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Spring 2016 Newsletter

DEPARTMENT OF COUNSELOR EDUCATION SPRING, 2016

Message from the Faculty

We hope that the Spring 2016 semester has been a fulfilling one! In this newsletter you will find important dates, information about faculty and their research activities, spotlights on our faculty and current students, and an invitation to make your own contributions to the newsletter. If you are new to our programs,

make sure that you check our D2L counselor education site for important dates, job



announcements, certification requirements, and internship or graduate assistantship opportunities. The more

you get involved in the more experience you can acquire and the better your resume will look! Also, make sure you schedule an appointment with your advisor to ensure you have registered for all of the pre-requisites needed to stay on track. Finally, we want to congratulate all of our May and August graduates. We are sure you will do great things!

CSI Brings Mindfulness Expert to Campus

**By: Alex Beebe,
Higher Education/
Student Affairs**

Dr. Trish Broderick of the Penn State Prevention Research Center visited with students and faculty this past March to discuss the importance of mindfulness in combating

stress. During the event hosted by the Counseling Honor Society, Chi Sigma Iota, attendees learned about the neurological reasoning behind why we are so stressed out. Dr. Broderick, the former director of the Stress Reduction Center at West Chester University, also discussed how detrimental stress can be to our daily lives. For example, diseases are made more serious due to the amount stress we experience while fighting the disease.

Dr. Broderick then went on to talk about mindfulness in terms of what it is and what it is not. Though many people associate (cont. pg 2)

Who's Who in Counselor Education

Fifty-nine WCU students are being honored for their outstanding accomplishments in academics, leadership, and service at the Who's Who Among Students in American Universities and Colleges Award Ceremony on Thursday, April 14, 2016. We congratulate the following 8 students from our Counselor Education programs for being recognized with this honor.

Michael Diaz	Jordan Porr
Molly Byrne	Crystalyn Espinal
Sara Leader	Cristina Urena
Jennifer Toby	Michael Cassidy

Congratulations on your accomplishments!



CSI Brings Mindfulness Expert to Campus

mindfulness with relaxation, they are not the same thing. Mindfulness allows a person to approach all problems in life with greater control. It teaches us how to make wiser decisions and as a result, feel good about ourselves.

The workshop included several breathing practices led by Dr. Broderick. These exercises were based upon Mindfulness-Based Stress Reduction, an intensive, 8-week program in which participants learn to control their stress through group work, didactic and experiential activities, and homework. Through the breathing exercises, attendees learned about self-awareness and being aware of one's surroundings.

Lastly, Dr. Broderick discussed the benefits of mindfulness practice through several research studies. These benefits included increased memory, empathy, and sensory awareness. In addition, participants in the studies experienced decreased depression, worry, anxiousness, negativity, and inflammatory markers. Through mindfulness practice, one can learn how to properly care for oneself.

As future counseling professionals, it is important that we take into consideration the countless benefits of mindfulness practice that Dr. Broderick shared. It is safe to assume that all of us in the program are here to help others. However, we must first be able to help ourselves before we can improve the lives of our clients. By partaking in mindfulness practice, we can become better counselors and, in turn, help others become better versions of themselves.

If you would like to learn more about Dr. Broderick's program, you can visit <http://learning2breathe.org/> for more information.

Students Attend ACPA Conference

This year a few Higher Education students attended the ACPA (College Student Educators International) Annual Conference in Montreal, Canada. Those students able to attend reflected on this opportunity.

This past spring break I had the exciting opportunity to attend the ACPA Conference in Montreal, Canada. It was my first time attending a national conference and I am so grateful for the opportunity. Seeing the vast array of sessions offered over the course of the three-day conference helped me to recognize current trends in the field of higher education. I was able to gain some valuable takeaways from all of the sessions I attended that I now look forward to incorporating into my work with students. In addition, the sessions offered the opportunity to meet professionals from institutions across the country. I was also able to network with professionals by attending the open meetings for commissions and coalitions. These are great groups to get involved with because they provide both a network of support and professional development opportunities. Lastly, the "Career Café" at the conference gave me the opportunity to interview for a position, have my resume looked over, and get tips on navigating the career field of higher education. It was also an awesome experience to explore a new city with other graduate students in the program. - Sara Leader

Attending the ACPA Convention in Montreal, Canada was an awesome experience! The convention was filled with graduate students from programs around the country and passionate student affairs professionals that work around the world. The convention was a great opportunity to learn about different practices and initiatives that have been implemented in different institutions. I challenged myself to go to presentations outside of my comfort zone so that I could learn about other areas and meet people with different professional experiences. By doing this, I was able to increase my awareness about different perspectives on issues in student affairs. I definitely recommend attending; it is a great way to expand your professional network. -Cristina Urena

Attending ACPA in Montreal this year gave me the opportunity to network and learn from my colleagues and peers from across all of North America. We are all developing experts in the field and have something to offer one another. It was an amazing experience, and I recommend everyone take the opportunity to attend a national conference at least once during their graduate career. -Lexi Washington

Next year the ACPA Conference is in Columbus, Ohio. For more information, visit <http://www.myacpa.org/>
Another Student Affairs conference is NASPA (<https://www.naspa.org/>) that also takes place in March. In 2017, the NASPA Conference will take place in San Antonio, TX

The new Clinical Mental Health Counseling program will kick off in Summer 2016. We had a record number of over 60 applicants and are excited to welcome our first class of twelve students to the Counselor Education department!



Chi Sigma Iota Elections

Congratulations to the new officers of the Delta Tau Kappa chapter who have been appointed for the 2016-2017 school year!

President: Deanna Filipkowski (DF736857@wcupa.edu)

Treasurer: Tom Pomenti (TP859690@wcupa.edu)

Secretary: Abby Tinsley (AT858435@wcupa.edu)

Next year, CSI will be looking to fill committee or chair positions. If you have interest in a leadership position, contact one of the officers or Dr. Alessandria.

Presentations

- Dr. Hodes, Allison Register (School Counseling) and Wes Garton (Higher Education Counseling/Student Affairs) presented a workshop entitled, "Transitioning Out of College: Exploring Strategies to Help Students Begin Their Post-Graduate Lives" at the Delaware Valley Student Affairs Conference.
- Dr. Hodes presented a program entitled, "Bridging the Great Divide: Creating Effective Partnerships with Faculty" at the ACPA (College Student Educators International) Conference in Montreal, Canada.
- Dr. Hodes and Gerardina Martin (faculty, USSS) will be presenting a poster on Diversity 411 at the NAMES Conference at WCU in April.
- Dr. Hodes and Dr. Dickinson will be presenting a workshop (Ally Training for Student Teachers) at the National Student Teaching and Supervision Conference at WCU at the end of April.
- Dr. Owens presented at the ACA-CCPA joint conference in Montreal. The presentation, titled "Self-Care and Salutogenic Supervision," discussed strength-based approaches to supervision when working with survivors of trauma.
- Graduate Assistant Jen Toby and Dr. Owens will be presenting at the ASCA conference in July. The program is titled, "Cooking Up Something Good" and they will discuss using data to advocate for school counseling programs.
- Dr. Alessandria co-presented "Postvention: A Guide for Response to Suicide on College Campuses" at the ACA Annual Conference in Montreal.
- Dr. McCoy and Graduate Assistant Kelsey Davis presented a poster entitled, "Counselor facilitated, gender role sensitive, peer mediation strategies for conflict resolution among middle school students." at WCU Research Day Fall 2015.
- Dr. McCoy and recent graduate Kelly Dougherty presented "Peer mediation training: Gender identity, student development & conflict style" at the annual ACA Conference in Montreal, Canada.

Publications

- Dr. Parsons and Dr. Dickinson have written a book on ethics entitled: “Ethical Practice: Beyond Knowing Ethics to Being Ethical.” The book is currently in production by SAGE Publications due out in January 2017.
- Dr. Zubernis co-authored a chapter in the new book "Seeing Fans: Representations of Fandom in Media and Popular Culture" titled *We see you (sort of): Representations of fans in Supernatural*.
- Dr. Snyder, Dr. Neale-McFall and Dr. Zubernis published an article in VISTAS titled "Understanding generalized anxiety disorder: Effective case conceptualization using the Temporal/Contextual Model." This can be found in Ideas and research you can use: VISTAS 2016.
- Dr. Zhang and Dr. McCoy wrote a chapter titled *Counseling Centers* in “Rentz's Student Affairs Practice in Higher Education”, which Dr. Zhang edits.
- Since 2013 Dr. Parsons and Dr. Zhang have been editing their book series – “Counseling and Professional Identity in the 21st Century.” The most recent publications include topics about Ethical Decision Making, Working with Students with Disabilities, School Counseling Classroom Guidance, Substance Use Disorders and Addictions, Helping Relationships with Older Adults, Counseling Adolescents Competently, Counseling Children and Adolescents, and Sexuality Counseling.

Special congratulations to the following professors on receiving awards:

- ⇒ Dr. Dickinson, Dr. Hodes, Dr. Parsons, and Dr. Owens were recognized for their outstanding commitment to the education of West Chester University graduate students by the Graduate Student Association of WCU.
- ⇒ Professor Michael will be receiving the *Service to Penn State* award in the college of Education in October 2016

Way To Go!

Don't Forget!



Seal of Importance

- ◆ Make sure your **Degree Candidacy** is filed before the start of internship and is turned into Dr. Snyder. Follow the instructions on the *Degree Candidacy Checklist* found on The Wall. Without the Degree Candidacy form, your internship class will be dropped.
- ◆ **Finals** begin Tuesday May 3rd and end Friday May 6th
- ◆ Clearances have to be valid throughout the semester— don't forget to renew them!
- ◆ Apply for graduation the semester before you plan to graduate on myWCU

Chi Sigma Iota News

Congratulations to all those
the graduating!

Our members have been busy this year. Together, we have held a successful Food Drive for Chester County Food Bank, created goody bags for students taking comprehensive exams, sold chapter t-shirts as a fundraiser, hosted an event on Mindfulness which drew 60 people, created a Facebook group for our organization and updated the bulletin board in the 2nd floor lounge, initiated 48 new members total in the fall and spring semesters, provided a \$100 scholarship to Abby Tinsley to attend the PA CSI Conference, and in April, many of our members will attend a state-wide conference in Scranton, PA and participate in the Race Against Violence 5K in the borough of West Chester!

What Are You Leaving With?

Written By: Jennifer Toby, School Counseling

The past two years as a student and graduate assistant in the Department of Counselor Education have been incredible! I am so grateful to have experienced being a part of such a wonderful, supportive program and community. Thank you to all of the faculty and staff for supporting me in my growth as a future school counselor. I have learned so much about myself and the counseling profession, and I feel that helping us learn and grow as an individual and professional is what makes our program so amazing! Through this program, I have learned the importance of seeking ways to learn and grow, being a leader, and being an advocate for my students and my profession.

To the students currently in the program or beginning the program –make the most of your time here because it goes so fast! I encourage you to learn as much as you can, welcome opportunities that become available, and invest yourself in personal and professional growth. I wish you all the best!

Dr. Dickinson, Dr. Neale-McFall, and Dr. Owens –I am so grateful to have had the opportunity to work alongside you all over the past two years. I cannot thank you enough for all you have taught me!

Working and learning in the Department of Counselor Education has been wonderful, and I will miss it very much. I am looking forward to using the skills and knowledge I have gained here as a school counselor!

April is Counseling Awareness Month!

See what ACA is doing to bring counseling to the forefront this month by visiting
<http://www.counseling.org/about-us/counseling-awareness-month-2016>

Farewell Professor Barbara Michael

As I reflect on my years with West Chester University students and faculty, I realize my connection with WCU began in 1984! During my maternity leave from my counseling position at the Owen J. Roberts School District, I did post-graduate work at WCU to obtain my elementary counseling certification. For the next 24 years I supervised many, many WCU counseling graduate students! In 1990, I taught Group Dynamics at WCU and realized I loved teaching at the graduate level. Then after my school counseling retirement, I returned to teach Internship and Practicum in 2010. From 2012 to the present I have served as Field Experience Coordinator where I enjoyed helping students with placements. No matter what position, I always loved the interaction with WCU graduate students, faculty and staff!

It is always so rewarding to share my passion for the career of counseling!! The future of counseling is in excellent hands—students in the Department of Counselor Education at WCU are the BEST! I am honored to have worked closely with such a WONDERFUL faculty and staff too! My best wishes to all in your role as school and higher education professionals! I will miss you all and I welcome you to keep in touch through email at

bmichael1101@gmail.com.

Sincere Best Wishes,

A handwritten signature in cursive script that reads "Barbara J. Michael". The signature is written in black ink and is positioned below the typed name and email address.

Farewell Professor Barbara Michael

Thank you Barbara, for everything you've done for our department and our students in your different roles over the years. You will be missed. Not only will we miss your hard work, dedication, and commitment, but we will certainly miss wonderful attitude, your smiles, and the delicious treats you bring to the office! All of the best to you as you end your time with us and begin a new chapter-one that I certainly hope is filled with joy!

-Eric

Barbara, we cannot sing your praises enough. You have fulfilled the Field Experience Coordinator role in a way no other could do. Your passion, dedication to student success and attention to every detail to ensure quality experiences for students, site supervisors, and faculty alike, is unparalleled. Thank you for all you have done for us, you will be missed! ~Tina Alessandria

Barb, your energy, knowledge and skill has certainly contributed to the quality of our program and the formation of our students. More than these it is your values, disposition and style which has contributed in ways to make us all better people. You will be missed. -Rick

Barb, I will miss the special touches you bring to your work. You are ALWAYS thinking of how to help people feel special! Thank you for sharing your gifts with us--the faculty, the students, the supervisors. Enjoy!

~Jackie

Congratulations on your retirement, Barb. I truly appreciate how helpful and welcoming you were when I joined the adjunct team. I will certainly miss seeing you when I walk in the door each week, but I know that you have many adventures in store for you in this new chapter of your life as a grandmother. Relax and enjoy some time just for you! Best wishes, friend. Carol

Quick Announcements

- If you have any news or announcements that you would like to be featured in the next newsletter, please e-mail GA Kelsey Davis at KD756705@wcupa.edu
- We are on LinkedIN. Join the **“West Chester Counselor Education Group”** on LinkedIN.
- Check your D2L daily. Please check your D2L for department announcements and updates

