester to earn a doctoral degree in Counselor Education. Ann is also a Licensed Mental

Health Counselor and a National Certified Counselor. When Ann entered the counseling profession, she had every intention of specializing in personal mental health counseling. But as she worked as a counselor in the Counseling and Advising Office at Monroe Community College, she realized that she wanted to specialize in career counseling, which she believes is a form of personal counseling.

Serving as an adjunct professor for the Counselor Education program's career counseling course fulfills Ann's desire to share both her extensive counseling knowledge and her passion for career counseling.

"I am extremely happy to be here," says Ann. She adds that she feels fortunate to continue teaching EDC 604 for the Spring 2015 semester.

In her spare time, Ann enjoys knitting (even though she considers herself a novice). She also reads a lot of detective novels and enjoys taking leisurely walks.

## Student Spotlight, College track: Kayla Cercone

**Emphasis (college, school, mental health):** College

**What brought you to the field of counseling?:** I struggled a lot with the transition from high school to college. I didn't take advantage of all the opportunities that were available to me because I wasn't aware of how to navigate my way through all the programs the college offered. I lost a sibling to suicide during my time in undergrad and utilized the counseling center to help work through that loss. After about two years of seeing my counselor I decided that I wanted to focus my energy and attention on helping other students who might not be aware of all the opportunities surrounding them or are having difficulty transitioning. I wanted to do for others what my counselor had done for me.

**Specific areas of interest?:** Suicide prevention and awareness, stress management and social media and the connection it has to relationships.

**What do you plan to do after you graduate?:** I plan on bridging into mental health in order to get my license and

begin working on a college campus. I plan to pursue my PhD in the future and hopefully teach at the college level. I would also love to write a book!

**What do you enjoy doing in your spare time?:** I read a LOT of books - mostly fantasy/sci-fi/dystopian society series. Other than that I like to see movies as often as I can with friends. I also have a very loving relationship with my bed and Netflix. :)

**Anything personal about you that makes you who you are!:** Um... I guess I would say music and humor make up a lot of who I am at my core. I love the freedom of expression music can give and the ability to feel a full spectrum of emotions while I sing. I love laughing and making others laugh and so I try to do both as often as I can.



## Student Spotlight, Mental Health track: Frank Noll

**Emphasis (college, school, mental health):** Mental health

**What brought you to the field of counseling?:** I have always had the desire to be in the helping profession but I was not sure in which capacity. I was fortunate enough to be connected with an Alumni of Brockport for individual counseling several years ago. Through the process of discovering myself, I realized my passion was to become a counselor.

**Specific areas of interest?:** There are so many areas that I am interested in pursuing but I would like to focus on issues of the LGBT community and the struggles people face accepting themselves.

**What do you plan to do after you graduate?:** My ultimate goal will be to open a private practice but until then

I am open to any mental health setting.

**What do you enjoy doing in your spare time?:** Spare time... what is that? In my "limited" spare time, I enjoy reading and spending as much time with my niece and nephew that I can.

**Anything personal about you that makes you who you are!:** I am very passionate about becoming a great counselor and look forward to receiving my education through this program!



As a Counselor Ed student, you have access to the department's library of books on topics such as group counseling, substance abuse counseling, multicultural counseling, research and assessment, human development, and more. Stop by the Counselor Ed library (153 Brown) at any time. If you're looking for a particular topic, email Kara Hiltz at [edcga@brockport.edu](mailto:edcga@brockport.edu) for information on available library resources.

## Student Spotlight, School track: Nate Van Hall

**Emphasis (college, school, mental health):** School

**What brought you to the field of counseling?:** My first experience in the helping field was actually in Middle School when I became part of the peer-mediation program. I was able to learn about the importance of making connections and accepting other people from an early age. I took this knowledge and began taking college courses in Psychology while attending High School and continued until I earned a Bachelor's degree in Psychology from Daemen College. At the same time I learned how much I enjoyed working in the public school system as well as how much students enjoyed interacting with someone who was genuinely interested in them. All of my life experience, desires for learning about people, and working with people to achieve their life goals has led me to find my passion working as a School Counselor.

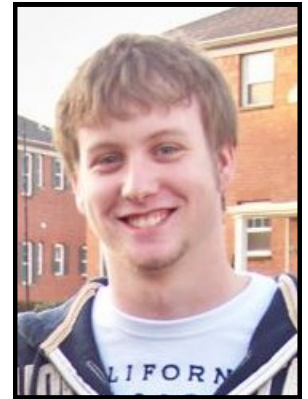
**Specific areas of interest?:** I am not entirely sure what area of school I would like to work in yet, but I'm leaning more towards High School right now. I'm really interested in working in career development and with students on creating opportunities for post-secondary education. I also look forward to the future possibility of educating and supervising other counselors in training at the college and graduate level.

**What do you plan to do after you graduate?:** I am very hopeful that I can find a position as a School Counselor

after I graduate. At the same time I would be interested in a teaching position in higher education so that I may begin to pass on everything that I have already learned. Even though my focus will be on beginning my career, a little self-care may be in order too, I was thinking a road trip across America!

**What do you enjoy doing in your spare time?:** I haven't had any spare time in so long that's kind of a difficult question. When I can I enjoy watching movies, playing games, and causing trouble with friends. I'm really into kayaking and any outdoor activities that allow me to explore the surrounding area. It's always exciting to just walk around and meet new people or discover new things!

**Anything personal about you that makes you who you are!:** I think that laughter really can be the best medicine. If I see the opportunity to make a joke, I'm going to make it even if it means pointing fun at myself. You never know what someone might have had to go through during the week and I think it's important to take the time to make someone smile, you may just make their day!



## CASAC-T

By taking HLS 509: Introduction to Alcohol and Drugs and 545: Psychopharmacology you can pursue credentialing as a NYS Credentialed Alcohol and Substance Abuse Counselor.

For more information go to: <http://www.brockport.edu/edc/CASAC-T.html>

## Bridge and CAS Programs

There are several new programs available to students who are seeking to further their clinical and practical knowledge/expertise.

The Online/Hybrid Certificate of Advanced Study (CAS) in School Counseling helps the student to develop diagnostic and family systems consultation skills. The CAS in School Counselor Supervision helps practicing counselors

to learn supervision skills. Both CAS programs allow the knowledge and experience required to apply for permanent certification in school counseling in New York State and consist of 12 credit hours. A School Counseling Bridge Program is also available. The Mental Health Counseling Bridge Program offers practicing counselors to develop the knowledge and experience necessary to apply for licensure in the

State of New York. It consists of 12-15 credit hours in counseling in mental health settings, diagnosis, and internship. The College Counseling Bridge Program focuses on assisting practicing counselors to develop the knowledge and experience to practice college and student affairs counseling and requires 12 credit hours.

Talk to your advisor for more information.



## Alumnus Profile: David Cota-Buckhout



**Year of graduation:**

December 2013

**Emphasis:** College Counseling

**Where are you currently employed?:**

He is currently employed at the Gwen M Greene Career and Internship Center at the University of Rochester as a Resource Counselor.

**Brief job description:** In this role, David assists students with goal articulation and resume and cover letter critiquing, answering questions from freshmen unsure about their future career path as well as from seniors and graduate students desiring to clarify their goals, prepare for next steps and make concise documentation for networking. While he is a “generalist career counselor,” David is also a member of two career specialty teams at the center: the *Engineering and Applied Sciences* team and the *Banking, Finance and Consulting* team. He co-supervises a team of nine Peer Career Advisors who assist students with documentation critiquing. When he is not working with students directly, David assists in managing several aspects of the Career and Internship Center’s website, including Careerlink through Symplicity and the Events Calendar on the main page through the Google Calendar application. Additionally, he is the lead individual in updating and renewing career resources in print and online.

**How did Brockport’s Counselor Education program prepare you for your work at this site?:**

David attributes some of his successes in the workforce as well as his internship at Monroe Community College’s Career and Transfer Center to the Counselor Education Department’s combination of rigorous workload in classes and wonderful leadership and care shown by professors. Also, his leadership experiences in Nu Chapter allowed him to continue his connection with Brockport students after graduation and hold leadership positions, including past Programming Chair and President-Elect positions and his current Co-President position.

**Any words of wisdom or quote that inspires you?:** Out of all of the wisdom that David has gained through the Counselor Education program, one quote that still sticks with him comes from his advisor who said, “The only person who truly knows everything about you is you.”

**Is there anything you would recommend to current students?:** David would like to recommend a few things to current students, especially those graduating soon:

- Don’t give up, no matter what happens in life, with a client, in class, or trying to find a job after graduation. Talk to faculty, friends, family, people on LinkedIn or Facebook. Your connections are a lifeline! Don’t be afraid to overuse them!
- You are not perfect, so make some mistakes and make time to laugh at them!
- Even when you graduate, you’re still connected to the department and Nu Chapter! Keep in touch and return for events! It’s fun to come back and talk with faculty as a professional!

## Students Share Experiences of New Leadership and Advocacy Course

By Kara Hiltz

There is a new addition to the Counselor Education department’s offered courses. EDC 617: Leadership and Advocacy replaces EDC 785: Counseling Supervision Theory for students in the Mental Health Counseling emphasis as a required course.

The Leadership and Advocacy course aims to expose students to leadership theories and practices that will prepare them for leadership roles within mental health organizations, along with develop students’ advocacy skills.

Dr. Robert Dobmeier is teaching the first semester of Leadership and Advocacy, and many students enrolled. Already, students have a lot to say about the new course.

Lauren Giglia says that she looks forward to class each week because of the relaxed atmosphere and intriguing class discussions.

“I always leave with a thought or idea not only regarding leadership and advocacy, but other counseling

concepts, too, that I didn’t arrive with,” says Lauren. “It has truly been a great learning experience!”

Cassie Fleck agrees that the new course is a valuable addition to the department.

“I have learned that all of us are leaders and advocates in different ways,” says Cassie. “It has been really neat seeing all of us come together and explore how we do and/or will fill these roles.”



## Students in Integration

Mark Bruce  
 Elyse Kusse  
 Amy Levermore  
 Charlene Linzy  
 Christopher Pierr  
 Stephanie DeRico  
 Courtney Furness  
 KT LaPorta  
 Nicole Smith  
 Patricia Williams-Mcgahee

## Preparing to Integrate?

- Before enrolling in EDC 720, Integration and Application of Basic Concepts, all students must complete the Child Abuse Reporting training. Once you have completed the training, be sure to print out your certificate of attendance and submit it to the Department. The NYS Mandated Reporter Training is now available at <http://nysmandatedreporter.org/>.
- Schools Against Violence in Education (SAVE) training will be provided in EDC 619 Counseling in School Settings. This training is required for students in the School Counseling emphasis.
- Harassment and Bullying Prevention Certification Training (DASA) is required for students in the School Counseling Emphasis. See page 6 for upcoming DASA Workshops available on campus.
- **Students need to have documentation of completing 6 counseling sessions.**
- Students must now apply for Integration during the semester prior to taking EDC 720. Faculty will then review the application and notify students of their decision during a mandatory meeting.

## Implementation I Internship Site Placements

**Monika Alvis**—Hilton Central School District (Village Elementary School)

**Keturah Bosarge**—Livonia Central School

**Sheila Campbell**—Genesee/Orleans Council on Alcoholism and Substance Abuse

**John Elliott**—Canandaigua VA Medical Center

**Michelle Leon**—Canandaigua VA Medical Center

**Deborah Lewin**—Unity Behavioral Health (Pinewild)

**Dianne Maerz**—Hilton Central School District (Merton Williams Middle School)

**Anna Marianetti**—Webster Central School District (Webster Thomas High School)

**Jacquelyn Martin**—Monroe Community College (Damon City Campus)

**Christina Martinez**—Rochester City School District (East High School)

**Jessica Pakan**—Catholic Charities

## Implementation II Internship Site Placements

**Robin Broomfield**—Unity Health Systems (Healthy Start)

**Ashlee Bulluck**—Villa of Hope (Residential Treatment Facility)

**Margaret Cebula**—Medina Central School District (Clifford Wise Intermediate/Middle School)

**Megan Coffey**—Canandaigua VA Medical Center

**Priscilla Cortes**—Canandaigua VA Medical Center

**Todd Costanza**—Hilton Central School District (Hilton High School)

**Cassie Fleck**—Greece Central High School (Greece Arcadia High School)

**Lauren Giglia**—Strong Recovery MICA/Methadone

**Crystal Hanna**—Unity Behavioral Health (Pinewild)

**Jess Hess**—Palmyra-Macedon Central School District (Palmyra-Macedon High School)

**Tausha Hill**—Monroe Community College (Educational Opportunity Program)

**Denise Hyland**—Alternatives for Battered Women (Transitional Support Services)

**Nicole Kramell**—Villa of Hope (LIFE House Resident Treatment Facility)

**Cassie Mauro**—Penfield Central School District (Bay Trail Middle School)

**Kristin Morgan**—Unity Health Systems (Healthy Start)

## CSI Fall Webinar Series

### November

#### **Embracing Our Role as Leaders: Counselor Community Engagement as the Catalyst for Excellence**

Dr. Nicole R. Hill  
Tuesday, November 4, 2014  
2:00 PM - 3:00 PM EST

#### **Strengthening the Counseling Profession: The Role of Counselors' Professional Identity**

Dr. Donna M. Gibson  
Friday, November 14, 2014  
2:00 PM - 3:00 PM EST

#### **When It's Not Okay to Grieve: An Overview of Disenfranchised Grief**

Dr. June M. Williams  
Tuesday, November 18, 2014  
2:00 PM - 3:00 PM EST

### December

#### **Professional Advocacy Series: CACREP Grassroots Advocacy Using Social Media**

Drs. Stephanie T. Burns & Daniel R. Cruikshanks  
Tuesday, December 4, 2014  
7:00 PM - 8:00 PM EST

Check out the Chi Sigma Iota website for more information: [http://www.csi-net.org/?page=Webinars\\_Scheduled](http://www.csi-net.org/?page=Webinars_Scheduled)



Nu Chapter is part of Chi Sigma Iota, the national honor society for professional counselors.

## Nu Beginnings

By Kate Gardner, Nu Chapter Communications Co-Chair

When I first joined the counseling program just under two years ago, I have to admit that I felt a bit like I had landed on an unfamiliar planet and had no idea what to expect from the locals. My first exposure to Nu chapter was even more daunting. The leaders approached my fledgling group and enthusiastically encouraged us to consider membership, but I could barely hear their message at the time. These were accomplished, outgoing people, a tight-knit community of successful students who seemed so far out of my league that I could not even imagine myself in their ranks. I wanted to join, but had no idea what I could offer or where I would fit. What could they possibly want with someone like me?

As it turns out, my initial perception of Nu chapter as an elite task force dedicated to recruiting unwitting first semester counseling students to aid in their eventual colonization of the galaxy was entirely false. When I finally gathered the courage to introduce myself to the members, I realized that they, too, had once been new and unsure of where they belonged. They had since formed connections and friendships through Nu chapter and were now extending that same opportunity to me.

It took me a little longer to realize that I was wrong in my perception not only of them, but also of myself. I saw myself as an awkward, introverted person who was better off staying on the sidelines and steering clear of anything that involved the word "leadership." When I submitted my application, I checked some boxes indicating the roles that might interest me, but was convinced that I would end up being just a name on a roster. I

was surprised when I was offered a position on the board. Someone in Nu chapter saw potential in me and was willing to give me a chance that I hadn't been willing to give myself.

Nu chapter provides incredible opportunities for all of us. It allows counseling students to actually grow as professionals and begin contributing to the profession before we graduate or become licensed or certified. As a member of Nu, I am able to explore my passion for the counseling field outside the confines of the classroom. I can promote awareness about important topics and engage in services that I might otherwise have just sat around thinking about without taking action.

Perhaps most importantly, Nu has pushed me to get outside my comfort zone and adjust my self-perception. Although I may feel more at home on the sidelines, I know now that I can make a greater impact if I put myself out there. I am far from reaching my full potential, but joining Nu was an important step in my journey. My wish for anyone new to the program is that you will push yourself to take that step as well.

### Nu Chapter Fall Events

*Counseling in the Military Community: A Panel Discussion*  
MetroCenter  
October 23, 2014 6:00 pm

*Nu Chapter Gives Back*  
Abbott's across from MetroCenter  
November 11, 2014 5:00 pm

*Nu Chapter Initiation & Department Graduation*  
Brockport Campus, Eagle's Lookout  
December 5, 2014 4:30 pm

## Counselor Ed Student Runs Rochester Half Marathon

Congratulations to Counselor Education student Anna Marianetti, who finished the MVP Health Care Rochester Half Marathon, a 13.1-mile course around downtown Rochester, with her father on September 21!

Here's what Anna had to say about her experience:

"My dad is such an inspiration to me. He was committed to running this half marathon long before I could get myself to commit to another one (I ran

the half in 2012). Even though I wavered in believing in myself, my dad never doubted that we would run this race together. He consistently encouraged my running habits (always the first 'like' on my mapmyrun app on Facebook), believed in me, and gave me pep talks when I needed an extra push. We stuck together for the first ten miles of the race, checking in on each other and motivating each other. When my dad found some extra energy around mile 11 I was excited to see him gain on me. He trained so

hard for this race! My surprise was when I turned the corner at 13.1 miles about a minute after my dad and I saw him still on the race side of the finish line. He grabbed my hand and we finished the race together. He explained later to the world of Facebook that finishing the race was his goal but crossing the finish line with me was his privilege. I feel so lucky to have such a supportive and encouraging father who believes in me. Finishing the race with him was a moment I will never forget."



Photo credit: Jeff Witherow, Democratandchronicle.com

**"Finishing the race with him was a moment I will never forget."**

### Editorial

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Have questions about the department newsletter? Suggestions? Please email [edcga@brockport.edu](mailto:edcga@brockport.edu). This is *your* newsletter, and we welcome your contributions.