



Counseling and Human Services Department Newsletter

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• FALL SEMESTER 2011

Special Edition: Service

A Note from the Department Chair: Dr. LeeAnn Eschbach

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The theme for the Fall 2011 edition of our Counseling and Human Services Department newsletter is service. This seems appropriate as the diverse activities within our department, from class projects to service learning activities to club and honor society projects to department members' activities, all seem to be linked to service. My impression is many times when faculty members, adjunct faculty and/or students are dashing to or from this department they are often headed to a volunteer service endeavor. For example, this year we have over 24 undergraduate classes engaged in service learning projects. Service learning is a structured learning experiences which combine community service with academic preparation and reflection.

Service is a key component of faculty members' lives here at the University. I believe all of my colleagues will assert that service opportunities and the university's appreciation of service was a drawing card to working at the University of Scranton. The format of this newsletter is a little different. Graduate assistants interviewed faculty members to gather views on service and a representative snapshot of some of their service activities. This is an amazing summary of how a group of university faculty members are committed to connecting with others.

In addition, this newsletter highlights a cross-section of service activities from our three student organizations: Tau Upsilon Alpha, Counseling and Human Services Association, and Chi Delta Rho. Too many students to count are involved in service activities in the Leahy Center. For this issue, we highlighted our "Peacemakers" program.

I appreciate the value of service in the Counseling and Human Service department written by this year's newsletter editor, Erin Judge (graduate school counseling student):

"Everything the University of Scranton stands for can be reflected in service. The vision of the University discusses the values of Jesuit tradition and the ways in which it is promoted on campus. One of the key university principles is our university-wide pursuit to foster the development of men and women for others, and encouraging students to make a difference in the world. The University's vision is to provide a superior, transformational learning experience, preparing students who, in the words of Jesuit founder St. Ignatius Loyola, will "set the world on fire".

Our own department fosters this spirit in a plethora of ways. The fourth floor of McGurkin has energy separate from nearly anywhere else on campus. Part of this feeling comes from our faculty's dedication to their students, and Counseling students' dedication to one another. Students have the unique opportunity in their time here to become totally enmeshed in their learning, and their futures through the expectations of services. Undergraduate students complete a minimum of 80 hours of service learning before graduation. Additionally, graduate students provide service to the community and the campus through some of their practicum activities. Service that is connected to learning affirms the value of human life and enhances a lifelong commitment to justice, social responsibility, and citizenship. Every day, our department sets the world on fire through the passion they show to their profession and community through service."



Department Faculty and Service



Dr. Banner is both a professor and the Community Counseling Program Director here at the University. Passion and enthusiasm for counseling and counselor education are innately engrained in Dr. Banner's presence. One of Dr. Banner's strongest motivations for becoming a counselor was because she is "naturally drawn to serving others." This motivation has only increased as she has seen the difference that just one positive relationship can make in a person's life through her work as both a counselor and a counselor educator.

Within our University, Dr. Banner serves as a member of the Counseling and Human Services Departmental Institutional Review Board, and is also a member of our University's band. One of the reasons that Dr. Banner wanted to become a member of our University community was because our mission's emphasis on service correlated so well with her identity as a counselor educator. She was especially drawn to the mission of being "men and women for others."

In addition to University service, Dr. Banner serves the counseling profession as Chairperson of the Ethics and Bylaws committee for the Pennsylvania Counseling Association and as a member of Chi Sigma Iota's Awards Committee. In addition, she serves the Scranton community through various service projects that she participates in with Temple Hesed. Dr. Banner states, "I feel I can truly touch people through service within our University and community."

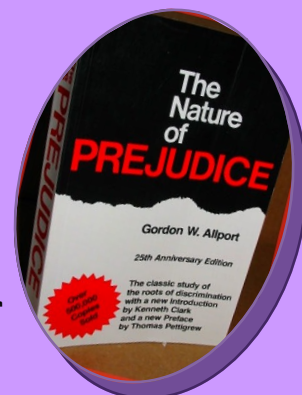


Dr. Banner hopes her students understand that one of the best ways to serve our clients is to serve and advocate for those in our community who are under-served or who do not have a voice of their own. In turn, advocating for our profession is an important aspect of our job, and has impact on a broad group of people and contributes to social change. Dr. Banner says she "truly believes that as counselors, we serve people through our work and *that* energizes me!"



Professor Barber believes that service is both a way of life and a natural fit with counseling. She has participated in many service opportunities including providing pro bono counseling to the community through her private practice and serving as a member of numerous committees, such as the Search committee here at the University. In addition, Professor Barber is active in behind-the-scenes service; believing that little acts can have a big impact. Professor Barber

suggests that students get involved in service by looking for ways to become engaged in prevention activities such as the Breast Cancer walks, and other opportunities that tap into their creative sides. She also encourages students to consider helping out in places such as the Leahy Center. Throughout the years that she has taught, she feels that her students have helped her realize that she truly loves what she does, and they continue to affirm the idea that believing in one's possibilities is a reasonable thing to do. Professor Barber was inspired to dive into service after reading the book *The Nature of Prejudice*, by Gordon Allport, in a class taught by Dr. Stephen Casey while a student at the University. "This book changed my life; made me mad enough, sad enough, and energized enough to do something and help those who experience prejudice." Professor Barber hopes that others can be inspired to become mad, sad, and energized enough to participate in service.



Department Faculty and Service



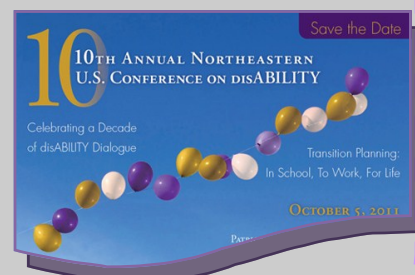
Dr. Bruch has been with the department for 17 years. She views service works through the lens of "lifetime involvement." She feels as though she was privileged by having a mentor who enabled her to see, early in her career, the value of service. "The profession is constantly evolving. We need to continually be giving back." Dr. Bruch recently co-chaired the 10th Annual disAbility Conference. Dr. Bruch has also served on various committees at the University. This commitment to service has earned Dr. Bruch the 2010 Excellence for University Service and Leadership. She has earned an award from the Graduate School for her service contributions as well.

Dr. Bruch contributes to service on the Professional level through her involvement in numerous organizations. Some of her involvement includes being a member of the NRA since 1978, the current President-Elect of the National Association of Rehabilitation Leadership, the current chair for the Council on Rehabilitation and Education Accreditation Standards Committee, the region number three representative for NCRE, as well as, the chair of the Awards Committee for NCRE.

In the community, Dr. Bruch has served on several advisory boards regarding the employment of people with disabilities and is currently actively promoting "Cancertacular," which is a Northeast Regional group that provides services to children with cancer and their families.

Dr. Bruch recommends "finding something to get excited about." It is not just about attending a conference, "it is about assisting and helping." It is in this role that the student can truly feel involved and grow. Over the years, Dr. Bruch has learned a great deal from participating in service work with her students. "You get to know each other outside of the academic environment and begin to form a greater appreciation for each other as well as gaining a deeper connection."

Service has become an integral part of Dr. Bruch's life. "There are so many simple things you can do to express kindness." This profession allows service to become a part of you, not a separate entity. There is no hesitation, just engagement. Dr. Bruch feels that despite your thoughts of "do I have time for this," you simply realize that you have something to offer and it is so important that you do just that.



"No one cares how much you know until they know how much you care" ~Denise Bissonnette



Dr. Pornthip Chalungsooth is a professor at both the undergraduate and graduate level, in the counseling and human services department. Service has been integrated throughout Dr. PC's career. Dr. PC strongly values service on a personal level by affirming her purpose and journey through life.

Recently, Dr. PC has acted as coordinator for the NBCC, she is a Library Liaison for the counseling and human services department, has been involved in several diversity committees on campus including the committee on the status of women and

the equity and diversity committee. Dr. PC also acts as the Library liaison for the department, and has volunteers in the community at the St. Francis Soup Kitchen.

Dr. PC believes that as a Jesuit institution, service is integrated within each and every one of us. She has worked with Jesuits all over the world, and has experienced service to be a commonality. Within our institution are students that have the ability and enthusiasm to serve. Dr. PC expresses her dream that "our students commit one's self to do ongoing service to make community life better for others. I've learned that our students are caring, compassionate, and truly believe that through their services they give back. Students learn about themselves and I am very proud."

Department Faculty and Service

***"Never doubt
that a small
group of
thoughtful
committed
citizens can
change the
world: Indeed it's
the only thing
that ever has"***

~Margaret Mead



Dr. Dalgin has been with the department for 7 years. She views service as essential to any community. Dr. Dalgin also feels that service activities enrich her role as a faculty member as well as make the community itself a richer place. She is actively involved in many areas of service.

Dr. Dalgin recently co-chaired the 10th Annual disAbility Conference and has been involved in this conference for the last 7 years. At the University, she serves as a member of the Faculty Senate as well. To continue service to her profession, Dr. Dalgin serves as the Vice President of the Pennsylvania Rehabilitation Association. In this role, she stays active on cur-

rent issues and events and is able to bring that knowledge to the University.

Dr. Dalgin believes there is a lot of opportunity for service work at the University, especially with the different campus organizations that are available to students. "It is important to for any profession to branch out from daily life and spend time with different populations." It is in service that people gain resources and knowledge and are able to grow. Service has shaped Dr. Dalgin both professionally and personally. Every opportunity to be involved in service offers the opportunity to learn something new. It allows us "to break out of our immediate circles" and start networking.

Dr. Dalgin likes to keep her ties to "historical" rehabilitation movements. The further away we move from those events, the less influence they play in our lives. It is a strong foundation for our current issues and legislation and she does not want to "lose that base." Keeping that base is what has allowed her to grow into the professional she is today.



Dr. Datti has been with the department for 4 years. He identifies service work as "what we do; not only as a requirement, but because it is the reason the profession exists." Dr. Datti is actively involved in all areas of service work.

At the University level, Dr. Datti is the CHS Program Director and also serves on the Faculty Development Board. In addition, Dr. Datti is a faculty representative on the Scranton Inclusion Initiative Committee. His involvement in service work on both the Professional and Community level includes, but is not limited to, serving as an executive board member of the Dunmore Senior Center, a RESPECT faculty member, a board member and secretary for the National Working Positive Coalition, and as President of the Pennsylvania Association of LGBT Issues in Counseling, which is a division of the Pennsylvania Counseling Association.

Dr. Datti feels that the University offers many opportunities for service learning. He also finds many students to be open to it. It puts learning into practice, and allows them to "be on the front lines." It also allows them to become more well-rounded counselors. Students get to practice in areas that might be their particular "focus" and at the same time, provide service to those who need it. Through service learning, Dr. Datti learns the importance of his role. He is the mentor in the students' eyes and he is able to see the experiences and perspectives, which ultimately helps him to learn as well.

Service has impacted Dr. Datti both professionally and personally. "To see a person or group have a better life, even if it is a little bit, and being part of fostering that...well it is the best feeling."

Department Faculty and Service



A very meaningful part of **Dr. Eschbach's** career as a professor and counselor is service. She trains people to serve others, and believes that it is necessary to do it too! Service is a part of several areas of her life. In the Counseling Department, she is on committees to change programs and policies. She and Professor Barber have been developing a mentoring project that connects at-risk Scranton High School students with University of Scranton students. She is also on a search committee to hire a new faculty member, and also acts as a member of the Faculty research committee. At her church, she is a lector and volunteers at its social activities. She is a member of the State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors. The biggest service that Dr. Eschbach performed this year was hosting a pasta dinner for her daughter's Scranton Prep cross country team, which has 58 members!

Through her service to students over the years, Dr. Eschbach has realized that there is no one, cookie-cutter path to becoming a counselor. Different individuals benefit from different types of service and work experiences.



Professor Geoffroy believes that service is not only an important part of his job as a counselor and teacher; service is a way of life. As a Jesuit university, the University of Scranton emphasizes service in its mission, and he seems to fit right in here. He devotes a large portion of his time at work, in his personal life, and in his community towards the service of others. Service has shaped Professor Geoffroy's entire life and is part of who he is.

In the Counseling department, Professor Geoffroy teaches courses where there is a need, and enjoys advising students. He has written numerous letters of recommendation and offers his students his insights and advice. He also is a member of a search committee for a new faculty member. In his community, he is the former president of the events committee, which is a service organization, and is still an active member. He also is very involved in his local church where he is a lector, a Eucharistic minister, and a choir member.

Professor Geoffroy admires the ability of students, who uniquely use their talents in their service learning projects. Many have shared their experiences and insight, impressing him with their courage and stamina. He has been especially moved by students' work with flood victims.



Dr. Jacob has been with the department for 15 years. She views professional and personal development as a journey, which ultimately affects your worldviews. Dr. Jacob has strong ties to all aspects of service.

At the Department and University level, Dr. Jacob actively facilitates student development by incorporating service learning into her classes. For the last 6 years, Dr. Jacob has coordinated with the United Neighborhood Center to involve her students in their annual Thanksgiving Drive. Her students are able to engage in "hands on" counseling and interviewing skills as well as putting "Social Justice" into action by helping to distribute food to selected participants.

On a personal level, Dr. Jacob involves herself within the local community, which is demonstrated by her positions on the Board of Directors for the Dunmore Senior Center and on the Advisory Committee of STARS. She also has a private practice, which she sees as her way of giving back to the community as well as staying current on the issues society is dealing with today.

At a global level, Dr. Jacob believes the coordinated efforts with a Jesuit University in Mexico City have taught her a great deal about the "difference in needs" between the two countries. Being born in India, Dr. Jacob's cultural roots play a significant role in her vision on self awareness, knowledge, and skills.

For students, Dr. Jacob recommends getting active in anything that you are truly interested in. She also believes that advocating for Social Justice is extremely important. Through her work with students, Dr. Jacob feels as though she has watched "the theory become practice." She has formed new ways of viewing her work and has learned a great deal about herself.

*"The best way to find yourself is to
lose yourself in the service of others."
~Gandhi*

Department Faculty and Service



Dr. Morgan has participated in service in the community in numerous ways, including working for reduced fees and on a sliding scale, starting a practice to treat those who are suffering from cancer, and serving on the CACREP board. He suggests that students “figure out what is needed in their community, and then find ways to meet those needs whatever they may be.” Dr. Morgan encourages students to seek out opportunities such as running wellness programs, providing time to free clinics, and serving in churches and food shelters. Over the years, Dr. Morgan feels like he has learned from his students in many ways. His students have helped him come to the realization that “every one has a story, a history of struggles, and a family that has made them who they are.” His students have also helped him gain a wider perspective on life. Dr. Morgan has also had the opportunity to engage in service internationally, which has allowed him to develop a deeper interest in issues on a more global scale. He believes that there is no better way to learn to help others than to actually do it, and actively urges others to get involved in service.



Dr. Wilkerson believes that service gives individuals the opportunity to give back to others and contribute based on their own expertise. He is very active in the Counseling Department, the university, the profession, and in his community.

Currently, he is chairing the search for a new faculty member in the department. He is member of the Faculty Technology Advisory Group, which provides faculty with a voice for how technology is used on campus. For the past five years, Dr. Wilkerson has worked with the Pennsylvania Department of Education to revise school counselor preparation guidelines. In his community, he volunteers at his children's schools and coaches his son's basketball team. He has also volunteered to assist Global Explorers, an organization that organizes service learning trips for K-12 students, with their research.

Through working with students, Dr. Wilkerson continuously learns that we have so much within us to give and accomplish. He said that sometimes it just requires someone to ask for it. Service has impacted him personally because it offers a nice feedback loop. For instance, service informs how he teaches, and teaching informs his service. He sees himself as an optimist, and service gives him hope that he is reaching for the best in communities. It is a very gratifying experience for him to contribute in meaningful ways.



Adjunct Professor Mary Troy received a Literacy Grant from the Library to assist her students in using library resources, and learning how to critically assess library sources

Important Dates

NCE exam date: April 21, 2012
CRC Registration deadline February 15, test dates July 13-21
ACA conference: San Francisco, March 21-25



GRADUATE STUDENTS

Service is an intricate aspect of our lives as members of the human services field. The will to advocate, right wrongs, and confront the practical and systematic issues that plague the world around us is evident in our private and professional lives. Whether students and professionals join the Jesuit Volunteer Core for a year, work at a local soup kitchen, or design fundraisers to generate resources for those in need, members of the Counseling and Human Services field have never hesitated to answer the call of service. More importantly these activities allow professionals to connect to members of the community they service in their agencies. Service to the community also allows individuals to gain points of view they would normally never experience.



In the first weeks of the semester, graduate students participating in practicum were called to facilitate groups for the entire freshmen class entering the Panuska College of Professional Studies. The theme of the discussion was the importance of service learning, and a reflection as to why these freshmen chose to enter the helping professions. Students engaged in honest conversation and left with an excitement in becoming apart of a community that highlights becoming "Men and Women for others"

On November 16th from 11:30am to 4:30pm the members of Chi Delta Rho hosted a bake sale on the first floor of McGurkin Hall. Members have donated their time, money, and delectable baked goods to raise money for a local charitable organization. On Monday the 21st the honor society held morning social in the Reading Room on the first floor to give students the opportunity to make connections. During this social the executive board held forum to discuss plans for future service projects and to generate a list of contacts with different agencies around the Scranton area.



SO-



Students are also seeking to serve their profession. A Community Counseling Professional Issues class discussion revolving around the importance of advocating for the counseling profession was the spark that ignited students to advocate for their profession through the use of a billboard. As a class, students were able to work together for the same cause, with the same purpose, and equal motivation. Students hope their message, "Don't wait. Live your best life". Utilize your local counseling services" will inspire their audience to seek help where help is needed. Unfortunately, counseling services are sometimes misunderstood and misrepresented in the media; therefore, these students hope that their message will provide accurate information about counseling and encourage those in our community to utilize their local counseling services.

Lastly, following in the tradition of past years, Chi Delta Rho once again be sponsored the annual Poster Presentation from all the Professional Issues classes on November 30th at 5pm in the Rose Room of Brennan Hall. This is an excellent opportunity for students, professionals, and the community alike to gather and learn about all the issues facing clients in school, community, and rehabilitations sectors of counseling. Finally with the holiday season quickly approaching Chi Delta Rho and its members will be participation in the Panuska College of Professional Studies annual "Blessing of the Books" drive, which runs from November until the end of the semester.

Kyersten Rosanski, a graduate student in Rehab counseling is the recipient of the Frank O'Hara award. She is recognized for both her academic and service endeavors.



STUDENTS AND SERVICE

UNDERGRADUATES



Undergraduate students in the Department of Counseling and Human Services have been making a difference in the community since the Fall of 1994, when the University introduced the concept of service learning to the college of professional studies. In the Counseling major, there are six classes that undergrads must participate in service learning. By their graduation, each student will have completed 80 hours of service to both the university and the community. Participation in this allows for opportunities to share ones talent with the community. The benefits also extend beyond the recipient of services, as it provides students practical experience in the field, and helps to

foster a passion that extends beyond the classroom.

The TAU (undergraduate honor society) recognizes the part service plays in the live of many students, and has created a tee-shirt fundraiser that highlights this. The inspirational words by Mahatma Gandhi found on the PCPS t-shirt, "The best way to find yourself is to lose yourself in the service of others" captures how we feel as Counseling & Human Services majors about what it means to serve and discover our own professional identity. Counseling & Human Services majors pride themselves in "fostering lifelong learning, leadership, and development; and to promote excellence in service to humanity" under the National Organization of Human Services. As Counseling & Human Services majors and professionals we must collectively understand the meaning and quality of life while pursuing excellence in our vocations. Service is at the core of our holistic Jesuit mission and academic department. We are proud to announce that some of the proceeds will go towards **Blessing of the Books!**

"Service, combined with learning, adds value to each and transforms both."
(Honnet & Poulsen, 1989)



The University of Scranton's Panuska College of Professional Studies held "Blessing of the Books" on Tuesday, December 6th in the McGurkin Hall Lobby.

Over the past four years, 9,000 books have been collected for local children in disadvantaged situations. The books are distributed whenever PCPS students and faculty reach out to the community. Any interested undergraduate or graduate students could help sort out the books for distribution after the "Blessing of the Books" ceremony.

Safia Abulaila, a CHS major is being honored as the PSPS recipient of the Frank O'Hara Award. Kaitlin Giunta is being honored as the PCPS recipient of the Rose Kelly Award. These students were selected based on exemplary achievement in both academics and general campus involvement



SPECIAL PROJECTS

Peacemakers

Peacemakers takes a positive and proactive approach that invites children to notice their own gifts in acting as bearers of peace

It began as an after school program for 4th–6th grade. However, after students participated in the program they kept coming back. From there, it evolved to include whoever wanted to participate. She couldn't turn away students who wanted answers as to how to deal with violence, and how to make a difference in the world.

Now, at the University, the program continues to thrive. Under the leadership of Geri Barber, this semester there were eleven Graduate students and one undergraduate student who served more than 18 diverse children in the community afterschool on Fridays for six weeks. The lessons included: What is peace?, peace with yourself, peace between others, peace with the planet, peace among all people, and lastly a celebration of peace. Each week the students prepare lessons based on these topics.

The common aspects of Peacemakers each year is the schedule of the class each week. Students come together and color pages relevant to the day's lesson until all the children who participate are there. After that, the children gather in a large group and discuss what the topic means to them, and how it relates to their lives. Then students are taught about keeping peace with their body through snack in which each week is a different part of the food pyramid. Snack provides a time for everyone to come together and communicate in a relaxed and honest way over a meal. Then there is an activity that has been prepared by one of the adults. At the end the children are provided time to reflect and journal their thoughts of the day, and are welcomed to share with the group. Lastly, a letter is sent home to the guardians to include them in the day's activities and to facilitate a conversation of peace in the family.

One of the best aspects of the Peacemakers lesson plans is that it is very adaptable, and is reflective to the personalities and talents of the facilitators each year. This year activities such as painting flower pots and planting flowers in them, practicing yoga, and making friendship bracelets, provided students the opportunity to express their creativity and bring aspects of peace home.

Over the years hundreds of children and students have participated in this program. It has left an indelible mark on their lives, and the lives of everyone they touch. Peacemakers is a true example of how small acts of kindness can change the world. Next semester, take the opportunity to walk the halls of the Leahy center on a Friday afternoon and notice the laughter and fun that is had, and the peaceful revolution it is rooted in.

If you have ever been to the Leahy Center, you would know that on Friday afternoons there is a palpable energy. You are likely to walk in and hear laughter of children and adults playing freeze dance or blindfolded twist-er. It is through these silly activities that the children and adults are united in the quest to promote peace. **Peacemakers** has been a special project through the University of Scranton for five years. It has truly been a grassroots movement in the Counseling department as it was brought to the University through Sr. Ann Perrin, and has since been facilitated by both undergrad and grad students in the counseling department.

The program's original conception was at All Saints Academy Grammar school in 2001. Sr. Ann was a school counselor and recognized a need in her community for students to feel empowered to combat the negativity of bullying. Unlike anti-bullying programs, Peacemakers takes a positive and proactive approach that invites children to notice their own gifts in acting as bearers of peace and recognizing their peace is within.





A Recognition of Service of

Dr. Ann Marie Toloczko

The dream begins with a teacher who believes in you, who tugs and pushes and leads you to the next plateau, sometimes poking you with a sharp stick called "truth." ~Dan Rather

There has been a noticeable absence on the Fourth Floor of McGurrian this semester. After years of commitment to taking care of others, a long time educator and friend did something foreign to her, she went on medical leave to take care of herself. In her years of service to the University, Dr. Toloczko has been a model of the counseling profession for countless students. Her classrooms were not only filled with students eager to learn, but they were filled with a passion and humor of a woman ready to teach.

Along with being an astounding professor, she is a licensed Psychologist, and Licensed Professional Counselor. Her research focused on interpersonal relationships, as well as the development of empathy in adolescents. Her research took a new focus when she conducted a study with colleagues she met as part of a USAID grant. This was a cross-cultural study with students from the Universidad Iberoamericana, a Jesuit institution in Mexico City. In addition, she was invited to provide guest lectures at Universidad Iberoamericana

We could go on for pages about Dr. T's contribution to the profession, but Dr. T's former students shared the impact she has had on them as an emerging professional in the field of Counseling.

"I remember my first experience walking onto the fourth floor being scared out of my mind about the what I would be facing as a new student at the University. I was walking down the hall way, and this little lively woman was there and gave me a big hug. She said something very welcoming, and reassuring, but I don't remember what. I just remember the feeling of being laughing to myself, and thinking- yeh, this is where I'm supposed to be."

"Dr. T was probably the reason I chose to come to Scranton. She was constantly telling me what an amazing place it was, and how much it would fit me. She was right, and she was a large part of the reason it was such an amazing place."

"Dr. T has and always will be a mentor to me, she sent me on my current path, and I can't thank her enough for that."

"As a student of hers she taught with such passion that she instilled this love

for the Counseling field within my classmates and I. Attending her classes throughout the years I could expect to be taught by a woman with energy, dedication, and new ideas every day. She would share with us her love for golfing and spending time with friends and family. Dr. T is not only a counselor, but a mentor and friend who I miss every day. Her passion, commitment, and uniqueness will forever be a part of my experience in becoming a professional counselor."

She is a woman who was fully dedicated to the mission of being men and women for others, and led her students to continue that mission, and touch the lives of more people than she'll ever know. Every one on the fourth floor of McGurrian is sending her best wishes, hugs, and prayers for a full recovery. Thanks for Everything Dr. T!