

Counseling and Human Services

Departmental Newsletter

VOLUME 6, ISSUE 13

SPRING 2015

Living Well with Counseling & Human Services



Dr. LeeAnn Eschbach

From the Department Chair:

Welcome to the Spring 2015 Counseling and Human Services Department Newsletter! Kudos to Newsletter editors Carissa Carpenter and Corrine Wolff as well as faculty supervisor Brandice Ricciardi to select "Wellness" as our newsletter theme.

As I reviewed the articles and interviews conducted for this issue, recurring themes of wellness highlight the diversity of wellness concepts that students and faculty have shared. For example, I repeatedly read about self-care, engaging in activities, being flexible, persevering, having balance, coping with stress, addressing the spiritual components of our lives, sound decision-making, recharging ourselves, and other wellness concepts. Also, please check out the article about Chi Delta Rho, our chapter of Chi Sigma Iota, conducting "wellness check-ins" this spring.

A key idea I gravitated to as I was reflecting on holistic wellness was Stephen Covey's "Seven Habits for Highly Successful People". For me,

these seven action-oriented habits guide wellness across the various dimensions of wellness identified by our CHS students and faculty. They include: be proactive, begin with the end in mind, put first things first, think win/win, seek first to understand and then be understood, synergize, and sharpen the saw. I have a bias for a few of these.

I characterize our department, both from a student as well as faculty perspective with the three habits: "Be proactive", "Seek first to understand, then be understood", and "Synergize". As I walk down the 4th floor of McGurkin, I continuously interact with proactive individuals. I am proud that we all strive to improve our lives through the things that we can influence rather than by simply reacting to external events. Stephen Covey asserts that "understanding first" is the most important principle of interpersonal communication. Although we represent different counseling programs and specialty areas, all of us as counselors strive to put ourselves in the perspective of the other person, listening empathically for both feeling and meaning. I believe demonstrating empathy adds to our own personal wellness. I appreciate being part of a department where synergy thrives. Through striving to understand others, we often identify

a better solution than viewing a problem through just one perspective.

Sharpen the Saw has always been a favorite wellness idea for me. Taking time out from what we do to recharge and personally renew ourselves is so beneficial. I think of all the professional development activities my colleagues engage in to maintain and grow their professional competence. Covey stresses "sharpening the saw" in physical, mental, social, emotional, and spiritual dimensions, as well as maintaining a balance among these dimensions.

As I prepare to step down as Department Chair in our department, I look to our current leadership as well as Program Directors and other colleagues of mine who lead both formally and informally in our department. I believe all in our department implement Kouzes and Posner's five fundamental practices of leadership: Model the way, Inspire a shared vision, Challenge the process, Enable others to act, and Encourage the heart. I'm proud to be a colleague in a department with such a strong emphasis on both wellness and empowering others through our leadership.

Covey, S. R. (1990). *Seven Habits of Highly Effective People: Restoring the Character Ethic*. New York: Fireside Books.

How Wellness is Connected in Counseling and Human Services

By: Dr. Oliver Morgan



The term wellness can have multiple meanings, Webster's take on wellness is "the quality or state of being healthy"; with this definition's limited scope, wellness is something that can hold a different meaning to different people. Dr. Morgan of the CHS department views wellness in a multitude of ways, he sees wellness as more than just an absence of illness, to him it's about living with some kind of balance in one's life. Physically, wellness is about challenging oneself to live as healthy as they can, and having the vitality to do what one wants to do. A person living with an illness who can still muster up the energy to commit to the things they love or care about is wellness, a person who abstains from smoking is wellness, it is about living in a way that makes the most of what a person has. Mentally, wellness is keeping a balance, to have a balance between one's thoughts and one's emotions is to live well. If a person can keep a vision in their mind of what they care about in life and can figure out how to make their vision come to life then they're working toward wellness. Spiritually wellness is something that will differ for everyone, for Dr. Morgan spiritual wellness is about being connected to something bigger, having his life and his achievements have a deeper meaning. There are days when that means something as big as being partners with god; and there are days when it can be something as little as just contributing something to the day. Going deeper for a person to live with wellness in their lives they need to be outgoing, not outgoing in terms of being an introvert or extrovert but outgoing in that people can see beyond themselves. A person who can live empathetically, who can see the value of service and who knows what is outside themselves is a person who is living with wellness. It's a process and a lifestyle that Dr. Morgan hopes that everyone can find their way to.

Interviewed by: Kyle Strobel

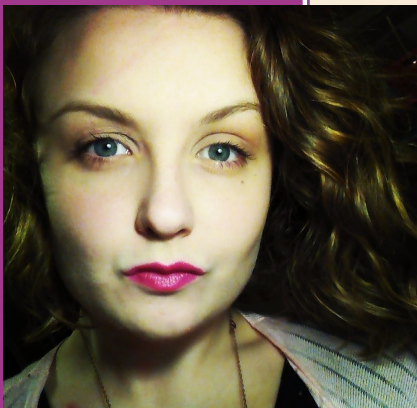


Dr. Willis

Clinical Mental Health Counseling

Dr. Willis emphasized that wellness is one of the cornerstones of the counseling profession and it is what sets it apart from the other mental health fields. Wellness and fostering positive growth have been an integral part of our profession whereas other fields are just catching up. According to Dr. Willis, wellness is more than the absence of illness; it is the presence of sound physical, mental, and emotional faculties. When it comes to his own personal life, Dr. Willis sees each decision he makes as part of wellness. That is, wellness is at the core of who he is and not something he compartmentalizes. In the decision making process, Dr. Willis thinks about how the decision would affect him and his family on each of the wellness domains. Finally, Dr. Willis advises us to keep this question in mind: “how can my client be more well?”

Alyssa Bauer



To those outside of the counseling profession wellness is usually how one is physically feeling. Wellness is a word that I believe, cannot be made into a universal definition for each individual to follow; it means something different for everyone. To me wellness is living a life where I embrace my emotions, find harmony, connect with others, keep moving, and learn something new every day. By living my life in such a way, I have found that I’m a happier and healthier version of myself than I was prior to my knowledge of what wellness truly is. With being a happy and healthy individual, also comes being a counselor that is ready to truly be present for their clients. It seems easy to push aside our own needs to take on the needs of our clients. After a while though our own problems rise to the surface along with the weight we carry from listening to our clients and it becomes too much for us to handle even getting out of bed. When this happens we become burned out and in session we aren’t able to focus on the client. That’s why I make sure I fully experience my emotions, meditate, socialize, and practice yoga so I know that when I’m sitting across from a client I can help them achieve their wellness goals.

School Counseling

Dr. Julie Cerrito



Dr. Cerrito believes it is important for counselors to model what wellness looks like and to practice what you preach. It is easy to become unbalanced but very important to have wellness in your life in order to model for students. It is important to maintain a balance among different types of wellness by making time for yourself. To balance physical, mental and spiritual wellness it takes a constant/conscience effort, or metacognition. Make it a priority and surround yourself with others that will push you and support you. Team up with individuals with similar interests and hobbies and do things together.

Burnout prevention for school counselors is very real-especially those who have been in the profession for a long period of time. You need to service yourself and find ways to incorporate personal activities into your schedule. Don't get comfortable with everyday tasks-keep things new and fresh. Be willing to learn something new and embrace each moment.

Peter Frein



Most school counselors possess the natural inclination to help all students achieve their goals, especially the students we find most vulnerable and needing the most growth. What we sometimes forget, however, is to help ourselves before we can assist others. At times, we focus on the wellness of others, rather than our own wellness. Our impact on students hinges on whether we come to school with a fresh and rejuvenated mind, body, and spirit. For me, walking into school in that state involves getting adequate sleep, completing tasks in a timely fashion, and pursuing my passions outside of my school counseling role such as coaching, skiing, golfing, and reading. School counselors have a hard, yet rewarding job. We give a large portion of ourselves to our students each and every day, while sometimes overlooking our own self-care. Therefore, I find appropriate activities in which I feel alive, engaged, and relaxed, allowing me to "recharge my battery." As a result, I can enter the next day with the same positive attitude and energy that I displayed on my first day. If I preach wellness to students, then I must also model an

effective approach to maintaining my own wellness.

Rehabilitation Counseling



Dr. Lori Bruch



Dr. Rebecca Dalgin

A key value in the profession of Rehabilitation Counseling is an emphasis on the holistic nature of an individual. A holistic wellness approach would encompass physical, mental, and spiritual wellness. Dr. Bruch and Dr. Dalgin acknowledge the importance of a holistic wellness approach in their own lives, and also emphasize using a holistic wellness approach in the Rehabilitation Counseling profession. When beginning her career in Rehabilitation Counseling, Dr. Bruch was initially attracted to the profession because of its basis in the wellness model. More specifically, Dr. Bruch bases her professional practices in Sweeney and Witmer's Holistic Model for Wellness and Prevention Over the Lifespan (Sweeney and Witmer's model is pictured below). Sweeney and Witmer describe wellness as "a way of life oriented toward optimal health and well-being in which the body, mind, and spirit are integrated by the individual to live more fully within the human and natural community" (Myers, Sweeney, and Witmer, 2005). Sweeney and Witmer's definition of wellness is incorporated into the curriculum for many Rehabilitation Counseling classes, including practicum.

Wellness as an important component of Rehabilitation Counseling also brings to mind perceptions of disability. Disability is often associated with sickness in our society, and, unfortunately, often overshadows an individual's other qualities of their identity. Using a holistic model of wellness in Rehabilitation Counseling places value on all of an individual's qualities, and views disability as only one aspect of their identity. Dr. Dalgin also emphasized in the past several years research in the field of Psychiatric Rehabilitation has focused on wellness and expanding services to include mental, as well as physical, aspects of an individual. Overall, a holistic approach to wellness is intrinsic in the Rehabilitation Counseling profession, and the University of Scranton's Rehabilitation Counseling program helps students understand the value of wellness for both themselves and their clients.

Morgan Prokop



My experience with wellness, and at times the lack thereof, has taught me two very important lessons that I have been asked to share with you. The first lesson is; knowing the

difference between when to yield and when to persevere is very important. The sturdy oak who refuses to allow its limbs to yield under the mounting stress of the falling snow will eventually crack and lose a branch or two, while the supple sapling who consistently bends under the weight to shed the mounting snow preserves its self through yielding. This means that we must learn to become flexible and aware of when we need to take time to put everything on hold in order to take care of ourselves, otherwise we may crack! On the other hand, there are times when we must persevere. Sometimes this means looking at ourselves in the mirror and saying, "You just need to be very present and on your game for the next 18 hours, then you can relax. Not only can you do this, you can do an excellent job too!" Wellness can be found in the appropriate balance between humble perseverance and confident yielding. The second lesson is simple; laugh as much as possible! If you plan on working with people, it helps to have a sense of humor... In times of incredible stress and mounting pressure the subtle shift in percep-

tion caused by an appropriate sense of humor can be the perfect release valve for yourself and a precious gift to others! That's all for now, be well and take care of yourselves! Live Well, Love Often, Laugh Much!

Counseling and Human Services



Dr. Paul Datti

Dr. Paul Datti, the director of the undergraduate counseling program elaborates on “wellness” in respect to students in his program as well as himself in this profession. Working with two sections of advanced internship students, he has noticed students struggling with 200 internship hours, 18+ credits and “understandable senioritis” – he recognizes that certain times in our lives wellness is more difficult to maintain than others. The students in his internship classes have taken to heart the Burnout Prevention Plan from the Crisis Intervention class in order to strive towards wellness. Dr. Datti’s journey towards wellness incorporates eating well, going to the gym, practicing a little mindfulness combined with the help of a supportive partner. Most importantly, he believes that finding balance in life (not always easy!) and having fun (no problems there!) are essential when practicing wellness in his profession and everyday life.

Mike Martinez



In my opinion, wellness is one of the most crucial necessities of working in the counseling and human services field. The key part to maintaining a commitment to wellness is balance. Balance could mean a lot of things. Balance could be maintaining a steady schedule for both work and home life. Balance could also mean eating healthy or in better portions, getting around 8 hours of sleep, or even finding the time to exercise. It is also important to remember to have personal time because taking on numerous tasks throughout the week could be draining. Having personal time can help one reset and help one mentally or physically prepare for the tasks ahead. For myself, I am a full-time student and working at an internship, so balance is important for me. In particular, personal time is helpful to me because I can sit with myself and unwind before moving on to whatever needs to be done. Personal time could be participating in leisure activities, focus on spirituality by meditation, or even taking the time to make a schedule and plan out work for the week. It is important to have balance in order to maintain a good and healthy lifestyle.

Counselor Training Center

Prof. Geri Barber



The Counselor Training Center is an integral part of graduate student education that provides clinical experience to help students enhance their knowledge of the counseling experience and their counseling skills. Professor Geri Barber, Director of the Counseling Training Center since 2004, knows very well how important wellness and burnout prevention is for students taking part in practicum. For students new to Practicum, Geri wants them to know that being focused and flexible is key to having a fulfilling experience to become “real world ready”. She encourages these students to recognize the importance of their wellness by developing personalized strategies to manage stress such as utilizing a planner, being able to recognize that “I matter and my wellness matters,” as well as seeking out support from their supervisors and the CTC director. In addition there is the Counseling Department as a whole which seeks to provide an atmosphere where students “never feel alone” and can identify that “self-care becomes a supported challenge.” To summarize, the Practicum experience, Geri states “Practicum is a learning laboratory where you grow skills, solidify professional identity, and learn to apply all you have learned about.”

The connection between CTC & Leahy Center

The Center is dedicated to the dual purpose of identifying and meeting the **health** and **wellness** needs of underserved individuals in the greater Scranton community while providing a place where faculty guide students in a practical educational experience.

Professor Geri Barber is the faculty supervisor of peacemakers, an after school program for students in the Scranton school district. Which is but one example of the way that the CTC impacts the community wellness.



Student Wellness Day

By: Sarah Triano

On March 12th, a group of practicum students, myself included, had the opportunity to participate in The University of Scranton's first "Student Wellness Day." The Center for Health Education and Wellness, who coordinated the event in the Byron Center, recruited on campus faculty, students, and staff as well as local organizations to participate.

Our role as aspiring counselors was to administer both depression screenings and alcohol screenings to the students who attended the event. Students had the option of taking both screenings or simply choosing the one they were more drawn towards. After completing the assessment, students were given the opportunity to explore their results with a practicum counselor. This provided a unique opportunity for the student to process their results with a counselor immediately and receive proper referrals if need be. In addition to the screenings, we presented information and provided the students with handouts on depression, suicide, and alcohol use.

With the constant pressure college students are put under, these screenings provided University of Scranton students with an opportunity to reflect on their own decision making and personal wellness. This Student Wellness Day allowed us the opportunity to provide support to students on campus, advocate for wellness, and further our own knowledge of the counseling profession.



Peacemakers

Reflection by Kara Hoff:

Peacemakers is an after school program for students of the Scranton school district held in the Leahy Center every Friday afternoon. While the program is open to all ages, we primarily get children between the ages of 5-12. The leaders or "big peacemakers" are graduate students in the counseling program who are currently enrolled in practicum, internship, or between. I initially became a big peacemaker so I could gain helpful experience in working with children to become more comfortable with the younger generations. At first I was weary, and to be honest scared of what I was getting into because of my anxiousness and lack of skill set around kids, but I undoubtedly fell in love instantly with Peacemakers and everything it offered.

On these Friday afternoons, we get a chance to do many fun and relaxing activities while working directly with the kids, or "little peacemakers". The great thing is a lesson of peace is usually tied into each week to give each person the gift to walk away with something special. More recently we have been practicing meditation, which allows us to have a few moments of silence to reflect on our busy weeks. Though this program is designed for the little peacemakers, I would argue that the big peacemakers feel the same impact week by week. I find myself smiling over some of the memories and comments that we all share on those Friday afternoons together. Peacemakers has certainly touched my heart in more ways than one, and my overall experience has been nothing short of wonderful.

Professional Achievements/Conferences Attended

Dr. Cerrito & Dr. Eschbach

Invited Presentations

Cerrito, J.A. & Eschbach, L. A. (2015, January). Helping students reach higher with college and career readiness skills. Workshop presented at the Palmetto State School Counselors Association Annual Conference, Myrtle Beach, SC.

Cerrito, J.A. & Eschbach, L. A. (2015, April). Reach Higher: Strategies to implement this national initiative. Presented at the Northeast Pennsylvania Counseling Association meeting at the University of Scranton, Scranton, PA.

Our current research

Drs. Cerrito and Eschbach, faculty members in the Department of Counseling and Human Services, represented the state of Pennsylvania by attending an "invitation only" White House Convening focused on school counseling and college access at San Diego State University on November 17-18, 2014. This convening was part of First Lady Michelle Obama's "Reach Higher" initiative and aimed at inspiring every student in America to take charge of their future by completing their education past high school. The First Lady is working to rally the country toward the President's "North Star" Goal that by 2020 America will once again have the highest proportion of graduates in the world. Specifically, the Reach Higher initiative recognizes and supports the important work that school counselors do in helping more kids gain access to college, particularly underrepresented groups. There were over 30 states present at the convening and included school counselors and counselor educators.

Dr. Purswell:

Received the Association for Humanistic Counseling's Emerging Leader award for new professionals

Conference Presentation:

Purswell, K., & Dillman Taylor, D. (2015, March). Coloring outside the lines: Creative approaches to counseling families and adolescents. American Counseling Association Conference, Orlando, Florida.

Publication accepted:

Purswell, K., & Stumaker, H. L. (2015). Expressive arts in supervision: Choosing developmentally appropriate interventions. *International Journal of Play Therapy*, 24(3).

Dr. Willis:

Completed webinars on mindfulness and finished up co-writing a book: *Sexuality Counseling: Theory, Research, and Practice* by Christine Murray, Amber Pope, and Ben Willis

Dr. Datti

Article

Datti, P. A., & Jacob, E. J. (in press). A vocational development group program for people living with HIV/AIDS in suburban and small city areas. *The Journal of the Pennsylvania Counseling Association*.

Presentations

Palmer, R., Datti, P. A., Platt, A. & Bartoli, E. (2015, March). *Gatekeeping, more than just kicking them out: Best practices and student supports*. Panel presentation at the Pennsylvania Association of Counselor Education and Supervision spring conference, St. Davids, PA.

Upcoming Presentations

Datti, P. A., & Herrick, S. (2015, April). *Vocational rehabilitation considerations for LGBT clients with HIV/AIDS*. Ninety minute "highlighted" session presented at the National Council on Rehabilitation Education Annual Spring Conference, Newport Beach, CA.

Datti, P. A. (2015, May). *Understanding and affirming lesbian, gay, bisexual, and transgender persons*. Full-day training to K-12 school administrators, teachers, staff, and counselors for the Central Jersey Consortium for Excellence and Equity, West Long Branch, NJ.

As part of an Office of Equity and Diversity grant obtained by the Scranton Inclusion Initiative Committee, Dr. Datti was integral in securing and coordinating events for Mr. Steven Glassman, CT ACLU Director and twice confirmed Chair of the PA Human Relations Commission on campus for a day of learning and reflection on equity, diversity, inclusion, and anti-bullying/harassment/discrimination focusing on the LGBT community. The events took place on campus March 4th.

Reviewer, National Organization of Human Services Code of Ethics, June – July, 2014. Dr. Datti was asked to serve as a reviewer, and provided feedback, additions, and edits to the upcoming revised NOHS Code

Dr. Datti is the incoming president of the Pennsylvania Counseling Association, a 500 member professional counseling association and state branch of the American Counseling Association.



"Dr. Paul Datti served as the keynote speaker at the Chi Sigma Iota Pi Honor Society Induction Ceremony and Dinner held at Marywood University on Friday, April 10. Dr. Datti, also President Elect of the Pennsylvania Counseling Association, spoke about the importance of professional development as a counselor, counselor identity, the value of membership in professional counseling organizations, and his own professional journey into the counseling profession."

-Dr. Cerrito

Conferences

American Counseling Association



Drs. Purswell, Datti, and Cerrito attended the American Counseling Association (ACA) Conference held in Orlando, FL from March 12-15, 2015. ACA is a national counseling conference and one of the largest and most comprehensive professional development events of the year. This year's conference included a variety of education and poster sessions to choose from as well as keynote presentations from Mariel Hemmingway and Jeffrey Kottler. The conference also included a Chi Sigma Iota (CSI) Day to commemorate the 30th anniversary of Chi Sigma Iota, whose mission is to promote scholarship, research, professionalism, leadership, advocacy, and excellence in counseling, and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling.

Pictured left: Dr. Cerrito & Dr. Spencer Niles (Career Development expert and President Elect of Chi Sigma Iota) at the ACA Conference CSI day in Orlando, Florida.

Pennsylvania Rehabilitation Association



The PRA conference in Harrisburg was on April 2, 2015. Our department had 9 students attend along with Dr. Bruch, Dr. Dalgin and Dr. Datti. Two students presented, Luke Vitagliano and Marsilin Blackwell.

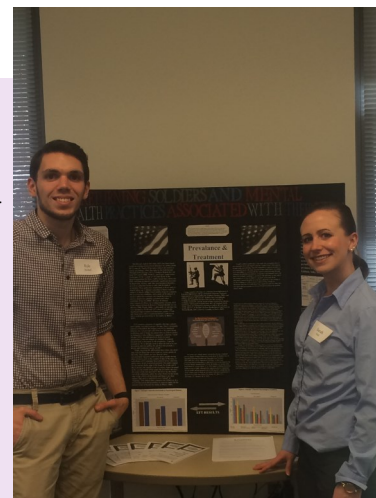
Reflection on PRA conference by Amber Phillips

This year I had the privilege of attending the Pennsylvania Rehabilitation Association conference. The theme for this year's conference was "Inspiring Workforce Innovation: Building Partnerships for Success." The conference offered a variety of sessions, including several focusing on ethical issues. One session that was particularly informative focused on disclosing disability during job interviews. The types of questions that potential employers can ask during an interview were covered extensively. Many Rehabilitation Counselors will work with individuals who have the goal of finding employment. Disclosure of a disability during a job interview is something that clients are sure to have questions about. This session provided information about how to have that conversation with your client and help to prepare them for their interview.

Conferences

Chi Sigma Iota

"Here is a picture of Kyle Strobel and Sarah Noll presenting at the 5th annual Pennsylvania Statewide Chi Sigma Iota Conference, which took place on Saturday, April 11, at The Bank of America Career Services Center at Penn State University. The theme for this year's conference, "Advocacy and Activism: The Role of Counselors and Counselor Educators in Social Justice" provided several education sessions, poster sessions, and roundtable discussions covering topics such as professional development, wellness, counselor burnout, and social justice. Kyle Strobel and Sarah Noll presented a poster titled, "Returning soldiers and mental health practices associated with their return". Dr. Cerrito also attended the conference and presented an education session titled, "The Ethical Decision Making Process and its Impact on Personal Wellness: The Standard of Self-Care." The conference provided opportunities for networking among several Chi Sigma Iota chapters across the state of Pennsylvania." -Dr. Cerrito



Internship Supervisors' Appreciation Dinner

Each year, the Counseling and Human Services department seeks to acknowledge with gratitude the supervisors who devote their time and attention mentoring our CHS students during their internship experience. The appreciation dinner for internship supervisors will be held on May 21st, 2015. This is the fourth year the dinner has been held. It is done at the end of the school year to bring together the students who have been in internship in both the fall and spring semester and the supervisors they worked with. This dinner is done in appreciation of all the site supervisors and is a small thank you to them. During the dinner one intern from each program is selected to share highlights from their internship. This year Emily Andrews (CMHC), David Bright (SC), Kelly Roughgarden (RC) and Dylan Lang (CHS) will be presenting on their experiences in internship and how it has impacted their career.

Faculty & Staff: Things they like for fun!



Dr. Cerrito: A new beach book to read - great for the mind!

Long walks with my dog - great for the body!

Arranging fresh picked flowers - great for the spirit.

Dr. Wilkerson: exercise, family time, LOTS of leisure reading

Professor Ricciardi: gardening, playing with my lab and taking him for walks and pilates

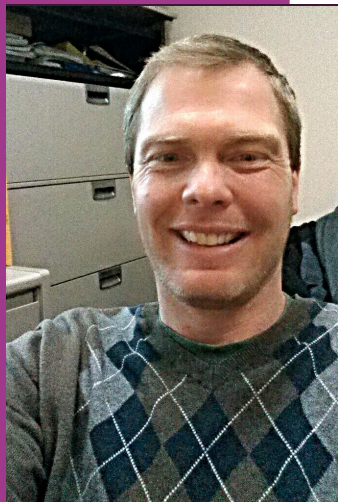
Dr. Purswell: Yoga!

Dr. Willis: I enjoy playing on an intramural basketball team here at the U for fun, exercise, and my wellness! I also like to

read with my kids for wellness, connection, and enjoyment or alone for pleasure and wellness.

Dr. Dalgin: Enjoys yoga!

CONGRATULATIONS Dr. Wilkerson!



Dr. Kevin Wilkerson, Co-Director of the School Counseling Program was notified by the Provost early this semester that he earned a promotion to Full Professor. This is the highest rank for full-time faculty members at the University.

Dr. Wilkerson joined the Counseling and Human Services Department as a faculty member in Fall 2004. During the past 11 years, he has continuously served graduate School Counseling students as a mentor, and Co-Director of the Program. He has taught 16 different courses at both the graduate and undergraduate level. Graduate students look to Dr. Wilkerson for teaching many School Counseling courses as well as graduate courses for all counseling programs. Undergraduate students appreciate his approach to teaching Research Methods.

As a Program Director, Dr. Wilkerson has devoted much of his time to two CACREP re-accreditation site visits and self-study applications.

While at the University of Scranton, Dr. Wilkerson has published 10 articles in national/international peer-reviewed journals, as well as 12 presentations at conferences. Dr. Wilkerson has been involved in updating and revising the Pennsylvania Department of Education (PDE) standards for School Counselors, and has visited many school districts as a National Trainer for the Education Trust's National Center for Transforming School Counseling.

Please stop by and congratulate Dr. Wilkerson on his promotion.

Awards & Recognitions

Kelly Tierney: Pennsylvania Rehabilitation Association Graduate Student Award in the Area



Kelly Tierney, Rehabilitation Counseling student, received the Pennsylvania Rehabilitation Association's 2015 Graduate Student Award in the Area of Leadership. The purpose of this PRA Award is to honor a graduate student who has made a substantial contribution to the field of rehabilitation in the area of leadership. Dr. Bruch and Dr. Dalgin nominated Kelly for her demonstration of leadership skills by being active in the planning and implementation of the University of Scranton's disAbility conferences. Kelly also attended NRA and PRA conferences to interact with other rehabilitation professionals and then shared her knowledge with other students. Please congratulate Kelly on her award!

*Kelly pictured with the president of PRA, Marisa Pelto

Dylan Lang: Excellence in Counseling & Human Services

"I am both honored and humbled to be receiving the Excellence in Counseling & Human Services Award. It is a great honor and I want to thank the entire CHS department for always pushing me to be the absolute best I can be. My four years at Scranton would not have been the same without the love and affection that I was shown by everyone in the department. After graduation I will be attending graduate school to complete both a Masters in Social Work and Juris Doctorate degrees."



Chi Delta Rho

In the fall and spring semester, the Graduate Honor's Society, hosted Wellness Check-Ins for all graduate students. President, Tammy Panowicz, writes about the importance of wellness for counselors-in-training and the agenda of the Check-Ins.

"As graduate students, many of us are balancing school, work with jobs, families, and social lives, not to mention attempting to find the time to stay active and eat well. The Chi Delta Rho Wellness Check-Ins stemmed from the idea that we almost always feel better after meeting up with a friend with whom we can relate. It is so nice to surround yourself with peers who know where you are coming from. At the check-ins, you could meet people from your program you didn't know before, learn about a great yoga studio, or just hang out and have some snacks.

Counseling is a holistic field with a focus on wellness, but as counselors-in-training many of us are still figuring out what that means in our own lives. The Chi Delta Rho Wellness Check-Ins are just ways for us to get together within our program community and trade suggestions for staying "well" throughout the semester. We hand out pamphlets with ideas for fitness, getting enough sleep, study tips, and more. We've also included resources about meditation, essential oils, and DIY cold remedies. Everyone is invited, not just members of Chi Delta Rho because we'd love to foster a sense of community within the counseling program. Also, maybe *most* important, we have drinks and snacks at the check-ins too, because...well I don't have to explain why."

In addition to the wellness check-ins, Chi Delta Rho has kept busy. At the end of the fall semester they organized a low-sodium soup, tuna, and cracker food drive along with the undergraduate counseling organizations to benefit the Leahy Center. They facilitated the Leahy Center Snow Angel Challenge, where students and faculty challenged someone to make a snow angel for any amount of money and then donated it to the Leahy Center. Chi Delta Rho also donated \$150 to Wyncote Academy, a school in Pennsylvania that was burnt down. They are starting from the bottom and building themselves back up. The monetary donations will help them with anything they need the most.

On that note, we would like to send a shout-out to the officers, because Chi Delta Rho is truly an all-star team: Tammy Panowicz, president, Alyssa Bauer, vice president, Melissa Kovacs, secretary, and Brittnei Stull, our treasurer. The amazing program liaisons, Caroline Conners (School), Dana Fortunato (CMHC), and Marjorie Miller (Rehab) have been a HUGE asset as well. Also Chi Delta Rho would be remiss if they didn't thank our honorary officer, Ann Keeler (along with Pam Turbessi), for getting the emails out to the listserv, securing spaces, helping decorate the bulletin board, and generally being super-helpful in our times of need. You all are wonderful.

Graduate Students at the Check In



CHSA

CHSA is not only active within the campus but also in the Scranton community. We have participated in events that circle around wellness throughout the whole person. Physical, mental and spiritual health is crucial to fulfill life's needs. CHSA helps with these needs by hosting and participating in events every year. This spring we are planning the yearly ARC Dance with the citizens of the ARC community in NEPA. The ARC dance will take place in April, and gives students and those of the ARC an opportunity to interact and have a memorable night. The ARC dance has a significant impact on everyone's wellness. This fulfills physical wellness by dancing, mental wellness by having positive interactions with others and spiritual wellness by being in an environment that welcomes everyone. As counseling students, it is important that we understand how to keep our wellness along with others well rounded. We are looking forward to this event and are excited for the rest of the spring!

CHSA officers from left to right: Kathleen Brown, Mike Martinez, Lisa Giordano and Allison Smith



Tau Upsilon Alpha (TUA)

Tau Upsilon Alpha (Epsilon Chapter) is the undergraduate honor society for the Counseling and Human Services program. Membership in TUA is a privilege and recognizes academic excellence. We in the CHS department encourage eligible students to apply for this prestigious society.

The Tau Upsilon Alpha chapter at The University of Scranton has been very active in the past year. In May, we inducted 20 new members at our annual ceremony. We also participated in two successful food drives at The University of Scranton around the holiday season and gathered boxes and boxes of food for the patrons of our local clinic. In addition, we selected new cabinet members, and are in the process of planning different fundraising opportunities to raise money for the chapter. This year's induction is in the planning stages, and we have 21 applicants!



*Pictured: Dylan Lang (TUA president), Dr. Datti, & Lisa Giordano (CHSA President)

Personal Care Drive

Chi Delta Rho, CHSA, and TUA student organizations hosted a drive for the Leahy Clinic. In the past, the organizations collected food items such as the peanut butter and jelly challenge and the low sodium soups and crackers. This semester, they did a twist and collected personal care items. Some of these items included deodorant, disposable razors, tampons and sanitary pads, toothpaste, diapers, and soap. Thank you to everyone who donated to the drive. We appreciate the collaboration between the 3 student organizations in our CHS department.



Ian's Socks



Students in Dr. Cerrito's Social and Cultural Issues class spent some time talking about poverty and learning about charity in a very different way, that is through the eyes of a child. Seven year old Ian, through his charity, Ian's Socks, talked about how he helps those who are less fortunate. Ian started this charity due to the fact that socks are one of the least donated

and most needed items. Ian collects socks at his school and has people donate socks from around the world. Ian is the son of Amy Risinger, a graduate student in Rehabilitation Counseling. Students in Dr. Cerrito's class donated socks to his cause.

New Faculty

Dr. Susan Boafo-Arthur is a new faculty member in the Counseling and Human Services Department. During the 2015 Fall Semester she will be teaching three undergraduate classes; counseling theories, case management/interviewing, and multicultural counseling. Dr. Boafo-Arthur is from Ghana, where she attended the University of Ghana to obtain her undergraduate degree in psychology. From there she attended Norwegian University of Science and Technology and received her Masters in philosophy in human development. She then obtained her Masters in clinical mental health counseling from Mississippi State University, where she also completed her doctorate in clinical mental health. Some of her past professional presentations and publications include a focus on diversity and multicultural counseling, group counseling, and family counseling, among various other areas. We are excited about her addition to the University of Scranton Counseling and Human Services Department.



Dr. Katherine Purswell is a new tenure-track Assistant Professor, teaching primarily in the graduate Clinical Mental Health Counseling Program. Many students have already taken classes from Dr. Purswell during this past academic year, when she was a Faculty Specialist. We are thrilled that she applied for our tenure-track position and was selected from a national search for this position.

Dr. Purswell completed her doctorate in Counseling from the University of North Texas.

During this past year Dr. Purswell taught Counseling Skills, Appraisal Techniques, Family Counseling and Therapy, Organizational Systems and Clinical Mental Health Counseling, and both Practicum and Internship in Clinical Mental Health Counseling. Thank you for providing our students with so many valuable courses during the past year, as well as mentoring many Clinical Mental Health Counseling students. In addition, Dr. Purswell has just submitted her application to become a Pennsylvania Licensed Professional Counselor.

Dr. Purswell has eight national/international peer-reviewed published articles, and 25 peer-reviewed professional publications. Much of Dr. Purswell's scholarly work focuses on play therapy, and we are excited as she is planning a graduate course, *Introduction to Play Therapy*, and applied for a grant to develop a play therapy program to allow students to complete the educational requirements for becoming a Registered Play Therapist.

Dr. Purswell, thank you for making a commitment to stay in our department and make us your professional home. We look forward to your role in our department in the future.

The University of Scranton

Recognizes

National Rehabilitation Counselor Appreciation Day

U.S. Senate RESOLUTION 106

Designating March 22, 2015 a “National Rehabilitation Counselors Appreciation Day”

Whereas rehabilitation counselors conduct assessments, provide counseling, support families, and plan and implement rehabilitation programs for individuals in need of rehabilitation

Thank you for making a difference in the lives of individuals with disabilities every day

~ Lori & Rebecca

CORE UPDATE

This semester the Rehabilitation Counseling program went through the reaccreditation process for CORE, the Council on Rehabilitation Education. Dr. Lori Bruch views accreditation as an ongoing process, something that the CHS department is committed to in maintaining the highest standards for quality in all of its programs. Preparing for this accreditation began last spring with the department conducting a self-study, the study itself was a comprehensive review of the entire rehabilitation program. Upon completion of the study, Dr. Dalgin submitted the study's findings as well as the application for reaccreditation electronically. This is the first time the RC program has utilized an electronic submission process. The reviewers from CORE found the electronic submission well organized and easy to navigate, something that significantly aided in the review process. The site visit for the accreditation was completed over three days and entailed two reviewers from CORE coming to provide a comprehensive review of site documents, the physical campus along with meetings with different groups throughout the campus. As part of the process, CORE surveyed current students, past students, and many of the employers of our graduates to get a better scope of how prepared the graduates of our program are for their work as Rehabilitation Counselors. Reports from the three groups consistently showed that our program is one that gives students the right tools making them highly prepared across all areas. One of the reviewers commented on the cohesiveness of our RC program wishing that his graduate experience had the same level of excitement that RC students have for their program. Although we're waiting on the final notification, the preliminary report shows that we've met or exceeded the standards that CORE puts forth. Throughout this whole process, Dr. Bruch and Dr. Dalgin are grateful for the programs graduates who returned to meet with reviewers and give their feedback; for graduated students to have enough love and appreciation for their program and its future to come back and give their input is something that gives the department and its professors great pride. In conclusion the process of accreditation is one that takes effort from the entire University, the support of our administration, our Chair, Dr. Eschbach, our staff and faculty, and of course our students and community are greatly appreciated for their efforts in showing the very best of the Rehabilitation Counseling program at the University of Scranton.

Interviewed by: Kyle Strobel

Upcoming Tests in Fall 2015

National Counselor Examination (NCE)

Between May 15th-30th eligible students will receive a link to the appropriate application from NBCC to take the October administration. July 17 is the application deadline for the October 17, 2015 administration of the National Counselor Examination.

The spring administration of the National Counselor Examination is April 16, 2016.

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>.