

Counseling and Human Services Departmental Newsletter

VOLUME 10, ISSUE 20

FALL 2018

Ending the Stigma: Mental Health Advocacy Movement within the Media



Dr. Lori Bruch, Chair

Greetings from the 4th floor of McGurkin Hall, home of our Counseling and Human Services Department, where we are passionate about *Preparing Tomorrow's Counselors and Human Service Professionals Today*. An important part of this training includes ensuring that our students develop the required and necessary competencies in advocacy and social justice that they will need throughout their careers. These competencies include ongoing reflection of attitudes and beliefs, specific knowledge, development of skill, and finally, opportunities for action. This process is complemented by the University's Jesuit mission and promise of providing a transformational educational experience. Our Jesuit education and teaching is grounded in the concept of Magis, *the restless pursuit of excellence grounded in gratitude; Cura Personalis, caring for the whole person; Discernment, being attentive, reflective, and loving in decision making; and service of faith and the promotion of justice*. Our deepest hopes are to inspire our students to become Counselors and Human Service professionals for others. With this in mind, our Fall Newsletter is devoted to exploring *Ending Stigma: the Mental Health Advocacy Movement Within the Media*. I hope as you read this newsletter that you will check out some of the great resources and links provided by our faculty, students, staff, and alumni.

As I thought of my contribution, it was difficult to choose just one example. However, last spring, Father Rogers, S.J., Executive Director of the Jesuit Center, invited David Finnegan-Hosey to campus to discuss his 2018 book entitled *Christ on the Psych Ward*. I have a great love for stories and after reading this book, I have repeatedly asked for additional copies to share with my colleagues and students. I encourage everyone to read David's personal account of living with mental illness and would like to share a quote that captured the heart of his message: *To assess the mental illness continuum one might ask about the symptoms that a person is experiencing, or whether they are taking their prescribed medication. But another continuum (Swinton, 2000), the mental health continuum is of primary concern...to persons who live with a mental health problem...This level focuses on meaningful personal relationships, spiritual direction, the quest for meaning, a valued place within society, and so forth. Within this continuum, mental health can now be understood in terms of growth and personhood, rather than by the person's illness experience, which affects, but does not define, the person. It is then possible to define mental health in terms of the whole person, rather than simply one aspect of the person or their experience. Mental health can thus be understood as a complex process of psychosocial and*

spiritual development, that may or may not involve eradication of specific mental health problems... Understood in this way, mental health is viewed in terms of a person being provided with adequate resources to enable him or her to grow as a unique individual and to live humanly as persons-in relationship. As I think about David's story, it captures that while diagnosis and labels are important in our work, alone they can often lead to marginalization. When we understand a person's fuller story, we can begin to break down the misunderstanding that exists in our society. I hope that you take time to read the powerful experiences and stories shared in this newsletter. My thanks to our new Faculty Newsletter Advisor, Dr. Mary Troy and her Co-Editors, Emma Sommers and Kaity Lambert. As we enter the holiday season, I am grateful for the relationships with my colleagues, our students and alumni who make a difference in their communities, and the support and leadership of Dean Pellegrino and her magnificent team.

With appreciation,
Lori

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10 Dimensions of Fitness for Profession for Counselors-in-Training

The *Fitness for the Profession Document* helps in the evaluation of an individual's beliefs, attitudes, and behavior in many areas of one's life, such as academic, clinical, professional, and personal. The CHS Department hopes that this document will help in the self-assessment, self-correction, and self direction of each student on the path to becoming a professional counselor. The list below are the 10 dimensions of the document that are important in the training of a counselor and in the practice of a professional counselor.

1. **Commitment to Wellness**
 - The lifelong commitment to becoming the best one can be spiritually, mentally, physically, socially, and vocationally.
2. **Commitment to Learning**
 - The ability to self-assess, correct, and direct; continually seek knowledge and understanding; demonstrate academic and life management skills.
3. **Core Academic and Clinical Competences**
 - Holds knowledge in the core areas of certification.
4. **Professional Identity**
 - The commitment to ongoing development as a professional with the ability to put theory-into-practice.
5. **Personal Maturity**
 - Ability to live and function at an appropriate level of emotional, psychological, and relational wellbeing; freedom from limitations to one's professional performance.
6. **Responsibility**
 - Ability to fulfill professional commitments, be accountable for actions and outcomes; demonstrate effective work habits and attitudes.
7. **Interpersonal Skills**
 - Ability to interact with clients, families, other professionals, and the community effectively.
8. **Communication Skills**
 - Ability to communicate effectively (speaking, body language, reading, writing, listening) for varied situations; sensitive to diversity.
9. **Problem-Solving**
 - The ability to seek out resources for help, support, and insight.
10. **Stress Management**
 - The ability to recognize sources of stress and how they affect an individual; ability to develop effective coping techniques; seeks appropriate support when needed.

Fitness for the Profession, a Lifelong Journey

Clinical Mental Health Counseling



**Dr. Willis,
Program Director**

There are two articles that I recently read that I really appreciate and like. The first is one on Ariana Grande, who said that "therapy has saved my life so many times" in a recent article from the Calgary Sun (link below). I like that she has shared that she is reaching out for help with reprocessing her trauma and showing the world that trauma does not destine you to have negative symptoms for your life. The second article is on Michael Phelps where he shared about some depressive episodes and anxiety that he has experienced (link below). I like that he shows that even someone who is "a winner" needed to reach out at times in his life, which may help others see that they can be successful, and feel encouraged to reach out for help through mental health sessions.

<https://calgarysun.com/entertainment/music/ariana-grande-credits-therapy-with-saving-her-life/wcm/7864d5bf-2fca-4390-b222-bbc805260841>

<https://www.thefix.com/michael-phelps-speaks-out-about-battling-depression-anxiety>



What is your favorite example within the media that exhibits the push to destigmatize mental health and promote the use of counseling services?



As the parent of a child that has gone through depression, suicidal ideations, and suicide attempts, blessed to make it through to the other side, I have found awareness and acceptance of mental health awareness issues, to be softly spoken about in the broad media. From the popular music to the social media feeds, there is little support or outreach for adolescents and young adults. Not long ago 1-800-273-8255 by Logic featuring Alessia Cara and Khalid crossed my musical path. I was happy to see musicians take their air-time to address a serious issue their audiences are struggling with, in a positive light. The name of the song, 1-800-273-8255, is the

National Suicide Prevention Lifeline. We should each take the time to let those around us know that "tomorrow needs them."



**Elisa Gibson,
CMHC Student**

BORN THIS WAY FOUNDATION

★
EMPOWERING YOUTH
INSPIRING BRAVERY

Lady Gaga began the Born This Way Foundation to promote awareness around mental and emotional health and provide access to resources for young people. Lady Gaga has never been one to shy away from taking risks (anyone remember the meat suit?!), and she is openly sharing her experience with PTSD to help shine a light on how the healing process can begin. Lady Gaga emphasizes that seeking services and openly discussing our mental health helps to break down stigmas and promote the creation of a more accepting world.

<https://bornthisway.foundation/personal-letter-gaga/>



**Bridget Furdon,
CMHC Internship
Student**

School Counseling



**Dr. Cerrito,
Program Director**

I really enjoy the message sent by Kristen Bell in destigmatizing the need for mental health services. In this video, she talks about how she presents as being bubbly and energetic but, she herself struggles with anxiety and depression. Her message is simple and straightforward in that we are all human and we have good times and bad times, highs and lows, in our lives. I also appreciate her acknowledgement of how social media (such as Instagram, movies, and commercials) often results in us comparing ourselves to others in unhealthy ways. She recommends embracing who you are and not feeling embarrassed to ask for help when you need it.

<https://www.youtube.com/watch?v=gc5EbXFZWMo>



What is your favorite example within the media that exhibits the push to destigmatize mental health and promote the use of counseling services?

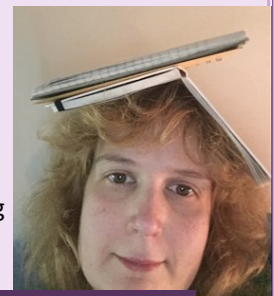
A great example of destigmatizing mental health has been Jonathan Van Ness. Jonathan is one of the hosts of *Queer Eye for the Straight Guy*. Jonathan often talks about his own journey of growth through grief, depression, and self-esteem. He is very open about discussing mental health services he has received, and encourages others to reach out if they are feeling down. Recently, Jonathan has been a huge advocate for the Trevor Project, a non-profit service working to cut suicide rates among LGBTQ youth. Jonathan discusses the Trevor Project on his social media, and on his Podcast, *Getting Curious*.



**Jackie Bailey,
School Counseling
Student**



Alcoholism, teen pregnancy, drug overdose, obesity, gambling addiction, rape, homelessness, relapse, and setbacks are all mental health issues which have been addressed in the popular TV show, *Mom*. I appreciate the show's underlying themes of connection with others, support through programs, healing as a process, and commitment to mental health. When I think about the mental health struggles that I have had, the most important messages for me have been, "I am NOT alone," and "I may be struggling, but my struggles are not ALL of who I am." I believe that this show reinforces these powerful healing messages. This is especially apparent when you look at how the characters in the show find joy, love, and academic and career success even with their mental health difficulties. Overall, I am grateful for shows such as *Mom*, *The Good Doctor*, and *Atypical* as well as for YouTube channels such as *From Depression to Expression*, which all provide a clearer look at mental health issues in a destigmatizing way. I have hope for a kinder societal view of mental health which reinforces that it is O.K. to have a mental illness and that healing can happen.



Noel Furman, School Counseling Intern

Rehabilitation Counseling

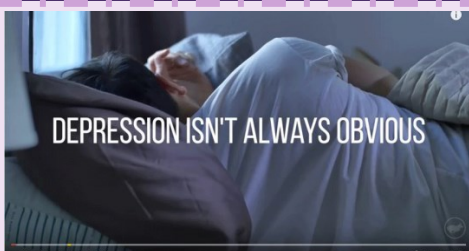
My favorite advocacy media example is the work being done by Cecilia McGough at Penn State with her '*students with schizophrenia*' and 'I am Not a Monster: Schizophrenia' facebook page and organization. She does tremendous work letting others see her life as she lives with her illness. She also supports many other college students across the country with her work. She does a live FB event nearly every Friday, public speaking, many events on PSU campus, etc.



Dr. Dalgin, Program Director

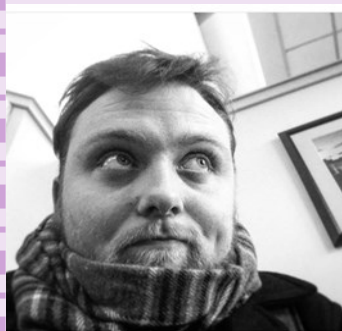


What is your favorite example within the media that exhibits the push to destigmatize mental health and promote the use of counseling services?

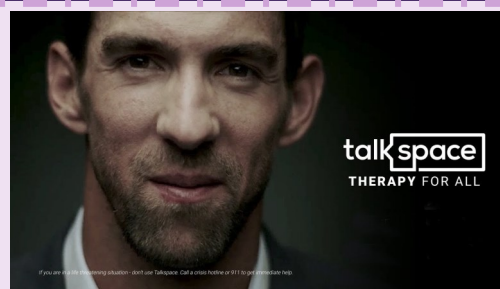


An example in the media that springs to mind is a video on YouTube I saw a while ago from Reading University. It portrays that depression is not obvious and highlights that sometimes it impacts the people we least expect, and that it is okay to talk to someone; be it a friend or a professional. I think that it is needed for some people.

<https://www.youtube.com/watch?v=TLAeT8BXG1w>



Liam Mooney, Rehabilitation Counseling Student



Michael Phelps, a United States Olympic Gold-Medal swimmer, is working towards destigmatizing mental health and the use of therapy by sharing his personal story with anxiety and depression. Michael has teamed up and is working with Talkspace, a mobile app that provides therapy through your phone. This campaign has brought attention to the use of therapy for all those who may need it. I like this video because it shows that mental illness does not pick and choose, and it doesn't have a 'type'. It portrays the fact that anyone can be affected by mental illness and that it's okay to ask for help.

<https://www.youtube.com/watch?v=j7KuJJruD4o>



Candice Baumher, Rehabilitation Counseling Student

Counseling and Human Services

My favorite example is probably the institution of *Counseling Awareness Month* by the American Counseling Association. The ACA is a not-for-profit professional organization, dedicated to the growth and enhancement of the counseling profession, and is the largest counseling organization in the world. They started this successful initiative in 2002, and it has helped put the counseling profession in the public eye, which helps to destigmatize mental health issues and promote the use of counseling services (as well as advocate for clients and the profession!). There are several activities associated with this initiative, which occur each year during the month of April.

Dr. Datti, Program Director



MARK YOUR CALENDAR!

April is Counseling Awareness Month.
#CounselorsHelp

<https://www.counseling.org/events/counseling-awareness-month-2018>

What is your favorite example within the media that exhibits the push to destigmatize mental health and promote the use of counseling services?



22Kill's #22pushupchallenge is my favorite media piece that pushes to destigmatize mental health and promote counseling services. 22Kill focuses on veterans and first responders specifically, but it is relatable to other individuals who struggle with suicidal ideation. Their mission statement is "To create a community to combat suicide by empowering veterans, first responders, and their families through traditional and non-traditional therapies." As a U.S. Army Veteran this piece is extremely close to my heart. I believe it is crucial that we start to bring awareness to a specific population that is struggling with mental health, which they acquired from their selfless service. Education and honest conversations about mental health need to be destigmatized and 22Kill is actively creating this type of environment.



Amy Atkinson, CHS Internship Student

<http://www.22kill.com>



A few years ago, BuzzFeed Presents issued a video entitled, "People Talk About Their First Therapy Session." This video reveals the true nature of therapy, and the positive impact it has had on the lives of those featured. This video is a great example of the movement to destigmatize mental health because it voices the real journeys people have had with counseling. The participants spoke very genuinely about the various barriers that kept them from addressing their mental health, and then how their encounter with counseling changed their perspective. One person stated, "therapy is kind of like school...you learn and when you graduate. It's the best feeling because you now have

tools to be a better person." Just as every person could benefit from education in school, everyone has the capacity to experience growth from counseling. This video, along with many others published by BuzzFeed, normalizes conversation about mental health by highlighting the benefits that stem from counseling services.



Kayla Collins, CHS Student

<https://www.youtube.com/watch?v=ZEGpIntXD2w>

Counselor Training Center

I like this website because it is connected to another website that asks a simple three question quiz that increases awareness of mental health, which is something we are increasingly in need of in today's society.



<https://www.ispot.tv/ad/dZ4w/nami-cure-stigma-featuring-clark-gregg-corinne-foxx>



Geri Barber,
Director, Counseling Training Center

What is your favorite example within the media that exhibits the push to destigmatize mental health and promote the use of counseling services?



When I heard this question I immediately thought of the song 1-800-273-8255 by Logic. This song not only brought awareness to the suicide hotline number, but also made it a common number heard from popular media outlets. To me, this was incredibly groundbreaking. When I saw the live performance at the VMA's, Logic brought out suicide survivors and delivered a powerful message of hope and resilience. I think this song in particular demystified many peoples' ideas of suicide. The live performance showed that suicide does not discriminate. This brought so much awareness to the prevention hotline and truly worked to promote counseling services. This song also caused discussion about the destigmatization of mental health between many close friends and myself. As a final thought on this example from the media, it is important to remember that famous individuals struggle just as much as any of us do. There have been many famous suicides in the press and this spin by Logic highlighted that recovery is possible. As a reminder 1-800-273-8255(TALK) is the national suicide hotline.



Rachel Tunis, Practicum Student



There have been a number of songs released in the past year or so with powerful messages. Artists all around have been encouraging their loyal listeners to take a stand, to get the help they need, or to find peace. Personally, Kesha's song "Praying" that she released last year as her first single in over four years, really resonated with me. For those who don't know, "Praying" is Kesha's story, in which she so bravely shares with the world her horrific experience of sexual violence while under contract at Sony Records. It is a message about love, loss, healing, and the long journey she has faced in the public eye. In the song, Kesha sings about how she has been able to feel free, making it through the trials and tribulations, and has learned to be her own voice after hers was taken from her for so many years. Since her contract with Sony has ended, Kesha has been an active voice for those who have experienced sexual violence, and has helped to change the way the world understands these experiences by using her platform to promote mental health awareness and destigmatizing sexual assault and violence.



Bre Betarie, Practicum Student

Recent Graduates



For six seasons CBS has aired a series that reimagines Arthur Conan Doyle's great detective Sherlock Holmes titled "Elementary". The show focuses on Sherlock's perceptive abilities and how he applies those abilities to solving crimes. This show does not hide the fact that Sherlock is diagnosed with autism, but credits his autism with his heightened perception. While this is not the most accurate representation of the autism disorder, the show does an excellent job of highlighting Sherlock's perseverance on certain details in cases and how that is directly related to his autism. The show finds a healthy balance between showing some positive characteristics of the disorder, while allowing the main character to still

struggle with some of the soft skills (eye contact, conversational skills, empathy) that individuals with autism so often struggle with. What really sets this show apart from others that deal with mental health as a storyline, is how the main character handles his addiction. Sherlock is an opiate addict and regularly attends AA Meetings in order to maintain his sobriety. He has struggled with relapse, destroyed relationships, and death related to his addiction and does so in an extremely realistic way. The show does not glamorize the addiction or the treatment, but instead shows real insight into what meetings, sponsor relationship, and long term care look like for someone who is recovering. "Elementary" challenges us to believe that individuals with autism or recovering addicts can be productive members of society and steers clear of painting an individual with a disability as helpless or an addict as a criminal.



Joe Mancini– Rehabilitation Counseling



My favorite media story is a movement started by the NBA to reduce barriers to counseling services. The NBA has supported players who are candid about their struggles by creating the "Mind Health" mission, which has its own mental health resource website and is cited in many articles with NBA players. They really want to encourage all players, fans, and communities to look out for each other and encourage the pursuit of help regardless of age, gender and race.



<http://cares.nba.com/mindhealth/>

Brittany Anderson– Clinical Mental Health Counseling



The movement towards the push to destigmatize mental health and promote the use of counseling services is so important. I see so many examples now in the media, but the one that sticks out to me the most has to be when I was listening to the Sirius XM channel, the Highway. The hosts Stormy Warren and MC took time to speak about the shooting that happened in Vegas last year. Stormy, producer Tommy, and the other hosts Buzz Brainard, and Al Skop were all at the Route 91 concert while MC was on her honeymoon. All of the hosts discussed what their experiences were like in that moment and

what was going through their mind as they heard the gun shots and people screaming. MC shared her perspective as to what it was like hearing about the shooting while on her honeymoon and not being able to get in contact with her co-workers. After this, Stormy shared how he has gone through counseling and what that was like for an older man to go through. Tommy spoke about how he went to counseling as well and what that was like for a younger man. This was so important to talk about on a radio show because they normalized counseling for everyone. Stormy's main point was that no matter what you are going through, it is okay to go to counseling and seek out help. He emphasized that it is not lame or weird to go to counseling, but rather comforting because that counselor is there to help you talk out whatever issues may be going on. I thought it was awesome that the Highway took time out of their show to not only talk about the shooting on the anniversary, but talk about how important it is to seek out counseling and for others to know that they have done it too.



Ally Sweeney– Counseling & Human Services

Events

DisAbility Conference

The Disability Conference was very informative. I learned about funding for assistive technology, what is currently happening with legislation related to people with disabilities to make sure people go to their state representatives to help change laws, current high-technology for people with disabilities such as features currently on our phones we may not have known about, and apps to help people with disabilities. I also learned about what it was like growing up with a visual impairment and how that was used to be able to get a job at Microsoft, creating assistive technology in affordable ways, and learned from an individual with cerebral palsy about how assistive technology was used to help him to become a school counselor. Additionally, a "technology smack down" was incorporated into the conference in which members from the audience were able to

share apps or websites useful for people with disabilities such as Grammarly, which helps to edit text (comma usage or repetitive words for example) to improve writing skills. I thoroughly enjoyed learning about all the creative ways to make affordable low-tech assistive technology. One of my favorites was making an iPad holder from election signs, and learning that a laser keyboard is in the works in which you would type on your arm or table. As the conference came to a close, there were two keynote speakers named Bill Ziegler and Bern Gavlick. They gave very inspirational stories and information on how assistive technology changed their lives.

Written by: Cassandra Enck

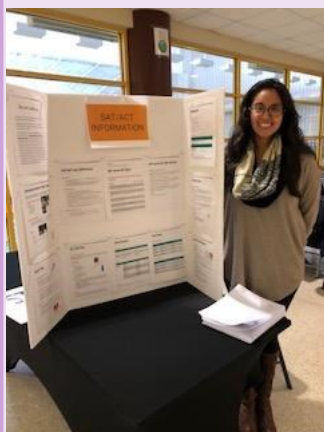


Postsecondary Education Readiness Night

On the evening of October 18, The University of Scranton invited the Scranton community to attend a Post-Secondary Readiness Night at Scranton High School. The event provided an opportunity for high school students and their families to explore options and avenues for pursuing a post-secondary education. To begin the night, representatives from

Johnson College of Technology, The University of Scranton, and King's College served on a Q&A panel, answering questions about the college admissions process. Following the informative panel, students and their families were invited to explore 11 mini-workshops organized by graduate students of our counseling department. Among the workshops, students could learn how to complete the Common Application, select a college major, file a FAFSA application, and much more. Several students and their families attended the event, marking it as a success for the community.

Written by: Amanda Lara



Left: CMHC student Amanda Lara

Right: SC students Jackie Bailey and Sarah Rosar



October 10th was World Mental Health Day. Hundreds of celebrities took to social media to share their stories and promote awareness and acceptance of mental health. Here's what just a few had to say:

"You're not the first to go through it, you're not going to be the last to go through it. And often-times- it happens- you just feel like you're alone. You feel like its only you. You're in your bubble. And I wish I had someone at that time who could just pull me aside and [say], 'Hey, it's gonna be OK.'" —Dwayne 'The Rock' Johnson

"I didn't want it to define my whole life, and it doesn't have to. Asking for help, needing help, doesn't make you weak or less worthy of love or support or success. You can literally be anything you want to be." —Gabrielle Union, on how she did not let a diagnosis of PTSD stop her

"It's okay to not be okay. It's okay to feel tired. It's okay to talk about your mental health. It's okay to depend on someone. It's okay to put yourself first. You are loved and cared about by many." —Shawn Mendes

"The experience that I've had is once you start talking about mental health, you suddenly realized, actually, you're part of a big club...I've probably been very close to a complete breakdown on numerous occasions when all sorts of grief and lies and misconceptions and everything's coming at you from every angle." —Prince Harry

"I've suffered through depression and anxiety my entire life. I still suffer every single day. I just want these kids to know that the depth they feel as human beings is normal. We were born that way. This modern thing where everyone is feeling shallow and less connected? That's not normal." —Lady Gaga

"It speaks to me in my ear and tells me all these things that aren't true. And every time I listen to it, it grows bigger. If I listen to it enough, it crushes me. But if I turn my head and keep doing what I'm doing—let it speak to me, but don't give it the credit it needs—then it shrinks down and fades away." —Emma Stone, on her lifelong struggle with anxiety

"I felt worthless, like I had nothing to offer, like I was a failure. Now, after seeking help, I can see that those thoughts, of course, couldn't have been more wrong. It's important for me to be candid about this so people in a similar situation can realize that they are not worthless and that they have something to offer. We all do." —Kristen Bell

"I never was depressed because of the way someone else made me feel, I just was depressed. And every person can benefit from talking to somebody." —Miley Cyrus

Honor Societies and Clubs

Chi Delta Rho

This semester, Chi Delta Rho has worked to live up to its mission: to promote scholarship, research and professionalism, and to promote strong professional identity through members and foster wellness and human dignity. Chi Delta Rho did outreach to new graduate students who will potentially be joining our chapter. We funded food for the Professional Issues Poster Session, and provided books to the PCPS Blessing of the Books. These books will be donated to local children, schools, and libraries, and our chapter specifically focused on donating books with counseling-related topics. We look forward to engaging in more special projects and doing more outreach next semester!



Jacqueline Bailey - President
Alexandra Carter - Vice President
Bianca Gentile - Secretary
Bridget Furdon - Treasurer

TUA

TUA has been off to a great start of the fall semester. We recently held an ice cream social on October 22 to acclimate new members into our honor society community. This month, we will be leading a Krispy Kreme fundraiser to benefit hurricane and disaster relief. We hope to engage the student body to promote awareness of hurricane relief, along with the importance of de-stressing with a delicious snack during the end of the semester.



Right to left: Patrick Chapman (President), Brianna Johnson (Secretary), Veronica Hernandez (Treasurer), Maggie Reynolds (Vice President)



CHSA

During the month of October, CHSA participated in Love Your Body Day. With advocacy and education at the core of the profession, Love Your Body Day was a great opportunity for club members to advocate for those who are struggling with body positivity and to promote healthy living. At the event, club members provided information on body image and mindfulness to the student body. Advocacy is an important aspect of the counseling profession because it helps to promote equality, foster community, and act on behalf of those who are marginalized or struggling. It is the club's hope that the advocacy we do not only helps to raise awareness, but motivates other clubs and students to as well!!!



Right to left: Kayla Collins (President), Courtney Loughlin (Treasurer), Hannah Howard (Vice President), and Keilani Nobel (Secretary).

Awards

Rose Kelly Award: Kayla Collins



I'm very thankful to have been given the opportunity to write about my high school Math teacher. Mr. Kumar is one of the most dedicated teachers I have ever had, and it's an honor to have received the Rose Kelly Award with him. Mr. Kumar instills the value of hard work in his students and inspired me, and many others, to work hard to achieve our goals. This award is a way of saying "Thank You" to Mr. Kumar for the ways in which he inspired me and continues to inspire his current students.

"Partner in Education" Award by the Pennsylvania Association for College Admission Counseling: Dr. Cerrito and Dr. Eschbach

The PACAC Partner in Education Award was created in 1998 to enhance awareness about the PACAC association by recognizing someone outside the membership for outstanding contribution to, and support of, postsecondary education. We are pleased to congratulate two of our outstanding faculty on being the recipients of this award for 2018!

Dr. Julie Cerrito (center) and Dr. LeeAnn Eschbach (right) accepting this award



Professional Achievements/Conferences

Cerrito, J. A. & Behun, R. J. (2018, September). *Creative strategies for counseling school-aged students who experienced trauma*. Paper presented at the meeting of the Association for Creativity in Counseling Annual Conference, Clearwater, FL.

Cerrito, J. A., Berry, R., Watters, Z., Brown, J., & Nitowski, A. (2018, November). *How to BE Future READY: Sweetening child career development with resources*. Paper presented at the meeting of the Pennsylvania School Counselors Association, Hershey, PA.

Datti, P. A., Bruno, M., **Eschbach, L. M.**, Jacob, C., Janey, B., Kaylor, J., Smith, S., & Tinsley, T. (2018, November). *Past presidents panel*. Panel discussion on PCA leadership presented at the 50th Conference of the Pennsylvania Counseling Association, Pittsburgh, PA.

Datti, P. A., Connell, A., Dalton, S., Marsili, R., & Petitto, D. (2018, November). *A multidimensional understanding of gender identity, affectional orientation, and intersections with other identities*. Half-day pre-conference institute provided at the 50th annual Pennsylvania Counseling Association fall conference, Pittsburgh, PA.

Datti, P. A. (2018, October). *Human service considerations for LGBT+ clients with HIV/AIDS*. Presentation at the National Organization for Human Services Annual Conference, Philadelphia, PA.

Datti, P. A., (2018, June). *A multidimensional understanding of gender identity, affectional orientation, and intersections with other identities*. Half-day training for the State University of New York (SUNY) Sexual & Interpersonal Violence Prevention Education, Capacity Building, and Training in Response for Underserved Sexual and Gender Minorities (SPECTRUM) conference, Albany, NY.

Eschbach, L. M., **Spirito-Dalgin, R.**, & Pantucci, E. (2018). A three-stage model for mental health treatment court: A qualitative analysis of graduates' perspectives. *Community Mental Health Journal*. 1-9. doi:10.1007/s10597-018-0346-5

Morgan, O. (February, 2019). *Keynote Address*. Clinical/Counseling Psychology section of Eastern Psychological Association in NYC

Morgan, O. & Morgen, K. (Summer, 2019). 12 Step spirituality. Integrating Spirituality and Religion into Counseling. *American Counseling Association*.

Petitto, D., & **Datti, P. A.** (2018, November). *Inclusivity and the queer community: Are you aware of what you say and project?* Presentation provided at the annual Pennsylvania Counseling Association fall conference, State College, PA.

Willis, B. T., Purswell, K. E., & Lara, A. (2018). *Counselor development across the lifespan: A Q-methodology study*. Presented at the North Atlantic Region of the Counselor Educators and Supervisors Biannual Conference. Burlington, VT. September 2018.

Wilkerson, K. (September 28, 2018). *Atheism as a worldview: Expanding knowledge and understanding within counselor education*. Poster Session presented at the North Atlantic Region Association for Counselor Education and Supervision conference. Burlington, VT.

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Faculty Fun Fact

We asked our faculty to tell us, “If you were not a CHS department faculty member, what would your dream job be?”

Dr. Bruch– Owning a bed & breakfast

Dr. Willis- Professional athlete

Dr. Troy-Travel writer- I would love to explore new places and then tell everyone about them!

Dr. Datti– Game show host! That has evolved a bit towards talk show host...I could give Dr. Phil a run for his money! I got to live out this dream at the PCA conference last month!

Dr. Morgan-Dream job when I retire will be writing, publishing, and volunteering in the Leahy Family Center

Dr. Wilkerson-Best-selling author

Dr. Cerrito-Interior/ Fashion designer

Dr. Dalgin- Children's librarian! I love to read books with kids and see them light up with imagination and new ideas, plus I love books for kids with all the beautiful illustrations!

Professor Barber-Park Ranger at either Yellowstone or Crater Lake National Park

PCPS Contact List

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CRC

Certified Rehabilitation Counselor (CRC)

The CRC credential is specific to Master's of Rehabilitation Counseling. The passing of this exam ensures that the counselor fits in nationally with the key competencies for the field. Possessing this credential makes a Rehabilitation Counselor more marketable and distinguished among other counseling professionals. This credential also demonstrates one's commitment to learning through education, trainings, and practice. The credential can also lead to job placement, advancement in the position or salary, and referrals from medical and non-medical professionals. For more information about the exam and benefits of the credentials please see

<https://www.crccertification.com/about-crc-certification> .

NCE

National Counselor Examination for Licensure and Certification

This exam is used to assess the knowledge, skills, and abilities that are required for effective counseling. Passing the NCE is a requirement in many states and used in military health system services. Passing is also needed to get the National Certified Counselor (NCC) credentials. The NCC is the largest national counselor certification in the world. There are specialty certification in addictions, school counseling, and clinical mental health as well. For more information about this exam, the benefits, and the difference between a national certification and state licensure, please see

<http://nbcc.org/Certification/CertificationorLicensure> .

HS-BCP

Human Services Board Certified Practitioner (HS-BCP)

Graduates of the CHS program are eligible to sit for the Human Services - Board Certified Practitioner (HS-BCP) exam to receive the HS-BCP credential. The credential allows for independent verification of practical knowledge and educational background in human services. With increased competition in this growing field, becoming board certified in human services shows attainment of high standards and allows you to stand out as a part of a distinguished group known for commitment to maintaining excellence in the field. With the number of human services jobs expected to climb rapidly this decade, the HS-BCP credential can help launch a rewarding career. Note that this is one of the very few credentials offered at the undergraduate level. Because of our program's accreditation status with CSHSE, University of Scranton CHS majors who have 15 credits or less to complete are eligible to apply for the credential and sit for the examination prior to graduation. Please see the Center for Credentialing Education's (CCE) website for more information on the credential and exam

<http://www.cce-global.org/HSBCP>.

CHS Senior Interns, Fall 2018



*Go forth and set the
world on fire.*

-St. Ignatius of Loyola