Counseling Program Highlights

By Amanda Healey, Doctoral Candidate

The counseling program has experienced a lot of success over the last semester. Faculty and students won several prestigious awards at the national level through the American Counseling Association. Our program was very well represented at the conference, we also had an excellent turn out in terms of faculty, doctoral, master’s and alumni students. Dr. Danica Hays was awarded the ACA Counselor Educator Advocacy Award, and Dr. “Woody” Schwindt was awarded the Ralph F. Berdie Memorial Research Award. In addition, Dr. Ed Neukrug and the doctoral student ethics team including Stephanie Crockett, Julia Forman, Sonya Lorelle, and Rebecca McBride receive second place honors. Doctoral candidate Amanda C. Healey was also awarded the ACA Glen E. Hubele National Graduate student award and several students including April Sikes, Rebekah Fariss, and Matthew Ganderson, were awarded a Ross Trust Scholarship. In addition to these accolades, Old Dominion will also be the site of the upcoming AACE conference in September and will be sponsored by the Omega Delta chapter of CSI; directed by Dr. Danica Hays. Under the guidance of Dr. Ted Remley and through the efforts of our counseling faculty, our master’s and doctoral level programs are receiving a lot of national attention and are becoming increasingly competitive. The future of the Counseling Program here at Old Dominion is bright and through the involvement of students and faculty, it will continue to grow as an example to other programs across the country.

Available Student Grants and Scholarships

Compiled by Stephanie Crockett, Ph.D. Student

Dissertation Fellowship

If you will have complete all your PhD coursework by the start of fall semester, 2009, have passed your candidacy exam by start of fall semester, 2009, have had your dissertation proposal accepted by your PhD dissertation committee by start of fall semester, 2009, graduate no sooner than May, 2010, and NOT have a graduate assistantship for the 2009-2010 academic year, then you may apply for the college dissertation fellowship described below. One will be awarded to doctoral students in the College of Education. The good news is that individuals who work full-time outside the university are eligible to apply for this fellowship. The fellowship will pay $15,000 and pays for one graduate credit in the fall and one credit in the spring, but you will have to take at least 9 credits in fall of 2009 and spring of 2010 and the cost was $321 per credit in 2008-2009 (and it will go up for next year). So, your tuition will cost $5,126 + whatever increase is imposed for 16 credits in fall and spring, which will be deducted from the $15,000 stipend. But, you will also get $3,000 for professional travel. Submit your application by May 1 if you qualify.

ACA Essay Competition

It’s time for the ACA Foundation’s annual Grad Student Essay Contest where your thoughts on topics relevant to the counseling profession and its future can be worth prizes and visibility for you. Your essay will be reviewed by a national panel of counseling experts, with winning pieces appearing in Counseling Today and online, too. There are other valuable prizes, so read below for contest topics, submission rules and send in your essay by May 1, 2009. First Prize includes a $500 grant, the publication of winning essay in Counseling Today, and a one year paid membership in ACA. Four Runners-up Prizes will be given and include the publication of essays in Counseling Today, and a one year paid membership in ACA. Contest Deadline: May 1, 2009.

SACES Awards

The SACES Awards Committee is seeking nominations for four areas of service. Awards will be presented at the ACES Conference. Individual Achievement awards include the Pre-tenure counselor educators, the Tenured counselor educators, the Graduate Student – Master’s Level and Doctoral Level awards, the Outstanding State ACES Award, the Outstanding Program Supervisor, and the Outstanding Counselor Education Program. Nominations are due by July 15, 2009. If you have any questions, please contact Shari M. Sias: at: saces@saces.org or (252) 744-6304

ACES Grant

The purpose of this grant is to fund studies that increase understanding of professional development in Counselor Education and Supervision. The maximum grant given will not exceed $2000. http://acesonline.net
Big Splash Series

By Julia Forman, PhD Student

The Big Splash, a series of workshops geared toward students, educators, and practitioners alike, provides an excellent opportunity for training and professional development. Individuals who attend these seminars have the chance learn from leaders in the field about a myriad of important topics relevant to our profession. For example, past speakers have included Dr. Ted Remley, whose seminar addressed Legal and Ethical Issues in Counseling and Social Work, Dr. Samuel Gladding, who lectured on Using Creativity and the Creative Arts in Counseling, and Dr. Mary Hermann, who instructed participants on Gender Issues in Counseling. Upcoming workshops include Dr. Mary Bartlett’s lecture on Clinical Aspects of Suicide on June 27th and a workshop conducted by Drs. Jane Myers and Thomas Sweeney July 25th regarding Wellness and Habit Change: Creating Wellness Lifestyles for Self and Others. Those in attendance not only obtain valuable information from experts in the field, but they also receive 6 continuing education hours for participating. Each workshop, currently coordinated by Kelly Emelianchik, is held on a Saturday from 9-4 in the Webb Center on ODU’s campus. Registering for the Big Splash is a simple process, which can be done by contacting Katrina Vinson by phone (757-683-4686), by email (kvinson@odu.edu), or by faxing in your form to 757-683-5405. The cost of the workshop is $59.00 for professionals, with a reduced $29.00 fee for students.

Summer Institutes

Diversity and Counseling Institute in Ireland scheduled for August 10-20, 2009 in historic Dublin, Ireland. $2875
A ten-day institute set in the beautiful city of Dublin at the mouth of the river Liffey. Dublin is one of the fastest growing capital cities in Europe and provides a plethora of historical and cultural sites and experiences. 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. Those who choose to participate will visit the historical sites of the surrounding area through guided excursions. Places of interest will include the Books of Kells, Dublin Castle, Hill of Tara, Kilmainham jail, Glendalough, Powerscourt Gardens, Newgrange, and Trim Castle. Take this chance to experience the culture of Ireland and meet other graduate students and counselors from throughout the United States. For more information contact Dr. Jill Jurgens or Dr. Garrett McAuliffe. Website through the office of continuing education at http://education.odu.edu/pcl/profdev/Ireland/

A Counselor’s View of Italy scheduled for May 14-29, 2009 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! Space is still available, however it is limited space, so apply soon! For more information about this institute, please contact Dr. Ted Remley or visit http://education.odu.edu/pcl/profdev/italy_conf/

Upcoming Conferences

Call For Proposals

ACE Conference will be held in Norfolk, VA in September of 2010. Now accepting proposals at http://www.aaceonline.com

Upcoming Conferences

American School Counselor Association (ASCA) annual conference in Dallas, TX to be held June 28-July 1, 2009. For more information please visit: http://www.schoolcounselor.org/


Italy Workshop and NBCC Bi-Lateral Conference held in Casa Cares and Florence, Italy from May 12th through the 29th. For more information please go to http://www.nbccinternational.org/italyconference or http://education.odu.edu/pcl/profdev/italy_conf/

ACES Conference will be held in San Diego, CA in October of 2009. Visit www.acesonline.net to register.

Ireland Diversity Institute will be held from August 10th through the 20th, with opportunities available for student presentations.

ICASSI International Committee for Adlerian Summer Schools and Institutes international workshop series is being held in Maryville, TN this year. This is a great opportunity, as these conferences are typically held in Europe. This Adlerian workshop series will be held from July 19th through the 31st. For more information, visit www.icassi.net

American Counseling Association Conference in Charlotte, NC to be held March 19-23, 2009. For more information visit http://www.counseling.org/Convention/ Now accepting proposals for pre-conference seminars. Call for proposals coming March 31st.

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. Now accepting proposals.

American Mental Health Counselors Association (AMHCA) Conference in Washington D.C. to be held July 23-25, 2009. For more information please visit: https://www.amhca.org/
New Doctoral Students

Amy Upton received her MSEd in counseling in 1998 from Old Dominion University with an emphasis in school counseling. She has been employed with the Virginia Beach City Public schools for the past 11 years, six of which were as a middle school counselor and the past five years as a high school counselor. She is currently working on her Ph.D. in counseling, working full time, and raising her four children. Her conference presentations include the College Board’s National Forum this past November and she will be presenting at PCACAC in April. Her interests lie in counselor education, school counselor advocacy, multicultural counseling and issues of equity in counseling and education.

Peg Jensen was born in Virginia Beach and has lived in various places due to her status as being a “Navy brat.” She currently lives in Chesapeake, Virginia with her husband of 16 years and has three wonderful sons. She received her M.S. in Psychology from ODU and has worked for 20 years in the mental health field. She has worked in a private acute psychiatric hospital, a non-profit residential program for the Virginia Beach Community Mental Health, several private practices, and the last 8 years working for a large residential company conducting psychological evaluations. She is currently enrolled in the Ed.S program at ODU, which she hopes to finish by May 2009 and go on to earn her doctorate in counseling from ODU. She has volunteered for the past 15 years with the Chesapeake Juvenile Courts as a “mentor/monitor” for first time offenders. She enjoys reading, cooking, collecting (and drinking) wines, home improvements, music, playing cards, and traveling.

Insights into Practicum

By Angie Fusco, Masters Student

You mean I actually have to utilize my skills? For real? With real clients? I’m scared! Overwhelmed! Nervous! And above all excited to take on the challenge. The aforementioned comments summarize my feelings as I waded into the pool of practicum. Practicum for many can be an enjoyable experience, opening your eyes to your field of practice and discovering the tip of the iceberg as to what kind of professional you will become. It can also be an experience that is stressful, time consuming, and above all scary! I have provided some tips of the trade to help future practicum students ease into the process.

I am placed at two sites, Safe Schools and an Elementary School in neighboring Virginia Beach. First piece of advice, don’t mess with TES (teacher education services) remain calm as they work diligently to place you at a site location. It took me to sitting on my hands and not calling TES before I finally got my placement, be patient and it will come! Second, get organized and stay organized. I feel in love with accordion folders which I use to keep my client information stored and necessary documents neatly organized. Make sure you plan ahead as to when your transcripts, case conceptualization and surveys are due. Third, look into the FLIP camera; it’s small, convenient, and affordable. It also hooks right into your computer so you are able to review your tapes with your supervisor in an easy manner. You can also make DVDs right from your computer. I found my FLIP camera on Amazon.com for only $124.99. It’s great and it helps that its very non-invasive during your sessions! Fourth, learn to be more professional. As representatives of ODU its imperative you stay on task as well as remaining flexible. You also need to dress the part. Dress professionally and be mindful of your role as a counselor. Fifth, step onto the stage and play the role you have been rehearsing for these past years, but beware, you cannot call line in the middle of your performance! Be confident in your skills as a counselor. You know them; you just now need to utilize them. This is also where supervision becomes vital in your development as a counselor. Utilize the information and knowledge that you have gained throughout your term in the counseling program. Do not be afraid to ask for help or to research your clients’ needs, and remember to begin building valuable resources. You also need to begin thinking about your portfolio. Gather resources and information that you have gained from your experience and keep it in a manner that shows your learning experience.

Overall, my placement at Safe Schools has been enlightening, to say the least. Safe Schools challenged me in ways that I would have never expected, but the assistance, supervision, and practice that you gain is astronomical. Above all, have FUN! Do not be afraid to become the counselor that you are. I feel that I have grown not only professionally, but personally as well due to my practicum experience. Good luck on your journey!
ODU at ACA

By Amanda C. Healey

The American Counseling Association annual conference was held in Charlotte, NC this year. Old Dominion made a formidable showing with many of the counseling faculty in attendance, over fifteen doctoral students, several master’s students, and alumni counseling professionals. Keynote sessions were given by Dr. C. Adolfo Bermeo concerning equitable access to higher education and Judy Shepard, who spoke about her son Matthew Shepard while promoting a message of social action by making our schools a safer place for everyone. Many of our students and faculty presented in educational and poster sessions in addition to accepting several awards and grants for research projects and professional service. The next ACA conference will be held in Pittsburgh, PA. We look forward to Old Dominion having another successful year!
Faculty Accolades

Selected Works

Regional and National Presentations


Radha Horton-Parker and R. Charles Fawcett’s instructional film, FACE-SPRIT: A New Model for Integrating Spirituality into Counseling and Psychotherapy, was featured in the American Counseling Association’s Exhibition in Charlotte, NC in March.


Books


Journal Articles


Service


Awards and Grants


Schewitzer, A. (2009). Ralph M. Berdie Memorial Research Award for Research and Scholarship in the Field of College Student Affairs, American Counseling Association (ACA). Awarded at the ACA Convention in Charlotte, NC.
Selected Works

Conference Presentations:

Byrd, R. (March, 2009). Allies for all. To be presented at the Old Dominion University Diversity Institute in Norfolk, VA.


Byrd, R. (March, 2009). A crash course in safe space training. To be presented at the VSCA conference in Newport News, VA.


Byrd, R. (March, 2009). Celebrating culture and promoting advocacy for lesbian, gay, bisexual, transgender and questioning students. To be presented at the VSCA conference in Newport News, VA.


Awards:


Byrd, R. (January, 2009). Safe Space Training: Evaluating the Effects on Professional School Counselors and School Counseling Trainees. Grant received from the Association for Counselor Education and Supervision. ($1183.00)


Healey, A. (2009). Glen E. Hubele National Graduate Student Award. ACA. ($500)

Healey, A. (2009). Outstanding Graduate Student Leadership Award. ACES.

Healey, A. (2009). Outstanding Doctoral Level Student Award. CSI.


Healey, A. (2009). Dr. Daya & Mrs. Usha K. Sandhu Multicultural Counseling/Diversity Student Research Award. AMC. ($300)


Publications:


Service:


"Our lives begin to end the day we become silent about things that matter.”

- Martin Luther King, Jr.
Program Information and Upcoming Events

The Evening of Achievement will be held in honor of our May and August 2009 master’s and doctoral graduates, CSI award winners, and CSI newly inducted members on Friday, May 8th at 6pm in the South Cafeteria of the Webb Center. RSVP through doctoral student coordinator and CSI chapter president-elect, Rebekah Byrd at rbyrd@odu.edu (must place RSVP form with money in her box by April 25th to attend. E-mail RSVP’s will not be accepted).

For information on supervision, practicum, and internship contact April Sikes at asikes@odu.edu. The ODU/CSB Counseling Clinic is now open! Students have been working with a variety of clients and there are openings for more clients. The Center offers short-term (approximately 8 sessions), affordable individual and group outpatient counseling services for Norfolk residents with situational mental health problems. Graduate students from ODU’s Master’s in Counseling Program staff the Center, serving adolescents (age 13 and up) as well as adults. Two doctoral students, Katie Moore and Sophia Tailor, continue to coordinate the services.

The NBCC website (www.nbcc.org) was updated recently and now includes detailed, easily accessible information for students and faculty about the application process for national certification. Please check it out and urge your students to do the same. Referring students to this resource should make the advising part of your job as campus coordinator much easier. Student Works is still a viable web resource as well and free bookmarks promoting the site are available for your students. Just let me know how many you would like us to send.

Acknowledgements:
Master’s student Jennifer Georgianna started groups at Jamestown High School this semester. This high school has not previously run counseling groups for students, so this is a notable and important accomplishment!

Confusion about State Licensure
We are making some headway with the common confusion among applicants about national certification and state licensure. Thanks for continuing to educate students about this. Please reinforce the message that when they apply under the GSA-NCC program, they are applying for a voluntary national credential (the NCC). Make sure they know that several requirements must be met after they have passed the NCE before they can have their scores sent to third parties, such as state licensure boards. NBCC communicates those requirements and due dates to students with their score reports. It is important for them to stay on top of this process until they are certified. Failing to do so can result in the closing of their applications and invalidations of their scores. We try to also remind them frequently of the importance of keeping NBCC up-to-date on any address changes.

Student Announcements

Compiled by Amanda C. Healey

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

Doctoral Written/Oral Candidacy:
Rebekah Byrd Nicole Kyser

Good Luck to Doctoral Candidates:
Amanda Healey Cynthia Walley
Mike Hauser Katie Moore
Sarah Deaver Brenda Smith
Joanna Campbell David Richards
Cynthia Jenkins Richard Cicchetti
Nial Quinlan
(Upcoming Dissertation Defense in BOLD)

Congratulations to our May & August Graduates for 2009

Master’s
Bowdler, Kristin Guthmiller, Teresa
Brown, Michael Marzluff, Claudine
Brown, Sara Massenburg, Jewel
Conklin, Katie Osborne, Erin

Davis, Joseph Owen, Paige
Eckfield, Stephanie Perkinson, Jennifer
Ganderson, Matthew Robidas, Christine
Georgianna, Jennifer Schiff, Sharon
Geroe, Martha Schuster, Jennifer
Greenberg, Kelly Scott, Michael
Studivant, Passion Washington, Christina
Kippenham, Jeanette

Ed.S.
Grothe, Tracey
Jensen, Margaret

Doctoral
Campbell, Joanna Quinlan, Nial
Deaver, Sarah Richels, David
Haizlip, Breyan Sikes, April
Jenkins, Cynthia Smith, Brenda
Moore, Katherine Walley, Cynthia

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

Congratulations to April Sikes for successfully defending her dissertation and accepting a position at Southern Arkansas University. Good luck!!
Omega Delta Chapter Update

By Amanda C. Healey, Doctoral Candidate and CSI Omega Delta Chapter President

The Omega Delta chapter of CSI has been steadily increasing in numbers and recognition since its formation in 2007. Several chapter members were recognized with awards at the national level during the CSI awards ceremony at the ACA conference in Charlotte. Our chapter also presented at the CSI Showcase in conjunction with the CSI Chapter at Argosy University in D.C. Our chapter is very active, with over five different student and faculty gatherings every semester. Not only do we provide opportunities for students and faculty to network with one another, but we are also involved in community service initiatives, we provide scholarships to students, and we provide monthly professional development trainings provided by nationally renowned counseling professionals.

Recently, a fund raising event was held at the Colley Cantina in Ghent where 25% of the evening proceeds went to our chapter. We would like to thank all of those faculty and students who came out to support us! The money will be used to help fund student scholarships. Applications for the Fall scholarships to be awarded on May 8th are due April 25th to Awards Committee Chair, Julia Forman. Scholarships are also being funded by the Big Splash professional development series, coordinated by the Professional Development Committee, chaired by Kelly Emelianchik. Due to these successful event, our chapter is able to fund 8 scholarships per academic year and decrease the admissions rate to the Evening of Achievement and Graduation Brunch events.

We look forward to another successful year with President Rebekah Byrd and President-Elect Stephanie Crockett!!

“Nothing will ever be attempted if all possible objections must be first overcome.”

- Samuel Johnson
AACE at Old Dominion University

By Stephanie Crockett, PhD Student

This year the Association for Assessment in Counseling and Education (AACE) 2009 National Conference will be held on the campus of Old Dominion University (ODU). The AACE is a branch of the ACA that promotes the proper and effective use of assessments in the counseling field. The association is comprised of a dynamic group of counseling professionals who share in their passion for evaluation and assessment. While the name and passion of the AACE may sound intimidating, these professionals are friendly, down-to-earth, and eager to support student work at both the master’s and doctoral level.

For the past two years, AACE has afforded me the opportunity to present at their national conference. I have presented as both a master’s and doctoral student. In reflecting back on my AACE presentations it is apparent that the experiences I have gained are invaluable. First and foremost, the association’s passion for promoting and supporting student work has given me the confidence I needed to present my research at the national level. In every presentation I have given, attendees were eager to help me explore and develop my research ideas further. This allowed me to take my ideas and current work to a new level. I was also able to receive beneficial feedback on my work from professionals at the top of our field.

As my experience has been extremely positive, I encourage you to both attend and present at the AAE conference this year. The conference will be held September 11-12, 2009. Presentation proposals are now being accepted. If you are interested in submitting please visit the AACE website, http://www.theaaceonline.com/conference.htm. If you are interested in submitting a proposal, but don’t have any ideas for a presentation I encourage you to partner with faculty members or fellow students. Remember that the deadline to submit a proposal is July 1, 2009.

Good luck and I look forward to seeing you at the conference in September!

SibArt: Strengthening Relationships Between Children with Autism and their Siblings through Art

By: Cheryl L. Shiflett, MS, LPC, ATR-BC, PhD Student

This academic year, I was presented with the opportunity to develop a service program. While developing this program was not originally a part of my plan, I was immediately drawn to the opportunity when a mother of one of my student’s, who was dealing with autism, asked for my help in fulfilling her dream of developing a program to strengthen the relationship between children with autism and their siblings through art-making. Given the chance to move beyond the classroom and into a personal examination of the impact of autism on sibling dynamics, was a welcomed change, and intriguing opportunity.

The Autism Society of America is an organization, which recognizes the impact raising a child with autism has on the entire family, and although some research reveals that siblings of children with autism typically cope well with their experiences, challenges are often inherent in the relationship (Harris, 2008). Some of the difficulties siblings face include; jealousy because the special needs child garners more attention, embarrassment, frustration due to sibling non-responsiveness, being the target of aggressive behaviors and concern regarding parental stress and grief. Another problem frequently encountered involves feelings of isolation. Ormond and Seltzer (2007) reported that siblings of children with Autism Spectrum Disorder (ASD) might be at heightened risk for social and behavioral adjustment problems. They also noted a distinct scarcity of literature related to siblings of individuals with an ASD across their life span, recommending further research be conducted, especially in light of the fact that these siblings will likely inherit family care giving responsibilities from their parents. The Center for Disease Control’s (CDC) Autism and Developmental Disabilities Monitoring (ADDM) Network released data in 2007 that found about 1 in 150 8-year-old children in multiple areas of the United States had an ASD. Given the prevalence clearly further investigation is warranted.

Given the challenges that these siblings face, I developed the SibArt program. The mission of the SibArt program is to improve, as well as help explain, through visual representation, the relationship between children with autism and their siblings. Through creating art together, it is possible for brothers and sisters to make meaningful connections with each other during a highly motivational activity. Autism is characterized by a lack of social reciprocity, communication deficits and accompanying unusual behaviors and specialized interests (CDC, 2008). Siblings spend the first 45-minutes of each two-hour session working together to bring a project to completion. During this time, children are exposed to peer modeling and observational learning by working in an inclusive environment with other children with autism as well as normally developing peers. After a break, the cooperative session ends with the children with autism continuing to engage in additional creative experiences designed to satisfy sensory needs through manipulating various art materials, while their siblings attend a Psychosocial and Art Therapy group. During this group, siblings interact with peers who are able to relate to the challenges of having a sibling somewhere on spectrum of autism, gain understanding of autism, share their own stories and develop their own sense of feeling special.

After reconciling numerous logistical challenges, fourteen children participated in the inaugural SibArt session in February. The seven sibling pairs drew and painted together. Volunteer facilitators, throughout the session, noticed a wide display of teamwork, communication, attentiveness and affect levels. Later, those children with autism enthusiastically engaged in watercolor techniques while their siblings attended a group that provided age appropriate information about autism and created art as a means to share their personal experiences of autism.

Volunteers included special education teachers as well as students from Eastern Virginia Medical School and Old Dominion University. Many of the students leapt at an opportunity to gain direct service experience with children diagnosed with autism; directly supplementing their classroom education about Pervasive Developmental Disorders and challenging themselves to become involved in improving the lives of families affected by autism. For myself, an unpredicted and yet welcome result of the first SibArt session was an enormous sense of well-being and satisfaction; a kind of self-nurturing and sharp reminder of why exactly I entered this profession and, like many of my colleagues, amid all of the long study hours a feeling that has been long overdue.

If you would like to learn more about Autism, please visit http://www.autism-society.org and if you are interested in volunteering as a facilitator for sibling art making or have ideas for expanding or improving the SibArt project, please email Cheryl Shiflett at cshf001@odu.edu.

Contact author for references.
The Healthy Relationships Project

By Dr. Danica Hays

A research team of about 15 counseling students (led by ELC faculty members, Drs. Danica Hays and Laurie Craigen) has been quite busy this year! After exploring and writing for the past 1.5 years about gender and trauma issues among adolescents in schools and communities, this research team embarked on a service-research initiative involving domestic violence prevention. With approximately 25-30% of adolescents experiencing unhealthy and abusive acts each year from a dating partner, the research team saw an opportunity to intervene with adolescents ages 12+ and provide training materials to those who would be working with these adolescents.

The Healthy Relationships Project began in December 2008 with a two-fold purpose of 1) educating adolescents who may be in dating relationships, and 2) providing training seminars to assist mental health professionals with facilitating healthy relationships for their clients.

To meet its first purpose, the research team has partnered with a local Girl Scouts troop to provide a series of six psycho-educational workshops. For each workshop, the girls participate in focus group discussions with research team members. The workshops, beginning mid-Spring 2009, include the following topics: promoting healthy relationships; gender and cultural norms in relationships; introduction to dating violence; conflict management in relationships; assertiveness skills for relationships; and preventing dating violence. In addition, the girls create a collage of things that represent a healthy relationship to them. After completing its third workshop, the research team is learning as much from the girls as the girls are learning from them!

The second purpose, providing a training seminar for promoting healthy relationships, has been an important outreach of this research team. The literature to date does not provide empirically-based training interventions for preparing counselors or any others in human service professions for assessing or preventing dating violence among adolescents. Thus, there has been a need to develop a training program to increase counselors’ knowledge, awareness and skills in this important public and mental health issue.

The training seminar was held on March 6, 2009, and consisted of four hours of a free continuing education opportunity for students and practitioners in the Hampton Roads community. Several workshops (40 minutes each) were presented several times during the seminar to allow all participants to discuss them in small groups. Workshop topics included: knowledge about dating violence, promoting healthy relationships, prevention skills training, teaching adolescents about conflict management and assertiveness skills, and ethical and legal considerations regarding dating violence. The Promoting Healthy Relationships Seminar was a success! Approximately 25 students and practitioners participated and gained knowledge, awareness and skills to provide domestic violence interventions to their clients. The research team continues to write for publication about their experiences with both components of the Healthy Relationships Project.

If you are interested in joining the research team next semester, please contact Dr. Hays at dhays@odu.edu. Since Fall 2007, Drs. Hays and Craigen’s research team has provided outreach to their professional and local communities, gained knowledge about the research process, and submitted approximately 10 manuscripts for publication. While the time commitment is moderate, this is a great opportunity to build community, help others, and conduct research!

“One can never consent to creep when one feels an impulse to soar.”

- Helen Keller
Lindsay P. Meyers (M.S. Ed. in Counseling, ODU 08’) is completing her first year as a doctoral student in the Ph.D. in Counselor Education program at The College of William & Mary. Lindsay balances coursework with her full-time assistantship between the New Horizons Family Clinic and projects for Dr. Rip McAdams, Associate Professor in Counselor Education. Research projects include: a qualitative study (with Courtney Holmes and KC Joachim) to investigate W&M Masters Counseling Student’s Perceptions of the Professional Performance Review Process; creating an instrument (with John Dewell) to measure Graduate Counseling Students and their Employer’s Perceptions of Counselor Preparedness using CACREP standards, and Doctoral Student Reflections on Becoming Supervisors in which she and cohorts (Katie Hermann, Courtney Holmes, Natoya Hill, and KC Joachim) will present at ACES in October 2009. Lindsay was recently honored with the distinction as a Provost Award Recipient for her participation as a Tribe Cheerleader (08’-09’). This award recognizes student-athletes who achieved academic success and the people who have helped them along the way.
By Christina Books, Masters Student

I was sitting in the education building a few days ago when I heard several of my peers having an interesting discussion. They were talking about how confusing it is when first entering this program and how worried they were about practicing their skills. There are four different tracks to choose from. Each track has different implications for our future. For those of us who entered the program without previous clinical experience, choosing a track is confusing and stressful. Complicating this choice is the fact that many of us came into the program without understanding what being a counselor means, especially in relation to other mental health professionals. This makes it difficult for us to picture ourselves working in the various settings.

Listening to this discussion caused me to reflect on my own development in the program. As a first year student I wandered the halls of Darden wide eyed and utterly confused. I had chosen my track because it made the most logical sense: 60 credit hours will allow me to pursue licensure. It was a great plan except for the fact that I had no clue what being a licensed professional counselor meant for me. I would say the words that I wanted my license and inwardly wonder if I would ever mean them. When asked to describe how counseling differed from psychology and social work I tiptoed around the answer. I shied away from networking opportunities such as Chi Sigma Iota and professional conferences. I was afraid that if I attended one of these events, I would get caught “passing” and proven a fraud. Finally, I found myself unable to hide from the profession and my choice of degree when I entered my practicum. Within 3 minutes of “being” a counselor, I knew without any further doubt that I was where I belonged. I want my license and furthermore, I know what being licensed will mean for me. Licensure is my way of cementing my professional identity as a counselor.

I can’t speak for the other students in this program but I can share my experience. I was terrified of being a counselor. I convinced myself that I wasn’t good enough to be here. One of my practicum supervisors recently told me that denial means “don’t even know I’m lying.” She nailed it on the head. I was lying to myself for two years. For those of you who are second guessing your skills and your ability to be here: stop lying to yourself. This program has prepared you for being in the counselor’s chair. You won’t always know what to say or what to do, but more often than not, you will. Throw yourselves into the field. Go to a conference or two. The Virginia Counseling Association is coming to Williamsburg in November, the American Mental Health Counselors Association will be in DC in July, and the Association for Assessment in Counseling and Education will be right here at ODU in the fall! All of these wonderful opportunities are in our own back yard. If conferences aren’t for you, join CSI and volunteer for an event or two. The best way to work through the confusion is to dive right in!

Reflecting on My Identity as a Counselor

You and Your Family Are Invited To The Evening of Achievement

Come have a relaxing dinner with administrators, faculty and students as we take time to present awards, induct new Chi Sigma officers, and honor our Counseling Program graduates from May and August. Spend time with the faculty and listen as they take time to acknowledge each graduate’s achievements as well as present national, departmental, and CSI national awards. Event sponsored by the Omega Delta chapter of Chi Sigma Iota.

RSVP by April 25, 2009

DATE: MAY 8, 2009
TIME: 6PM TO 9PM
Old Dominion Webb Center South Cafeteria

Contact Rebekah Byrd for more Information: rbyrd@odu.edu

Buy Tickets!

Name: __________________________
E-mail: __________________________
Address: __________________________

Number of Family/Friends to Attend: ______

Price per person: $10.00
Amount Enclosed: $________
□ CHECK: Made out to CSI  □ CASH
___ MEAT  ___ VEGETARIAN

Must RSVP even if your ticket is free. FREE to all graduates, CSI inductees, and award winners.

Money and/or RSVP form must be received before your name will be added to the guest list. No refunds after April 28th.

Please join us

As we honor our graduates, CSI Inductees and award winners!

Open to graduates, students, faculty and staff, CSI membership, CSI Board members and chair holders, friends and families.
I began this semester with a certain amount of trepidation, mixed with some excitement. Starting this Spring, I was to begin teaching the undergraduate course Intro to Human Services. I had no teaching background when I entered the program whatsoever. However, despite my nervousness and fear of not being an effective instructor that I felt at the beginning of my experience, I have really grown to enjoy the teaching process. It is still somewhat foreign to me to be the one on the other side of the desk so to speak, standing up and lecturing, facilitating discussions, and grading papers. I am both surprised and delighted when students approach me after class to brainstorm ideas about their possible future career paths or to discuss various ideas that they have regarding the profession. It is rewarding for me to see how the class has grown since the start of the semester. Teaching really is one of my favorite parts of the assistantship! My advice for anyone who may be just starting their first teaching endeavor is, of course, to make sure that you have prepared properly for your course! This will allow you to feel both more comfortable with the material and more comfortable in this new role. I do this by reading the chapter, finding any outside supplementary sources I want to use, creating a PowerPoint, and making notes for myself for each slide. Also, I find it helpful to incorporate discussion questions, videos, and group activities to break up the lectures and the class time. Finally, I think it is critical to ask the class for feedback during the course. By asking throughout the process instead of just waiting for the end of semester evaluations, we can find out what is or is not working and adjust our class accordingly.

By Julia Forman, PhD Student
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 Sonya Lorelle at 757-683-6132 or by e-mail at cwalley@odu.edu. You can also get information in Room 110 of the Education Building.