Counseling Program Highlights

By Julia Forman, PhD Student

Welcome to another issue of Reflections! Since the last issue in March, our program has experienced several changes and successes. The ODU Counselor Education program has received the Association for Counselor Education and Supervision (ACES) 2009 Robert Frank Outstanding Counselor Education Program Award! This very prestigious award is given to the program that is considered to be the best in the nation. There are 110 such programs across the United States, and ODU was chosen as the best among them. We are all very excited to have received this honor! In addition, ODU hosted the 7th annual Association for Assessment in Counseling and Education (AACE) conference. Dr. Danica Hays was the driving force behind organizing this event which showcased presenters from several universities from across the country, as well as faculty and students from ODU. Dr. Ted Remley was this year’s keynote speaker. This conference was a great success! In addition to ODU’s accomplishments, a few changes have recently taken place. The program has recently undergone a reorganization. The Counseling Program was in the Department of Educational Leadership and Counseling, but since the reorganization, the Educational Leadership program is now separated from the Counseling Program. We are now in the same department as Human Services to form the Department of Counseling and Human Services. Further changes include the installation of Dr. Ted Remley as the department chair and Dr. Danica Hays as the Graduate Program Director. Finally, our department has a new office manager, Ms. Saysha Malbon! Ms. Malbon takes the place of Ms. Dawn Hall who is in a different department due to the reorganization. Please take the time to welcome Ms. Malbon!

Available Student Grants and Scholarships

Compiled by Stephanie A. Crockett, Ph.D. Student

**ACCA Graduate Student Ethics Competition**

The ACA Ethics Committee will be accepting registrations for the 6th Annual Graduate Student Ethics Competition beginning October 14th-open to master’s and doctoral level students in Counselor Education Programs. Our department has already organized a doctoral level team. If you are interested in participating, please contact Dr. Neukrug, eneukrug@odu.edu

**ACCA Emerging Leader Grant**

The American College Counseling Association (ACCA) announces the seventeenth annual invitation for graduate students and new professionals to apply for the Emerging Leader Grant to attend the ACA Annual Convention in Pittsburgh, Pennsylvania. Four graduate students and/or new professionals will receive grants to cover the cost of the early bird conference registration fee, the ACCA Breakfast and Business meeting, and ACCA Leadership Training. Grant recipients will be acknowledged and given a certificate during the ACCA breakfast.

**Vicki E. Bowman Scholarship**

The scholarship will honor an outstanding graduate student who is active in the study and practice of group work who also demonstrates leadership and support roles among fellow graduate students. The recipient of the scholarship will receive a stipend of $250, a plaque, and a year’s membership in ASGW. Applicants may be nominated by a faculty member or fellow graduate student or may nominate themselves. For more information please visit: http://www.asgw.org/scholarships.asp

**NBC Foundation Scholarships**

The NBCC Foundation is now accepting applications for two new counseling scholarships. Scholarships are available to students with recent military experience and those living in rural areas. The Military Scholarship is designed to encourage military service members and veterans to embark on a career in counseling by providing financial support to students who enroll in a CACREP accredited Counseling Program during or after military service. Similarly, the Rural Scholarship Program offers financial support to students from rural areas who enroll in a CACREP accredited Counseling Program and commit to serving in these communities after graduation. For more information about the scholarships or to download an application, visit http://www.nbccf.org/programs.
Using Play in Counseling

By Susanne Preston, Doctoral Student

Recently, the Counseling Program has experienced a rise in the number of master’s students with a school counseling concentration, compared to mental health and community agency counseling concentrations. Many of these students are working with children for the first time when they enter their practicum field placements. This has also meant that an increasing number of doctoral students are supervising school counseling majors, whether it is their area of specialty or not.

Many of the practicum students are asking, “What do we do with the very young students?” Doctoral supervisors are often referring those practicum students back to their site supervisors or suggesting they use play therapy techniques. Using talk therapy with children can be difficult, and many counselors find more success when they use play in counseling. Play is children’s natural medium of communication. Counselor’s can use play to help children express themselves when they do not have the verbal skills to do so. A common way to use play in counseling includes using puppets to have children act out situations that happened or to tell stories. Use puppets to role play alternate responses to conflict. Furthermore, you can play therapeutic board games. Make a game such as checkers therapeutic by having a child state an anger management technique or positive statement before each turn. Consider buying a few items at the dollar store and carrying them in a small bag with you at your site.

To find out more about play therapy or becoming a Registered Play Therapist, see the Association for Play Therapy website at www.apltherapist.org. For training in play therapy, consider attending one of Old Dominion University’s Play Therapy Workshops led by Kathleen Levingston, Ph.D. Each year, a series of six workshops is held that fulfills the training requirements for play therapy certification. However, you can attend only the workshop weekends for which you are interested. For more information, contact Kathleen Levingston, Ph.D. at klevlngston@odu.edu. Last, playing with children is a great way to build rapport and distract them or keep them entertained while you are talking to them.

Summer Institutes

Diversity and Counseling Institute in Ireland scheduled for August 9-19, 2010 in historic Dublin, Ireland. $2875

A ten-day institute set in the beautiful city of Dublin at the mouth of the river Liffey. The institute will be located at a college campus in Dublin, with on-site housing. Those in attendance will learn about the counseling profession in Ireland from local mental health professionals while studying with nationally known counseling professors. Places of interest will include some of the following: Belfast sectarian neighborhoods, Northern Ireland school integration project, the Books of Kells, Dublin Castle, Hill of Tara, Passage Graves at Loughrea, Glendaugh monastery ruins, Guinness Brewery, and Trim Castle. Registration for the 2010 institute will begin in November. Students may receive credit for COUN 655 and for COUN 848 by participating. The four-week on-line dimension of the course begins in July, followed by the trip and post-trip assignments. For more information contact Dr. Ted Remley or Dr. Garrett McAuliffe. Website through the office of continuing education at http://education.odu.edu/pcl/counselor/Ireland/index.shtml

A Counselor’s View of Italy scheduled for May 13-28, 2010 in the beautiful mountains of Tuscany. $2745

Experience sessions run by an Italian counselor, social worker, high school teacher, psychiatrist, and juvenile court judge. Earn 3 graduate credit hours or 45 continuing education hours. Day trips to Lucca, Pisa, Siena, Assisi, Greve, San Gimignano, Vallambrosa, and Florence! Down payment for this trip must be made by January 15th, 2010. There is limited space, so apply soon! For more information about this institute, please contact Dr. Ted Remley or visit http://education.odu.edu/pcl/counselor/italy_conf/

Upcoming Conferences

Call For Proposals


Virginia Counselor’s Association Conference in Williamsburg, VA to be held November 11-14, 2009. Please visit http://www.vcacounselors.org/index.cfm for more information.


New Doctoral Students

Becky Earhart Michel is thrilled to join the Ph.D. program at Old Dominion University. Prior to enrolling in the Ph.D. program, she was the clinical coordinator of a mental health & substance abuse program for adolescents within the Peoria (IL) Public School System. During this time, Becky also served as an instructor in the Department of Educational Leadership and Human Development at Bradley University. An active researcher investigating wellness issues concerning the aging population, caregiver stress, and adolescent development, Becky is also interested in strengths based counseling and the repercussions of domestic violence. Becky is a two-time graduate of Bradley University (B.S., M.A.) and recently relocated to Norfolk, VA with her husband, Eric.

Hannah Bayne received her M.Ed. in community counseling from William and Mary and her B.A. in Communications and International Studies from Virginia Tech. She has worked in a college counseling center, a private practice, a career center, and within student activities. Her research interests include acculturation, life transitions, holistic care, spirituality in counseling, empathy training and development, college student development, self-harm, and group counseling. She is currently working as a graduate teaching assistant and will be coordinating practicum and internship starting in the spring. Her professional goals are to obtain a Ph.D. and work either as a counselor educator or within a college counseling center. Hannah enjoys spending time with her husband, running, cooking, watching Hokie football, and trying to keep life balanced. Hannah also loves to travel and will happily accept donations from anyone who might like to support her travel interests until she gets an actual job.

“Rest satisfied with doing well, and leave others to talk of you as they please.”
- Pythagoras

Christina Washington received her B.S in Psychology from the College of William and Mary and her MS.Ed in Counseling from Old Dominion University. She is currently working full time at ODU as the Assistant to the Dean and Academic Coach of the Honors College. Christina finds it extremely rewarding and enjoyable working with the college student population and looks forward to continuing her career in this area. Her other interests include learning about different cultures, reading, and traveling.

Penny Makris holds a Masters Degree in Counseling and a post-graduate certificate in Expressive Arts Therapy from Appalachian State University in Boone, North Carolina. Penny has 27 years experience in the public school system in the areas of special education, art, and school counseling. Most recently she worked with the Community Art School at Appalachian State, providing outreach services to special populations in the Boone area. Entering the Ph.D. program at ODU is giving Penny the opportunity to fulfill a lifetime goal of becoming a university professor and counselor educator. When not studying, she spends time in nature and pursues her passion for photography.

Sean Hall, M.A., is a full-time doctoral student and graduate teaching assistant in the Counseling Program. He received a Bachelor’s in psychology and a Master of Arts in Mental Health Counseling from Florida Gulf Coast University. Sean has worked in a variety of areas related to crisis stabilization, substance abuse, bereavement, and perpetrators of domestic and sexual violence. His passions are in the areas of counseling theory, assessment and diagnosis, trauma, social advocacy, and professional identity. As a native Floridian, Sean enjoys spending time on the water fishing, kayaking, or boating.

Hi. My name is Cheryl Neale-McFall and I am a first-year Ph.D. student in the Counseling Education program. I hold a MS degree in Child and Family Development from the University of Georgia and a MSED in Counseling, Mental Health Track, from Old Dominion University. I am certified by the National Board of Certified Counselors (NBCC) and I am currently working towards my LPC. My current areas of interests include testing and assessment, attachment and bonding, supervision and leadership styles, and group cohesion. My future goals are focused on becoming a Counselor Educator in a university setting and participating in progressive research.
New Doctoral Students

My name is Ryan Hancock and I am a current doctoral student here in the Counseling Program. I graduated with my Masters degree in Human Development Counseling from Bradley University in Peoria, IL. I have been working full-time in the mental health/social service field for 7 years before switching gears to start here at ODU as a full-time student and graduate teaching assistant. I teach two sections of Child Development currently. My research interests are domestic violence, sexual abuse, sexual minority populations, and employee assistance counseling.

Hello, my name is Arleezah Marrah and I am originally from Miami, Florida. I attended the University of South Florida (USF) for both my undergraduate and graduate studies. I studied psychology for my undergraduate studies and graduated with a Bachelor of Arts in 2001. After graduating in 2001 from USF, I went on to pursue a Master’s degree in Counselor Education. In my Master’s program, I was in the mental health track and my areas of interest included multiculturalism, African American women’s mental health, cultural advocacy, and social justice. I have participated in various research projects, conferences (ACA, EB-ACA, and SACES), presentations, and literature reviews involving these areas. As a doctoral student in the Counseling Program, I am going to continue researching African American women’s mental health, social advocacy, counseling.

Helen Runyan began her doctoral program this summer after graduating with a Masters degree from ODU last December. She is a National Certified Counselor and school counselor with a passion for working with and advocating for children and young adults. She has experience working in elementary and middle schools in the Norfolk Public School system. She also counseled young adults in an independent living program. She is currently working on research concerning the American School Counselor Association National Model. She is an active member of many counseling organizations including ACA and ASCA. She participates on the local level as Membership Co-Chairperson of the Omega Delta Chapter of Chi Sigma Iota Honor Society and President of the Glenwood Park Civic League. On a personal note, she has a supportive partner who is a tremendous help with their five children.

Kathy John Maalouf was born in Beirut, Lebanon but moved to Bahrain at the age of four due to the civil war. Four years later, she and her family moved to Miami to fulfill their dreams of becoming US Citizens. After earning her BA in Psychology from the University of Central Florida, she completed her MS Ed in Counseling from Old Dominion University. She began working as a counselor at Tidewater Community College. Her passion for lifelong learning and desire to teach Psychology motivated her to earn her MS in Industrial/Organizational Psychology from Christopher Newport University. In 2005, Kathy became the Coordinator of Support Services and a year later was appointed as Interim Dean of Student Services for the Virginia Beach campus. She began the Ph D program in summer 2009 and her areas of interest lie in student development, counselor education, and integrative therapy.
New Doctoral Students

Born and raised in Pulaski, Virginia, to Joseph and Joyce Slaughter, Jodi Melissa Slaughter learned the importance of family at an early age. To say that she does not have a passion for helping families is a grave understatement. Jodi believes that family is the essence of society and when you create healthy families, you create healthy children and that in turn creates healthy communities. Jodi earned her BS from Old Dominion University in Human Services Counseling with a minor in Psychology and her MA from Regent University in Community Counseling. Jodi is a Nationally Certified Counselor and has received specialized training in: Trauma, Reactive Attachment Disorder (RAD), Sexual and Physical Abuse, Domestic Violence, Mediation and Conflict Resolution, Eye Movement Integration (EMI), Play/Art Therapy and Attention Deficit Hyperactivity Disorder (ADHD). Jodi is a motivational speaker and the co-founder of Girls of Purpose (GOP) an organization that assists young ladies in recognizing and reaching their full potential.

My name is Joe Davis and I am a first year PhD student in the program. I have been here at Old Dominion University since high school and I have loved every minute of it. My research interests include college students and GLBT issues and I hope to work with both populations in some capacity upon completion of the program. I am not sure about where I will exactly end up, but I look forward to enjoying the journey!

Mary Sandefor joins the ODU doctoral program after receiving her Bachelor’s in Psychology from the University of Louisville. She obtained her Master’s in Counseling from Regent University.

Carol Erbes obtained her Bachelor’s in Sociology from Kent State. She received her Master’s in Social Work from Norfolk State.

Advice for New Master’s Students

By: Helen Runyan

The best advice I can give to new students in the Counseling Program is to apply yourself. I believe that you really truly will get out of the program what you put into it. At least, that was my experience. I remember several defining moments that left indelible prints on not only my professional identity but my personal life as well. The first one occurred during my first semester in growth group. I remember understanding more about myself and how I related to those around me in that group. The second defining moment occurred during the first semester in COUN 631 (Lifespan). I chose to write about a topic that was very personal. On one hand, I was amazed at the lack of research done on the subject. On the other hand, I was relieved to find that I was not alone in struggling with this particular issue. As I stood in front of the class and gave a PowerPoint presentation about my issue, I felt like I was shining light on an important matter. Not only was it cleansing to talk about my experience, I was allowed to enlighten my classmates about something they might never have encountered before. At the professor’s urging, I have tried (albeit unsuccessfully) to get my article published. I am still working on getting it published, but whether or not that happens I know the strong feeling of advocating for something passionately. While I believe that was crucial to my identity as a counselor, my biggest revelation occurred in 655, Social and Cultural Issues, during the cultural immersion project. I have to admit when I first read the terms of the project: I looked for the easiest way to get it accomplished. It was my fourth semester in the program and I was taking my biggest course load to date, 12 credit hours. Luckily for me we had to get our site approved beforehand and my first two “easy” ideas were dismissed. I ended up truly immersing myself in another culture, albeit for a short period of time. I found out that I live a life full of automatic assumptions that I take for granted. By being forced into a world where I was definitely the outsider, I now know the power of sitting through the discomfort of being different. I understand the importance of not only reading about others, but being fully present among them. As I write this article, I am thinking about the many other “awakenings” I had during my Master’s program. I can honestly say that each one came about as a result of the hard work that went into them. Not only do I now identify myself as a counselor, I am truly a different person.

“Our truest life is when we are in dreams awake.”

Henry David Thoreau

Jane Brown
ODU at ACES 2009 Conference

By Stephanie Crockett, Doctoral Student

This year’s Association for Counselor Education and Supervision (ACES) Conference was held in San Diego, CA. ACES is the national organization for counselor educators in the United States. I am pleased to report that 16 doctoral students and 5 faculty members from ODU attended the ACES conference. We were also able to check-in on recent graduates, April Sikes and Cynthia Walley.

ODU faculty and students presented several content presentations and roundtable discussions. Some of the topics faculty and students presented on included clinical supervision, complex trauma, discouragement in the workplace, doctoral supervision, gatekeeping issues, school counseling, spirituality, student research teams.

The ACES conference focused on expanding social respect and raising relational consciousness this year. Several ODU faculty and students attended the Social Justice Summit in order to discuss and address issues related to social justice transformation in the profession and identify personal next steps for social justice enhancement. ODU’s counselor education program was also recognized at the ACES awards luncheon. Our program received the 2009 Robert Frank Outstanding Counselor Education Program Award, which honors a counselor education program that exemplifies the importance of excellence through standards and innovation. Dr. Danica Hays accepted the award for the program.

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt
Selected Works

Regional and National Presentations


McAuliffe, G. (October, 2009). How to teach multicultural counseling: A national webinar


McAuliffe, G. (September, 2009). Key practices in culturally alert counseling. Seminar for the Clinician’s Corner of the American Psychological Association, Washington, DC.


Books


Books Chapters


Awards and Grants

Schwitzer, A. M. (2009). Ralph M. Berdie Memorial Research Award for Research and Scholarship in the Field of College Student Affairs, American Counseling Association (ACA).

Selected Works

"A witty saying proves nothing."
- Voltaire

“The one thing more difficult than following a regimen is not imposing it on others.”
- Marcel Proust

Student Accomplishments

Conference Presentations:
Healey, A. (October, 2009). The influence of women’s perspectives on professional identity and success in the counseling field. Poster session at the ACES conference in San Diego, CA.
Healey, A., Byrd, R., & Crockett, S. (September, 2009). Environmental character inventory: Personality characteristics in a discouraging work environment. 60 minutes presentation to be given at the AACE annual conference in Norfolk, VA.
Healey, A., Byrd, R., Crockett, S., & Emelinachik, K (October, 2009). Discouraging work environments: Focus on personality and mistaken goals in mental health agencies. Accepted as research roundtable at ACES conference in San Diego, CA.

Awards:
Emelinachik, K. (2009-2010). Darden College of Education Dissertation Fellowship

Publications:

Service:
Healey, A. Graduate Student Representative, Publications Committee, American Counseling Association Committee Member, CSII Membership Committee (ACA division)

Reflections:...
Program Information and Upcoming Events

Student Announcements

Compiled by Stephanie A. Crockett

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Doctoral Oral Candidacy:
Rebekah Farris-Cole Brandy Richeson
Sonya Lorelle Sophia Tailor
Susan Preston Sharon Wrisinger

Proposal Defenses:
Rick Cicchetti Jasmine Knight
Kelly Emelianchik Sherry Todd
Risi Green Rebekah Farris-Cole

New LPCs:
Rebekah Byrd Christine Currie

New NCCs:
Julia Forman Rebecca McBride

Good Luck to Doctoral Candidates:
(Upcoming Dissertation Defense)
Amanda Healey Sherry Todd

Congratulations to our August & December Graduates for 2009

Master’s
Georgette Blair Margaret Kippenhan
Jessica Briggs Tiffany Killion
Juliana Caruso Tara Connors

Tiffany Dobbins Kelsey Maloney
Sydney Downs Cheryl Neale
Kathryn Gwaltney Erin Padilla
Jeffery Hart Lindsay Sanford
Candace Haydell Brian Strode
Sandra Hogins Heather Yzzi
James Jenkins

Ed.S.
Brandy Richeson

Doctoral Students
Richard Cicchetti Amanda Healey
Mike Hauser Sherry Todd

If you would like to contribute to the Spring Newsletter, please contact Editor Stephanie Crockett scrockett@odu.edu for more information.

My Experience at Mid-Atlantic Group Psychotherapy Society

By Rebekah Byrd, PhD Candidate

As a first time attendee to the MAGPS conference last fall, I was pleasantly surprised with the hospitality and generosity provided to all, but especially students. Since this conference was based upon experiential learning, it was quite different from most conferences in which I have attended and presented. Anxiety was high but upon arrival, I was immediately welcomed and made to feel comfortable. As a current doctoral student, it is common to feel out of place or in-between at times—not really fitting in with individuals who have completed their graduate studies, have been working in the field for years upon years, or have been long standing members of professional organizations, while not quite fitting with students just starting their graduate studies either. This conference was a breath of fresh air in that everyone belonged and was made to feel welcome. I noticed how wonderful the atmosphere was while I was there but did not understand until after the conference how much that contributed to my learning and my experience as a whole. I am a huge fan of group work! I am always looking for ways to be involved in group work whether it be as a member, by taking a class, leading groups on campus, or reading about it. Last fall, taking Advanced Groups with Dr. Brown and being able to attend the MAGPS conference, enhanced my knowledge, skills, and practice as a group leader more than I feel anything ever has in the past! It was wonderful to be a participant in a group with such seasoned group leaders and to learn from both of them while listening and learning from my insightful group.

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Ireland Institute

By Stephanie Crockett, Doctoral Student

The Old Dominion Counseling Program, in conjunction with the Continuing Education office, was proud to sponsor the Ireland Institute on Counseling and Diversity study abroad experience. The institute was held August 10-20th in Dublin, Ireland. This experience was coordinated by Dr. Garrett McAuliffe and Dr. Ted Remley. Twenty-six participants from around the country joined Drs. McAuliffe and Remley for an in-depth look at counseling and culture from an Irish perspective. I was happy to have the opportunity to travel with ODU doctoral students Rebekah Byrd, Kelly Emelianchik, Risi Green, Peg Jensen, Brandy Richeson, Brian Shaw, Syreeta Shaw-Stateman, Sharon Silverberg, and Amy Upton, and master’s students Christianna Bialas, Jennifer Carlson, Tara Connors, Jeff Hart, Brian Strode, and Brantley Willett. Becky Lee, a student in the Human Services program, also joined us as well as students from Eastern Illinois University, Kent State University, Plymouth State University, University of Wisconsin-Whitewater, and Virginia Commonwealth University. During our stay at the Trinity College campus, we were able to see the Book of Kells, the Dublin Castle, Hill of Tara, the Valley of Glendalough, the Genusis Brewery, historic Dublin, and the Boyne Valley. Dr. McAuliffe also arranged for us to meet mental health professionals in Ireland to provide insight into the counseling profession in Ireland. The highlight of the institute for me was the day trip to Belfast where we had the opportunity to learn about the “Troubles,” and experience firsthand the religious oppression and segregation that exist today. In reflecting on my experiences, this summer’s trip to Ireland had a profound impact on my life and worldview. The opportunity to be immersed in another culture for 10 days was an invaluable learning experience that the classroom cannot provide. I am coming away with a heightened sense of cultural awareness, a greater respect for and interest in cultural diversity, and the ability to be a more empathic counselor. I highly recommend this trip to ODU students; it is a experience that you will not forget!

Reflections

“I will not have my life narrowed down. I will not bow down to somebody else’s whim or to someone else’s ignorance.”

- bell hooks
Outstanding Counselor Education Program Award

By Stephanie Crockett, PhD Student

The Counseling Program was recently awarded the 2009 Robert Frank Outstanding Counselor Education Program Award by the Association for Counselor Educators and Supervisors (ACES). This award honors a counselor education program that exemplifies the importance of excellence through standards and innovation. The Counseling Program was able to demonstrate excellence through faculty member commitment and contribution to the counseling profession, program adherence to standards, faculty mentoring, the program’s influence and contribution to the university and surrounding community, and for providing education and supervision in unique and innovative ways. Dr. Danica Hays accepted the award on behalf of our program at the ACES awards luncheon on October 17, 2009. Thank you to the faculty members and students who have worked to make our program the top counselor education program in the country!

Old Dominion University Hosts the 2009 AACE National Assessment and Research Conference

By Danica G. Hays, PhD

The 7th annual national assessment and research conference of the Association for Assessment in Counseling and Education, a division of the American Counseling Association, was held September 11-12, 2009 in the University Webb Center at Old Dominion University. The conference program offered professionals, researchers and students a wide variety of workshops related to assessment, diagnosis, treatment, evaluation, research, and general counseling issues. Dr. Ted Remley, Professor and Batten Endowed Chair of the Department of Counseling and Human Services, served as the keynote speaker and discussed ethical and legal issues related to admissions testing. AACE brings together professionals from across the diverse education and counseling fields that have a special interest in diagnosis, test use, evaluation, and outcome research. The mission is to promote understanding of counseling outcome research, diagnosis, and the professional use of counseling, psychological tests and educational assessment tools to benefit the clients and students we serve.

The conference with over 100 attendees from around the United States featured over 60 program proposals, a luncheon and a CSI-sponsored evening reception. One doctoral student, Syreeta Shaw-Stateman, described the conference as “an environment of mutual respect and sharing between counseling students and professionals. My knowledge base and understanding was enhanced and I made connections with leaders and future leaders in the field. It was time and money well spent!” Rebecca McBride, another doctoral student noted, “Many diverse professionals were in attendance at the AACE conference, which allowed for an array of networking opportunities and a variety of content sessions. It was exciting to have this opportunity right here at ODU.”

One of the most salient reasons for the conference’s success is that there was a strong group of master’s and doctoral counseling student volunteers. Volunteers included: Amanda Healey (Conference Co-Chair), Rebekah Byrd (Luncheon and Event Planner), Stephanie Crockett (Audiovisual Equipment Coordinator), Julia Forman (Volunteer Coordinator), as well as the following student volunteers: Sarah Allbright, Christina Brooks, Linna Dai, Joe Davis, Danyell Facteau, Angie Fusco, Sean Hall, Becky Michel, Nancy Monteith, Elizabeth Prosek, Jodi Slaughter, and Amy Upton. Additionally, the Dean’s Office generously supplied tote bags and other items to attendees. Visit www.theaaceonline.com for additional information about the division as well as future conference locations!

“One never notices what has been done; one can only see what remains to be done.”
- Marie Curie
The Male Recruitment and Retention Initiative

By: Sean Hall, PhD Student

While you’re reading this newsletter take a moment to reflect upon the number of male students in your program. Second, consider the potential benefits of having a rich and representative student body, working together by sharing their unique perspectives during classroom and group experiences. The disproportionate enrollment numbers between male and female counseling students is a familiar phenomenon. Given the diverse populations we endeavor to serve, ensuring a varied educational atmosphere is an important objective and vital to the clients seeking our services.

As part of the male recruitment and retention initiative, we are seeking to educate and inform male students enrolled in colleges and universities throughout the nation about the benefits and opportunities available within the field of professional counseling.

Everyone can advocate for the advancement of the counseling profession by encouraging others to explore the numerous possibilities available to students during and beyond their program. If this initiative connects with your interests, feel free to contact me and offer any ideas on reaching out to male students potentially interested in our rich and dynamic field.

Researcher Turned Soul-Searcher

By: Gina Bondi

I’ll never forget the first day I stepped into that classroom. At the time, I was completing my Master of Science in Psychology, and I chose an introductory Counseling course to fulfill one of the elective requirements. Scanning the syllabus, anticipating the usual “two exams and a research paper,” and wondering how many more times I would have to regurgitate Freud’s psychoanalytic theory, I quickly realized that something was very different about this course. Soon thereafter, my eyes were opened up to a whole new side of what I had been studying for the past six years. Coming from a very strong background in psychology, full of objectivity, operational definitions, quantitative methods, and APA-style research papers, I must admit that my first impression of counseling was that it was a bit, how do you say, “softer” than what I was used to studying. This judgmental “us vs. them” attitude was fostered from my experience in research-based psychology, with little exposure to the counseling field and its perspective. Where I came from, listening to someone’s opinion was rare, unless (of course) you could “cite three peer-reviewed journal articles” to support the idea. Out-of-the-box thinking (individuality, even!) was generally discouraged, and “I” statements used in essays were punishable by death.

This attitude, however, made some sense because Psychology has worked diligently to maintain its well-deserved reputation as a science, after receiving decades of criticism from other Sciences for not being “hard enough.” After focusing so intensely on the details of research and theory throughout graduate school, I took a mental step back to look at the bigger picture. Psychology is often referred to as the study of the mind and behavior. This contradicted with my knowledge of the Greek language, from which the word “psychology” was derived. The suffix –ology means “the study of,” and the root word psyche means “spirit or soul.” This would mean that the definition of psychology is “the study of the soul.” The researcher in me immediately wondered, “That doesn’t make much sense… how in the world can someone operationally define “soul”?” Then I realized that the answer to this question didn’t really matter. After six years of formulating my “ideas” based on what previous researchers said, this Counseling professor was asking me about my personal ideas on human nature without making me justify them. More than that, she was actually interested and empathic! The vibe that I received (wait a minute, did I just say “vibe”?) was unlike anything I’d experienced before. I loved psychology and research, methodically hypothesizing, and coming up with ways to support ideas and expand upon previous findings... but something about my interaction with this Counseling professor provoked me to consider the interpersonal side of the field. For so long, I was immersed in literature reviews, research proposals, and quantitative methods that I’d been missing out on the human interaction aspect of what I was studying. The difference was like night and day, and I discovered a whole new perspective. As soon as I completed the Master’s in Psychology, I began the Master’s in Counseling Program. Here, I learned how to build the client relationship, sharpen skills to assist people in achieving a better quality of life through counseling, and utilize what has been discovered in research to help those in need of services. From researching to soul-searching, I’ve had a unique opportunity to experience two very different approaches to the same major goal: finding out a way to help people live more fulfilling lives.
Big Splash Events

The Big Splash counseling seminar series is back in full swing this year with a great new lineup of topics and presenters. The series features three seminars each fall and spring semester and two seminars in the summer. The mission of the series is to provide high quality, affordable continuing education events that benefit students, faculty, and professionals in the community. This fall, we had a visit from Don C. Locke, Ed.D. who lead a workshop on the topic of diagnosis and multiculturalism. The workshop provided attendees with awareness, knowledge and skills for improving their ability in assessing diverse populations. In October, David Capuzzi, Ph.D. visited and presented on the topic of group work. The workshop, which included live group demonstrations, helped participants improve their skills for group work.

The following are a couple of our upcoming events:

**November 21, 2009**
Creative Couples Counseling: Techniques and Ethical Issues
Mark E. Young, Ph.D.

**January 30, 2010**
Psychotropic Medication: What Counselors Need to Know
Judith C. Durham, Ph.D.

Preregister rates for the seminars are $59 for professionals and $29 for students. Rates for registration at the event are $69 for professionals and $34 for students. All events this year will be held in Constant Hall. For more information visit our web site at http://education.odu.edu/pcl/counselor/BigSplash/index.shtml or contact the event coordinator, Brian Shaw, at bshaw@odu.edu.
It is not a secret that the Norfolk Community Services Board (NCSB), specifically the Olney Road Counseling Center (ORCC), has a reputation among my peers. The ORCC is barely over 2 years old. Like any toddler, it has tripped a few times resulting in a bruise or two. Many of our future practicum students may be wondering what to expect in light of the complaints voiced about the ORCC. This article is addressed to them. I am hoping that by sharing my experience I can help them look forward to their own.

Two complaints that I often hear are that the ORCC is disorganized and that it can be hard to earn direct hours. Both of these have elements of truth. The ORCC must work as its own unit and as part of the NCSB system. Practicum supervisors must perform a variety of tasks including organizational paperwork, administrative supervision, clinical supervision, and clinical services. Even though I was occasionally frustrated with the pace, I learned a great deal from the ORCC. While watching my supervisors perform their many tasks I developed an understanding of the complicated balance that counselors must achieve as supervisors. Even though my supervisors were busy, they were always willing to take the time to help me when I needed it. They taught me how to prioritize my needs and how to quickly paint verbal pictures of my clients. I use these skills every day in both my clinical and administrative work.

Last spring, the ORCC experienced two slow months with few direct hours from individual clients. To help us, the ORCC arranged for us to work with outpatient substance abuse groups. Their continued assistance allowed me to enjoy a vast number of opportunities to grow as a counselor. I was able to co-facilitate two groups and work with individual clients facing issues such as depression, substance abuse, domestic violence, anger management, and hallucinations.

When I began my practicum experience I could not imagine myself sitting in the counselor’s chair with a live client. I was convinced that I would not know what to do. Seven months later, I walked away from the NCSB with the skills and confidence to continue my professional growth. I loved working there and hope that you will gain as much from the experience as I have.
The Safe Dates Project

By Becky Michel, PhD Student

The Department of Counseling and Human Services continues to increase dating violence awareness and promote healthier relationships in the campus and community. Dr. Danica Hays and Dr. Tammi Milliken are working together with doctoral and master’s students to conduct research and provide interactive workshops for middle, high school and college students. The sessions are based on themes from the Safe Dates Curriculum (Foshee & Langwick, 2004). During the fall semester faculty and students have collaborated with the Woman’s Center to facilitate a 4-session series for college students at ODU. Leaders within Housing and Residence Life supported the programming and advertised to students within the first and second year living areas. The 90-minute workshops included topics on Understanding Unhealthy Dating Relationships, Helping a Friend in an Abusive Dating Relationship, Signs of Healthy and Unhealthy Communication and Preventing Sexual Assault.

Graduate students worked as a team to present and observe each workshop. In fact, Master’s student facilitators were able to count the hours spent facilitating toward direct group hours for their practicum.

The Master’s and doctoral students who have volunteered their time this semester have been very successful working together to facilitate the workshops. Sessions and have found the workshops both informative and personally meaningful. Student participants indicated they were able to engage in deep reflection about their own dating journey.

In the coming semester, the Safe Dates and Healthy Relationship Facilitation Team will continue to offer sessions at the college level and begin groups in a local middle school. Facilitators will introduce middle school students to the topic of healthy relationships by offering six 30-minute workshops. The sessions include Exploring different Relationships, What do you want in a Relationship?, Positive Communication, Trust and Respect, Participating in Fun & Safe Activities and Knowing Yourself. We plan to offer numerous workshops on campus and in the community to explore students’ experiences with dating violence and educate students that everyone has a right to feel safe and healthy in their relationships. If you would like to schedule a presentation or learn more about supporting this initiative please contact Becky Michel, Safe Dates Coordinator, at rearh001@odu.edu.

Schedule of Events

- Big Splash: Creative Couples Counseling: Techniques and Ethical Issues: November 21
- May 2010 Graduation Application due to the Office of the Registrar by November 30, 2008
- Graduation Brunch honoring August and December graduates: December 18, 2009. RSVP by December 1.
- Admissions applications deadline for the spring 2010 semester are November 1st for the master’s program. Interviews of the PhD applicants will take place in October and November.
- Graduation: December 19

November/December 2009

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