Greetings, and welcome to the Fall 2010 edition of Reflections! What has been happening at ODU since our Spring edition? First, I’d like to highlight the promotion of Dr. Danica Hays to department chair. Dr. Ted Remley has taken over the position of program director. Second, over the summer semester, faculty and staff were able to attend learning institutes in both Italy and Ireland. This fun and exciting opportunity happens annually, and students and professionals can earn credit hours or CEUs by participating. See page 2 for more details, and look for student articles about their experiences on these trips in this issue! In other news, Dr. Danica Hays hosted the Southern Association for Counselor Education and Supervision (SACES) conference October 28-30 in Williamsburg, VA. Several faculty members, doctoral students, and master’s students presented at the conference. The event was a huge success and once again highlighted the professional success of those here at ODU! Students and faculty will further have a strong showing at the Virginia Counselors Association (VCA) conference November 11-13 also held in Williamsburg. Finally, we’d like to welcome the new cohort of master’s and doctoral students. Best wishes as you complete your first semester in the counseling program!

Counseling Program Highlights

By Julia Forman, Doctoral Candidate

Counseling in Italy

By Andrea Simon, Master’s Student

Old Dominion University’s Counseling department offers a wonderful experience to travel to the mountainside of Tuscany, Italy from May 12-28th. This two-week institute provides a view of the counseling profession from Italian counselors and mental health professionals. Dr. Ted Remley facilitated the program along with Dr. Vivian McCollum, Dr. Theresa Christensen, and Dr. Pat Thomas. I traveled with a wonderful group of graduate and doctoral students from different schools such as, Virginia Commonwealth University, The College of William & Mary, University of Arkansas, Hofstra University, Northwestern State University of Louisiana, Louisiana State University, Louisiana State University in Shreveport, Southeastern Louisiana University, University of Louisiana of Lafayette, University of Alabama of Birmingham, State University of New York at Plattsburgh, Eastern Kentucky University, Franciscan Liberal Arts University, along with Becky Lee who also attends Old Dominion University through the online program in Arizona. We stayed in a comfortable and welcoming villa called Casa Cares. On our adventure in Italy we also traveled to Lucca and Pisa to see the leaning tower, Florence to see the great statue of David and the Uffizi that features floors of historical art work, the Trasimeno Lake and the holy land of Assisi, the Italian markets in Greve and San Gimignano, experienced mass at Vallombrosa Monastery, and visited Siena. The institute provided opportunities to experience what counseling is like in Italy in different settings, such as school counseling, community counseling, and mental health counseling. My most memorable moment was learning the different perspectives of counselors from an Italian viewpoint and eating all of the rich foods. This trip provided an opportunity to network and make connections with other future counselors. The Italy Institute is a wonderful experience where students can grow as an individual and as a professional in the counseling field. Studying in Italy for two weeks was a once in a lifetime experience that I will take with me forever.
Living a Dual Life: Counselor and Softball Player

By Melody Moreno, Doctoral Student

Jenna Rhodes is currently a master’s student in our counseling program and, like many counseling students, she has a passion for making a difference in the lives of others. But, unlike many students in our program, Jenna is also a professional softball player. She started playing softball when she was eight year old and has played ever since. Jenna played in the college league for Virginia Tech and now plays in the National Professional Fastpitch League. She is part of the Rockford Thunder team and the season runs from May to July. Her position is outfield and designated hitter. When asked how she balances the dual roles of student and athlete, Jenna replied that she has to be very self-disciplined. She shared that it is easier to separate the two roles because she plays softball in the summer and takes classes in the fall and spring. However, Jenna still has to worry about staying in shape and working out while in taking classes.

Jenna’s decision to become a counselor was influenced by the loss of her mom at age 14. Jenna stated that she had a mentor to help her through this very difficult time. Through the support of her mentor, Jenna realized that she wanted to work in the counseling field to help others who are grieving. Jenna’s desire to become a counselor is inspiring. However, her love for softball also teaches a lesson: always continue to do your passion, as it defines who you are.

Summer Institutes

Diversity and Counseling Institute in Ireland held in August for 7 to 10 days in historic Dublin, Ireland. $3145

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, Glendalough monastery ruins, Guinness Brewery, and Trim Castle. Registration for the 2011 institute will begin in November. Participants may receive 3 Graduate credits in counseling (multicultural counseling or elective), 3 Undergraduate credits in human services, or 45 continuing education hours. 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 at http://education.odu.edu/pcl/counselor/Ireland/index.shtml

A Counselor’s View of Italy scheduled for May 12-27, 2011 in the beautiful mountains of Tuscany. $2745

Attend a two-week study institute set in a picturesque 14th century villa on a mountainside in Tuscany. Learn about the counseling profession in Italy from Italian mental health professionals while studying with nationally known counseling professors. Learn as counseling practices in Italy are compared and contrasted to counseling in the United States. Visit ancient Italian cities on day trips including Florence, Pisa, Assisi, Siena, Greve, Lucca, and San Gimignano. Meet other graduate students and counselors from throughout the United States and Italy. Earn 3 graduate credit hours or 45 continuing education hours. Down payment for this trip must be made by January 15th, 2011. For more information about this institute, please contact Dr. Ted Remley or visit http://education.odu.edu/pcl/counselor/Italy/index.shtml

Upcoming Conferences

Call For Proposals

American Counseling Association National Conference in New Orleans to be held March 23-27, 2011. Please visit www.counseling.org for more information and to register for the conference.


New Doctoral Students

Jayne Smith, M.A., NCC, is a doctoral student in Counselor Education and Supervision. Jayne has worked in universities, community agencies and private practice since 2003 in San Diego, CA. During that time, Jayne developed and implemented countless programs geared toward empowerment and leadership for young adults. Additionally, Jayne taught and supervised clinical mental health counselor trainees with an emphasis on developing their advocacy and multicultural competence. She is dedicated to increasing access to opportunity through creativity in education for all members of our communities. Jayne is an avid reader, cook and traveler. She loves the outdoors, especially the beach. If she is not preparing a meal for friends (or in the library), you will find her on an airplane visiting her family or exploring more of our world.

“We are what we repeatedly do; excellence, then, is not an act but a habit.”

—Aristotle

Jennifer Bridges received her Master’s degree in Community/Agency Counseling from Bradley University in 2010 and her Bachelor’s degree in Psychology also from Bradley University, in 2004. Jennifer has clinical experience in counseling offenders in the Smart Recovery program in Peoria, Illinois, as well as Substance Abuse Counseling. Jennifer also has experience being an in-home clinician counseling at-risk children and their families. Currently, she is working at ODU as a Graduate Teaching Assistant for the Counseling Department. Her hobbies include running, traveling, and scrapbooking. Her research interests include counseling supervisor-supervisee relationships, psychopharmacology, and substance abuse counseling.

John Norris grew up in Southern Maryland, a short drive south of Washington, DC. His helping career began an with Associate’s of Applied Science in Human Services, getting certified as a substance abuse counselor and landing a job at the Jude House which lasted 5 1/2 years. He loved that place and was sad to leave. It was a great place to learn, experience, and practice counseling. Then, he obtained a Bachelor of Science in Psychology, and next, he got talked into a Master’s in Counseling (Johns Hopkins 2010) followed by a PhD (ODU ’13)! He has experience in residential, community, and correctional settings. His interests include social constructivism, criminal justice, and substance abuse. John has interests outside of counseling that include traveling, playing cards, and horse racing. He is also a fanatic fan of the Washington Capitals and the NHL in general. As a result, Autumn and Winter are his favorite seasons!

Susan Lester graduated from Saint Joseph College in West Hartford, CT in 2007 with an M.A. in community counseling. She worked as a counselor at Valley Community Baptist Church and Bethany Pastoral Counseling Services, providing counseling to adults, couples, children, and families. She also worked as an adjunct counseling faculty member at Saint Joseph College, teaching developmental theories and ethics.
New Doctoral Students

Tracy Jackson was born and raised in Rhode Island. She has lived in Washington, DC and North Carolina and has been living in Hampton Roads for the past 10 years. She received a B.A. in Sociology from the University of Rhode Island and a M.S. in Counselor Education from NC A&T State University. She joined Chi Sigma Iota in 1997. She has been a school counselor (at every level) for 13 years, with the past four years serving as a school counseling instructional specialist. She was temporarily married and has been a cancer survivor for 17 years. She has a sister and the cutest niece and nephew. She likes to work in the yard and paint (walls in my house) when she can find the time. Most of all, she is excited to be an ODU Doctoral student and entering this next phase of her life.

Laurie Bonjo is easily recognizable as the most tattooed individual in the counseling department, and perhaps all of ODU. She grew up in South Jersey and attended New Jersey School of the Arts High School. This can be interpreted as meaning that Laurie is quintessentially nerdy because attending NJSA meant going to school seven days a week... a relevant point, because it was great preparation for doctoral study. Laurie graduated from the University of Pennsylvania in 1991. Her daughter, Eden, is now sixteen and attends Norview High School. Her son, Forrest, is nineteen and attends George Mason University. Laurie has practiced yoga for 20 years and has taught yoga for 15 years. Laurie was sole proprietor of Harmony Yoga Center in downtown State College from 2000-2008, and her favorite yoga pose is sirsasana (headstand). She received her M.Ed. in secondary school counseling from Penn State University in May 2009.

Erica Sartwell graduated from Concordia University in River Forest, IL in 2001 with a MA in professional counseling. Erica works as a licensed counselor for Eden Family Institute.

Karen Campbell graduated from James Madison University in Harrisonburg, VA in 1993 with a M.Ed. in counseling psychology. She has worked as an Associate Director for the William and Mary Career Center and as a Career Specialist for James Madison University. She currently works as a Career Coach for Tidewater Community College, where she provides career counseling to high school students at public schools in Portsmouth and Chesapeake.
New Doctoral Students

LaShauna Dean is a graduate of Virginia Wesleyan College in 2004 with a Bachelor’s degree in Psychology and Regent University in 2008 with a Master’s degree in Community Counseling. LaShauna has worked as an Intensive Case Manager since 2005 at various community service boards and non-profit organizations. She has also worked as an In-Home counselor with Compass Youth Services since 2008. She became a Certified Substance Abuse Counselor in 2006, earned her NCC in 2010 and is currently working towards becoming a licensed counselor in the state of Virginia. LaShauna has been a resident of Hampton Roads since birth and now resides in Virginia Beach, VA. Her research interests are Multicultural educational access issues, burn-out in Case Managers, and the psychological trauma of jurors. In her free time, LaShauna enjoys listening to classical music, watching movies, reading sci-fi novels, and spending time with her dad and sister.

Cassandra G. Fenner Pusateri is originally from Mountain City, a small, rural town in northeast Tennessee. Cassandra attended the University of Tennessee, Knoxville and received a Bachelor of Arts degree in Psychology in 2004. In 2006, she attended East Tennessee State University in Johnson City, Tennessee. While at ETSU, Cassandra completed an internship at Holston Valley Medical Center where she offered crisis intervention and a number of other counseling services to patients in the oncology, palliative care, pediatric, intensive care, and trauma units. She graduated in 2008 with a Master of Arts degree in Community Agency Counseling. From 2008-2010, Cassandra worked with a grant-funded program that assisted pregnant women with quitting cigarette smoking. This is Cassandra’s first semester in Old Dominion University’s Ph.D. Counseling Program. Her research interests include the culture of Appalachia, gender and multicultural issues, grief, and spirituality.

Mike Keefer was born and spent most of his life in the Tidewater area. He went to Old Dominion both for his Bachelor’s and Master’s degrees. For more than 16 years, he has been in the mental health field working in the following areas: sex offense, substance abuse, and severe mental health. He has worked in residential, day treatment, outpatient, and in-home. Mike decided to return to school and enter the Counseling PhD program in order to determine if being a counselor educator might be his next mental health adventure. When not busy with school related activities, he enjoys walks, biking, playing the acoustic guitar, and spending time with old friends. Ultimately, Mike believes that living by and perpetuating the ideals of counseling are as close as he can get to being a Jedi in this life.

Joy Maweu graduated from Liberty University in Lynchburg, VA in 2007 with an M.A. in counseling marriage and family therapy. She worked as an associate director in the Student Care Office at Liberty University, providing care and guidance to students. She was also an adjunct instructor at Liberty University, teaching online courses in counseling. She currently works as a graduate assistant for the Department of Counseling and Human Services.
ODU at SACES 2010 Conference

By Stephanie Crockett, Doctoral Candidate

The Southern Association for Counselor Educators and Supervisors (SACES) held its regional conference this year. The conference was held in Williamsburg, VA on October 27-30th. The pre-session conference focused on supervision and included an invited presentation on “Ethical and Legal Issues in Supervision” featuring Dr. Ted Remley and Dr. Mary Herman. Dr. Danica Hays, SACES president, was part of an invited presentation on “Guidelines for Research Mentorship in Counseling/Counselor Education: An ACES Initiative.”

Doctoral students Becky Michel and Elizabeth Prosek provided information APA 6th edition in an invited presentation. Many other ODU students and faculty attended the conference. Faculty and students presented on topics such as supervision, adolescent dating violence, workplace burnout, APA, recruiting students of color, ethics, neurofeedback, and play therapy.

Program alumni, Dr. Mandy Healey, was awarded the SACES 2010 Outstanding Research Award for her dissertation on counselor professional identity. In 2011, Nashville, TN will host the national conference for the Association for Counselor Educators and Supervisors (ACES). The deadline for proposal submissions will be in January of 2011.
Regional and National Presentations


Books and Book Chapters


McAuliffe, G.J., & Eriksen, K.P. (Co-authors and editors). Handbook of Counselor Preparation: Constructivist, Developmental, and Experiential Approaches. Co-published by Sage and ACES.

Journal Articles


Awards


New Service Positions

Nina Brown elected next President of the Society of Group Psychology and Group Psychotherapy.

Danica G. Hays elected President of the Association for Assessment in Counselor and Education (AACE)

Danica G. Hays and Ed Neukrug serve as members of SACS Compliance Audit teams for the university

McAuliffe, G.J., Appointed to the University Promotion and Tenure Committee

Schwitzer, A.W., Editorial Reviewer, Journal of College Student Development
Student Accomplishments:

Conference Presentations:
Bayne, H., Michel, B. E., Neuer, A., Grothaus, T., & Thompson, S. (2010, October) Temperament, Supervision Interventions, and Satisfaction in the Supervisory Relationship. Presentation proposal accepted at the Southern Association for Counselor Education and Supervision, Williamsburg, VA.
Michel, B.E., Neuer, A., Bayne, H., Thompson, S., & Grothaus, T. (2010, October). Supporting Supervises through Triadic Supervision. Presentation proposal accepted at the Southern Association for Counselor Education and Supervision, Williamsburg, VA.
Grothaus, T., Bayne, H., Michel, B. E, Neuer, A., & Upton, A. (2010, October.) The relationship between moral development, multicultural competency, and supervision in school counselors. Presentation proposal accepted at the Southern Association for Counselor Education and Supervision, Williamsburg, VA.
Grothaus, T., McAliffie, G., Jensen, P., & Michel, B. E. (2010, October.) Challenging ethnocentrism and promoting development in counseling students. Presentation proposal accepted at the Southern Association for Counselor Education and Supervision, Williamsburg, VA.
Slaughter, J., & Shaw-Stateman, S. (2010). Are you listening: Hearing the voices of African American supervisees in the supervision process. Presentation proposal accepted at the Southern Association for Counselor Education and Supervision, Williamsburg, VA.

Grants:

Publications:
Program Information and Upcoming Events

Admissions applications deadline for the spring 2011 semester are October 1st for the PhD program and November 1st for the master’s program. Interviews of the PhD applicants will take place in October and November.

For information on supervision, practicum, and internship contact Hannah Bayne at hbayne@odu.edu.

The Graduation Brunch will be held in honor of our December 2010 master’s and doctoral graduates and CSI award winners on Friday, December 17, 2010 from 10am to 12pm in the Hampton Newport News room of Webb Center. RSVP by through doctoral student coordinator and CSI chapter president-elect, Becky Michel at bmichel@odu.edu

Sign up for the NCE/Comps Review sponsored by the Omega Delta chapter of Chi Sigma. To be held every Saturday starting January 29th through February 19th. For more information, contact Omega Delta President, Stephanie Crockett at scrocket@odu.edu.

The NCC spring exam date is April 16, 2011. The deadline to register for the exam is January 10, 2011. Please contact Saysha Malbon for more information.

Dr. Danica G. Hays has been awarded $69,861 in contracts for two community service boards for a 12-month period. These contracts provide assistantships to master’s and doctoral-level Counseling students in exchange for clinical services.

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

Student Announcements

Compiled by Stephanie Crockett, Doctoral Candidate

REMINDER to check your ODU e-mail regularly for program opportunities and announcements.

Doctoral Written and Oral Candidacy:
Hannah Bayne, Sharon Silverberg
Anita Neuer, Amy Upton
Cheryl Shiflett

Proposal Defenses:
Stephanie Crockett, Anita Neuer
Christine Currie, Brandy Richeson
Claudia Hines, Brain Shaw
Peg Jensen

Dissertation Defenses:
Rebekah Byrd, Jasmine Knight
Rebekah Cole, Nicole Kyser
Ulaxa Green, Rebecca McBride
Kelly Emelianchick-Key, Sophia Taylor

Good Luck to Upcoming Dissertation Defenses!
Christine Currie, Sonya Lorelle
Julia Forman, Susanne Preston
Claudia Hines, Sharon Silverberg
Peg Jensen

Congratulations to our December 2010 Counseling Graduates

Master’s Students
Daniel Batkin
Jennifer Carlson
Ann Chowns
Rachel Conner
John Crawford
Megan Eggleston
Tamela Evans
Danyell Facteau
Courtney Harris
Sarah Hasse
Morgan Holland
Seanna Jones
Betsy Koivisto
Allycia Lantagne

Doctoral Students
Julia Forman
Claudia Hines
Margaret Jensen
Sonya Lorelle
Susanne Preston
Sharon Silverberg
Kimberly Lentz
Claudette Mark
Jessica Mills
Dorothy Moore
Miles Nelson
Holly Phaneuf
Moira Pierce

Dr. Amanda Healey, received the 2010 Outstanding Dissertation Award from the Association of Counselor Education and Supervision (ACES).

Dr. Nicloe Kyser accepted a position as Senior Advisor at Centura College in Virginia Beach.

Dr. Sherri Todd as accepted an assistant professor position at Regent University.

Dr. Risi Green as accepted a position as Program Coordinator and Director of the Adult Day Support Program for FACES community services.

Brian Shaw as accepted a full-time counselor position at ODU’s Counseling Center

Christine Currie has been accepted as a faculty member at the Russian American Institute in Moscow, Russia

Dr. Ed Neukrug spoke about on a NPR radio talk show about, “With good reason: Stories of the great therapists.”
**AACE 2010 Conference**

By Stephanie Crockett, Doctoral Candidate

This year’s annual AACE conference was held in Memphis, TN. Three ODU counseling students, Stephanie Crockett, Becky Michel, and Anita Neuer attended, along with faculty member Dr. Danica Hays. We joined two ODU counseling alumni at the conference, Dr. Kelly Emelianchik-Key and Dr. Amanda Healey. The conference featured a keynote address from ACA president-elect, Dr. Don Locke on serving the counseling profession. ODU students presented on a wide variety of topics at the conference. Their presentations included clinical supervision, dating violence and healthy relationships, professional identity, and multicultural career counseling.

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**Understanding the Culture of the Appalachia Region**

By: Cassandra Pusateri, Doctoral Student

What comes to your mind when I say Appalachia? Depending on your experience with the region or people from the region, you may think of dialect, lower socioeconomic status, coal mining, farming, etc. Coming from the region, I have heard all of these connections and many others. Unfortunately, there have been many times when my family, my friends, and me have been squeezed into a tiny box of stereotypes (e.g., hillbilly, redneck, culturally deprived, uneducated).

As more and more professionals move into the Appalachian region to offer services, I see a growing gap of misunderstanding due to cultural differences. Now, it is important to mention that there is controversy around whether or not a culture actually exists in Appalachia and whether or not it is important that a focus be placed on understanding the theoretical culture. I am proposing that a culture of Appalachia does exist and must be understood in order to deliver services effectively.

I am also insisting that the stereotypes that plague the area be dismantled. As counseling professionals, we are to willingly take responsibility for continually developing multicultural competence. I am asking that a knowledge and understanding of Appalachian culture be considered no less important. There are a number of universities that offer training to professionals considering a career in rural communities. However, I feel that another step needs to be taken in regards to training mental health professionals who hope to offer mental health services in Appalachia.

There are a number of cultural issues that need to be taken into account when offering mental health services in the Appalachian region, including: language, privacy, understanding the stigma associated with mental health, etc. When I mention language, I am speaking less about the dialect and more about the terms people in Appalachia use to explain mental health issues. The first one that comes to mind is the use of the word “nerves” to describe symptoms of anxiety. There is a very strong stigma associated with mental health and mental health services in Appalachia. This became very clear to me during my recent attempt to research the perceptions of mental health among Appalachian women. I faced a number of situations where women were extremely guarded when discussing the topic. Privacy is another important concern considering that some locations within Appalachia are extremely small. Due to the stigma mentioned above, placing a counseling center in the middle of town on a heavily used road may not be the best idea.

One final note before I close, please be aware of the language you use when you speak of Appalachia. The area has been plagued with many harmful stereotypes for too many years. It is time to respect the people from Appalachia and start working to better understand their needs.

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**Reflections**

“You miss 100 percent of the shots you never take.”

—Wayne Gretzky

“You know yourself is the beginning of all wisdom.”

—Aristotle

"You miss 100 percent of the shots you never take.”

—Wayne Gretzky
What a journey this has been!

By Africia Costa, Alumni

What a journey this has been! My experience in the master’s program has been most challenging, enriching and rewarding. I would not be honest if I said that this was easy, because it was not. However, I was fortunate to have schedule flexibility at my job and, most of all, I was grateful that Dr. Theodore Remley was generous enough to transfer over twenty credits from my former college to my path on the Mental Health Counseling program. That was such a blessing because I came into the program and thought that I would have to take all of my credits all over again. Although I still had a long road ahead of me, at least I would not be starting from scratch!

It took me four years to complete my degree mainly due to the fact that I worked full-time and could not take more than two courses at a time and there were a few semesters when I could only take one course. This hectic schedule made me question my sanity on several occasions; however, I was blessed enough to have my husband, Bo, my family, colleagues, and friends to keep me encouraged and centered throughout this process.

During the entire process I never once felt that I was alone and I received a tremendous amount of support from professors and staff. Just about every professor I had during the past four years, was understanding of my situation and gave me the support and encouragement I needed. Along with the theories, concepts and techniques I studied in the program, I also encountered other non-traditional students like myself who have been out of college for a few years, who were married and had children. I encountered some brilliant minds and I was honored to be able to collaborate on projects and to have open and honest conversations.

My advice to any potential student is that it is never too late for education and personal enrichment. For students already in the program, never be afraid to ask for help or deny help offered to you by your families and support systems. Also, get a mentor, talk to others in your classes, or ask your professors for information and resources. Even if no one has an immediate answer, they will direct you to someone who does. If I had to do it all over again there is nothing I would change; except doing it sooner!

Reflections: Moving to Norfolk

Jayne Smith, Doctoral Student

July 5, 2010. I waved goodbye to my cousins in Oceanside, California, a city about 45 minutes north of San Diego where I had lived since 2001. Four hours later I crossed into Arizona on my four-week adventure to Norfolk. I figured since I would be a resident of the south, this would be an appropriate passage to the rest of my life, which became clear eight months earlier. Fortunately, at the age of thirty I had accomplished most of my professional goals. I felt restless to continue achieving my life goals, and I was inspired by my work with counselor trainees and our clients to continue my mission to change the world. I just didn’t know how.

October 18, 2009. I remember debating if it would really be worth getting up for the last three sessions of the annual ACES conference in San Diego on Sunday morning. My desire to attend a session about the ecological perspective in counseling overpowered my need for sleep. I had been struggling with how we were helping our program participants at the clinic. The majority of the presenting issues were rooted as much, if not more, in environments and oppressive systems. I hoped this session coupled with training on the Advocacy Competencies might help the clinic’s effectiveness. Tim Grothaus, Ph.D., NCC, NCSC, ACS sat next to me in that session.

As a result of my encounter with Dr. Grothaus, I connected with Danica Hays, Ph.D., LPC, NCC, applied to the program and journeyed to Norfolk for the first time in February. I struck up a conversation with a fellow interviewee as we sat outside Education 110 before the interview. She shared the ACA Code of Ethics and told me about life in “Hampton Roads,” which confused me. I didn’t know Hampton Roads consisted of more than the areas surrounding Hampton Boulevard. Despite being as far away from San Diego on the continental USA as possible, I felt a sense of comfort, familiarity and community throughout that day.

October 19, 2010. Exactly one year and one day has passed since meeting Dr. Grothaus. Had you asked me one day prior to the ACES conference if I would move across the country to start a PhD program only one year later, I would have looked at you like you had five heads. I know with confidence that I made the right decision to return for my doctorate at Old Dominion University because I have connected with faculty and peers who challenge, encourage and support my learning and there are an abundance of opportunities for continued growth and involvement that feed my passion for social justice. Three themes come to mind when reflecting on my transition:

- Trust in the universe to make things happen.
- Make at least one friend in the program. My fellow interviewee is now one of my best friends and our friendship will be a crucial factor in our successful graduation.
- For non-Hampton Roads natives, learn how to pronounce Norfolk. I wish I had started practicing around New Mexico to say “Nor-fick” without blushing.

“Even if you’re on the right track, you’ll get run over if you just sit there.”

—Will Rogers
Diversity Institute in Ireland

Elizabeth Prosek & Becky Michel, Doctoral Students

This past summer, we traveled to Ireland as part of an international immersion experience for Counseling 848, Multicultural Perspectives in Counselor Education, Supervision and Research. In Ireland we engaged in a brilliant exploration of history, culture and society. We explored the historical areas of Glendalough, Loughcrew and the Hill of Tera. We witnessed the Gaelic spirit of Hurling and the enthusiastic craic in the Temple Bar district. These journeys provided a rich context for the Irish culture and allowed us to connect with fascinating people. The most lasting impressions came from discussions with members of the Irish community and exploring how they experience their world.

Throughout the Multicultural course, we discussed privilege and accessibility to opportunity within our own country; however when talking to Irish individuals our own age we were struck by how the opportunities afforded in our lives were drastically different. In particular, there were drastic differences between access to higher education in our cultures. One Irish local our age perceived that one of us must be a “genius” to be earning a doctorate degree. While we believe we are bright and motivated individuals, the accessibility to a doctorate program is more prevalent in the United States. The young adults we spoke to had no options for higher education, even at the bachelor level.

We also discussed the current recession and lack of job opportunities in Ireland. Most of the locals worked for about five years after graduating high school, but then lost their jobs. When we asked about seeking a new job, none of the locals were able to provide a concrete system in which to proceed. While we saw this situation as discouraging, one replied, “but we always have hope.” Another member of the group coped with his job loss in a different way, he joined the British Army. By doing so, he alienated himself from his peers and many fellow Irishmen. When one of us asked him specifically what made him decide to join an organization that causes such turmoil among his relationships, he simply responded, “I had to get out of here.” So it seems from this group of childhood friends, who still live in the same neighborhood to this day, there were multiple ways in which to cope with the distress of the economy, most waiting it out on hope, and a rare person challenging their heritage to create a new opportunity. These discussions challenged us to consider the privilege and opportunity we have to advance our own careers and participate in a doctoral program. We left Ireland with a heightened awareness of financial struggles around the world, and the importance of finding hope to endure life challenges. We are grateful for the experience to travel abroad, connect with others and learn more about ourselves. We hope to integrate the lessons learned into a healthier and more productive cultural worldview.

By Jim McMullen, Master’s Student

The counseling program took an incredible trip to Ireland this past August to attend a ten day Diversity and Counseling Summer Institute. The trip served as an alternative to the Counseling 655 Social and Cultural Issues course taught during the school year. It included a review of the chapters taught in the course, a 10-day stay in Ireland to study Irish culture, and a paper/exam at the end. We stayed in the quaint dorms at the historical Trinity College. Throughout our stay, we all attended educational sessions including discussions topics such as Who are the Irish? Irish and Gaelic, language and culture, history and politics, and the current state of counseling in Ireland. We also had the opportunity to visit an Irish counseling or a social service agency. I personally attended the Pieta House is an out-patient centre for the prevention of self-harm and suicide. It was started in 2006 by a woman named Joan Freeman and receives twelve percent of its funding from the federal government. They offer services free of charge for any age. Their services include individual and family support counseling with an emphasis on solution-focused theory. What I loved most about this visit was the hospitality shown by the people who worked here. For suicidal people, I feel a warm and inviting environment would be very important to ease tensions and encourage discussions.

During our free time, we were able to explore the culturally divided city of Belfast in northern Ireland, attend a performance of Riverdance at a historic theatre, and we even got a chance to partake in a sampling of Irish culture at the Guinness Factory. I feel this trip was very important to experience because as counselors we should be preparing ourselves to meet with people of different backgrounds, cultures and beliefs. To meet this demand I feel it is our duty to challenge our own beliefs and learn about other cultures and people to fulfill our client needs. We can learn a lot from a book but even more from social interactions in the setting we are studying. I hope more students in our program will use this trip not only as an escape from our mundane lives but also valuable counseling learning experience.
Big Splash Events

The Big Splash counseling seminar series is 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. Our fall and spring workshops include:

Saturday, November 20, 2010
Webb Center: Chesapeake Room
The Many Faces of Grief
David Capuzzi, Ph.D.
Portland State University, Portland, Oregon

Saturday, February 26, 2011
Location: TBA
Wellness, Balance and Self-Care for Counselors and Their Clients
Pat Thomas, PhD, NCC, LPC-S
Southeastern Louisiana University

Saturday, March 19, 2011
Location: TBA
Counseling Aggressive and Violent Children: What Counselors Need to Know
Rip McAdams, EdD, NCC, NBCC-ACS, LMFT, LPC
The College of William & Mary

Saturday, April 9, 2011
Location: TBA
Introduction to Complementary, Alternative, and Integrative Therapies
Suzan Thompson, PhD, LPC
Old Dominion University

Cost
Professional Rate: $49 prepaid / $59 at door (CE credits available)
Student Rate: $19 prepaid / $24 at door (Student ID required at door)

For more information visit our web site at http://education.odu.edu/pcl/counselor/BigSplash/index.shtml or contact the event coordinator, Joe Davis at jwdavis@odu.edu.

OLD DOMINION UNIVERSITY is located in Norfolk, the hub of historic Eastern Virginia. A member of Virginia’s prestigious public college and university systems, Old Dominion is one of the oldest and most rapidly growing institutions on the Atlantic seaboard. The 200-acre campus borders historical, recreational, cultural and military facilities. Nearby are Williamsburg and Yorktown, the Chesapeake Bay and the Atlantic Ocean beaches, the Chrysler Museum, and NASA-Langley, the birthplace of our space program. Old Dominion University has a student body of nearly 19,000, and offers baccalaureate degrees in 65 areas, master’s degrees in 64 areas, two certificates of advanced study, and doctoral degrees in 21 areas. The University is composed of six colleges: Arts and Letters, Business and Public Administration, Education, Engineering and Technology, Health Sciences, and Sciences. Old Dominion’s primary mission is to meet the educational and professional needs of Hampton Roads and the students who come to the University.

The Darden College of Education prepares students for work in the dynamic and challenging fields of professional education and counseling. The college trains general and special education teachers, administrators, librarians and counselors, and prepares students for work in such areas as career management, family life education and clinical speech-language pathology. The Darden College of Education is accredited by the National Council for Accreditation of Teacher Education (NCATE) and the Virginia Department of Education. The master’s program in counseling is also accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). The University has initiated interstate certification contracts with 39 other states so Old Dominion graduates certified to teach in Virginia might gain reciprocal certification in such states as New York, New Jersey, Delaware, Pennsylvania, Connecticut, Maryland and North Carolina.

For More Information about the Counseling Program, please contact Admissions assistant Becky Michel at 757-683-6132 or by e-mail at rmichel@odu.edu. You can also get information in Room 110 of the Education Building.
Available Student Grants and Scholarships

NCDA Leadership Academy
The Leadership Academy was created in 2006 with the ultimate goal of the identifying and nurturing future generations of NCDA Leaders. Up to eight NCDA members will be selected to join this hands-on, highly experiential leadership development opportunity designed specifically for promising national and state career development association leaders. NCDA’s Leadership Academy will refine and strengthen the leadership skills of those selected for this dynamic program. For more information please visit http://associationdatabase.com/aws/NCDA/pt/sp/home_page

ACCA Emerging Leader Grants
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 New Orleans. 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. Please visit http://www.collegecounseling.org/ for more information.

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. For more information please visit: http://www.asgw.org/scholarships.asp

CHEAD Awards and Grants
The C-AHEAD award committee is currently seeking nominations for the 2011. The following awards are available for nomination: Humanistic Leadership Award, Past President’s Award, Humanistic Clinician Award, Distinguished Journal Reviewer Award, Humanistic Educator/Supervisor Award, Humanistic Impact Award, Humanistic Advocacy and Social Justice Award, Humanistic Dissertation Award, and Make a Difference Grant Recognition. Full information can be found on www.c-ahead.com.

You and Your Family Are Invited to 2010 Graduation and Awards Brunch

Come have Brunch with administrators, faculty and students as we take time to present awards, and honor our Counseling Program December 2010 graduates. Spend time with the faculty and listen as they take time to acknowledge each graduate’s achievements as well as present CSI chapter awards. Event sponsored by the Omega Delta chapter of Chi Sigma Iota.

RSVP by December 1st

DATE: DECEMBER 17
TIME: 10AM-12PM
LOCATION
Hampton Newport News Room
Webb Center

Contact Becky Michel for more Information: rmichel@odu.edu

Please join us
As we honor our graduates, and award winners,!

Available Student Grants and Scholarships

BUY Tickets!

Name: ________________________________
E-mail: ______________________________
Address: _____________________________
____________________________________
Total Number to Attend: ______
☐ Graduate or Award Winner (Free)
Price per person: $15.00
Amount Enclosed: $________
☐ CHECK: Made out to CSI ☐ CASH
Must RSVP even if your ticket is free. FREE to all graduates and CSI award winners.
Money and/or RSVP form must be received before your name will be added to the guest list.
Schedule of Events

- VCA is November 11-13, 2010
- Registration for Spring classes begins November 15
- November 20, 2010 CSI sponsored Mentor Event. Come see an Admiral’s Game!!! *RSVP to Elizabeth Prosek
- Thanksgiving Break is November 24-28th
- CSI Graduation Brunch is December 17th
- Graduation: December 18th

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May 2010 Evening of