

The University of Scranton

Counseling and Human Services Fall 2023 Newsletter

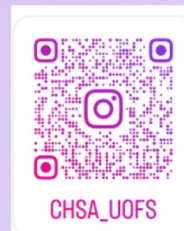


Dr. LeeAnn Eschbach being honored for receiving the Pennsylvania Counseling Associations' Lifetime Achievement Award!

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New Professors!

My name is Dr. Megan Whitbeck, originally from Binghamton, NY. I received my master's in Clinical Mental Health Counseling from the University of Central Florida in Orlando, FL and my doctorate in Counseling and Counselor Education from UNC Greensboro in Greensboro, NC. University of Scranton was a place that I heard so much about during my doctoral studies, as I completed my doctorate with a two-time CHS grad! When I saw the opening for a professor in the Clinical Mental Health Program, I knew I needed to apply. It was close to home, family, and Scranton's reputation preceded itself. It is safe to say, I can see why! This semester, I am teaching Appraisal Techniques, Group Dynamics, and Practicum. I have thoroughly enjoyed teaching classes across the academic spectrum including undergraduates, graduate students, and those beginning their clinical experiences. My research interests include crisis preparation training for counselor trainees and the sustainability and well-being of helping professionals. Please feel free to stop by my office in MGH 443 and say hello!



Dr. Megan Whitbeck



Dr. Katherine Stefanelli

Dr. Stefanelli is a Licensed Professional Counselor, a National Board-Certified Counselor, and a Certified Educational Specialist. She has a doctoral degree in Human Development from Marywood University, she also earned her master's degree in clinical psychology and post-master's certification in school counseling. Dr. Stefanelli also earned her B.A. in Psychology at Penn State University, where she also served as a research assistant at The Pennsylvania State University Child Study Center. Over the last 20 years, her work includes clinical service in both the educational and private sector settings. She was previously Penn State Scranton's Coordinator of Counseling and Psychological Services and worked to de-stigmatize mental health issues on college campuses. Dr. Stefanelli has recently worked with Leadership Lackawanna County and with Penn State's Cooperative Extension facilitating a workshop series on family cohesion in Susquehanna County. Her research includes guided meditation for stress reduction, mainly for college students and has been promoted in local school districts. She had received wellness grants to administer collegiate wellness programming in mindfulness and self-care. Dr. Stefanelli is currently teaching CHS 241, CHS 333, and CHS 242 during her first semester at The University of Scranton.

New Professors!



Dr. Krisy Elrod

My name is Dr. Krisy Elrod, and I am a play therapist and a lecturer in the CHS department. This semester, I am teaching Intro to Art Therapy, Marriage and Family Counseling, and Social and Cultural Issues.

I moved to Pennsylvania from Los Angeles, CA, during the pandemic. I loved living at the beach, but the mountains are so beautiful! I am married to my partner, Matt, who makes video games, and caretaker of my two sphinx cats, Ginger and Pixie, who are as ridiculous as they sound. We all love living in a cabin in the woods.

This semester, with the help of my excellent graduate assistant, Angeliki Trifonopoulos, I was fortunate to present two sessions at the Pennsylvania Counseling Association conference on medical trauma, a topic I became interested in after surviving a brutal battle with breast cancer. I am excited to continue to bring my clinical experiences and life experiences to students in the CHS program!

Samantha Herrick, has been named an Associate Professor with the Department of Counseling and Human Services. Prior to coming to The U, she spent 12 years as an Assistant and Associate Professor of Counselor Education with Rutgers, The State University of New Jersey.

She is a graduate of the Counselor Education and Supervision doctoral program at The Pennsylvania State University, holds a Master's degree in Rehabilitation Counseling and Disability Studies from Springfield College and obtained her Bachelor of Arts degree in Communications, as a scholarship athlete, from The University of Rhode Island. She is a Licensed Professional Counselor in New Jersey, and holds additional credentials as a Certified Rehabilitation Counselor, National Certified Counselor and Approved Clinical Supervisor. Dr. Herrick has published and presented both regionally and nationally on various topics related to the Autism Spectrum. In

addition, she currently provides mental health counseling for individuals and families affected by Autism. Dr. Herrick is a 2019 recipient of the Rutgers, School of Health Professions Excellence in Teaching Award, was named an Emerging Leaders Fellow by the Association for Counselor Education and Supervision and is a 2015 inductee into the New England Basketball Hall of Fame.



**Dr. Samantha
Herrick**

Cura Personalis in Action!

Graduate students in the Clinical Mental Health Counseling, Clinical Rehabilitation Counseling, and School Counseling programs completed over 1000 clinical hours in the CTC during the Fall 2023 semester.

Counseling Training Center

Hours:

524 individual sessions

309 screenings

166 group hours

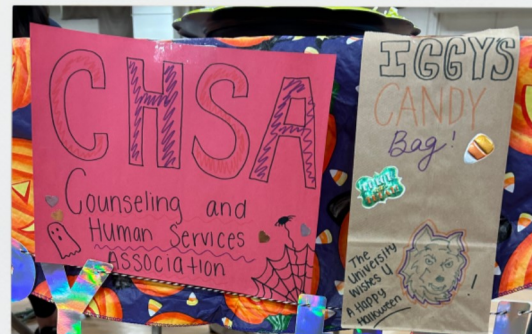
During the Fall 2023 semester, undergraduate students enrolled in CHS 112, CHS 241, CHS 333, CHS 341, and CHS 441 completed over 1,800 Community-Based Learning hours. Students served in many ways, including Safe Trick or Treat on campus, food drives for the Children's Hunger Outreach Program and the Royal Food Pantry, serving food at Saint Francis Soup Kitchen, craft activities at the Scranton State School for the Deaf & Hard of Hearing, a Barbie Book Boutique at the Catherine McCauley Center, and the American Red Cross.

Community Based Learning



CHSA AND TUA

The Counseling & Human Services Association (CHSA) and the Human Services honor society Tau Upsilon Alpha (TUA) sponsored several great events during the Fall 2023 semester.



Safe Trick or Treat!



KATIE'S
CLUBHOUSE
5 KATE RACE
OCTOBER
14TH



Cards for Veterans

Thank you for everyone who was able to join us!



CHSA & TUA officers at the Internship Fair.

L-R: Izzy Pinto, Alexa Bonk, Kate Moore, Dr. Datti, Ariana Flores, Robbie Walker, & Diana Lozinger



Love Your Body Day!

CHS EVENTS

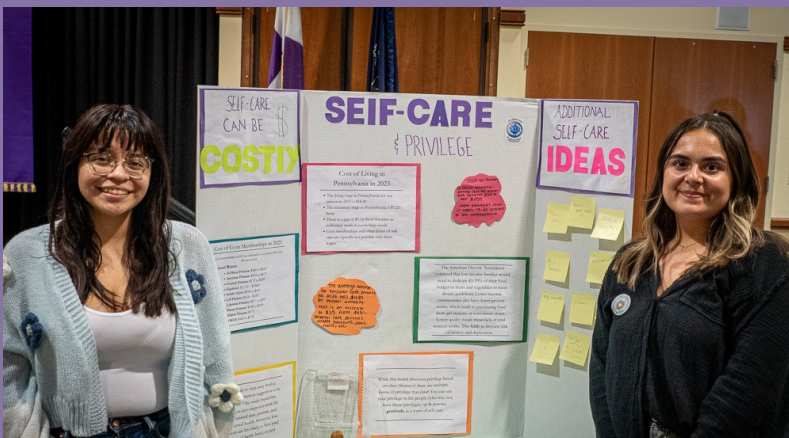
CHI DELTA RHO



September Kickback - Games on the Green!

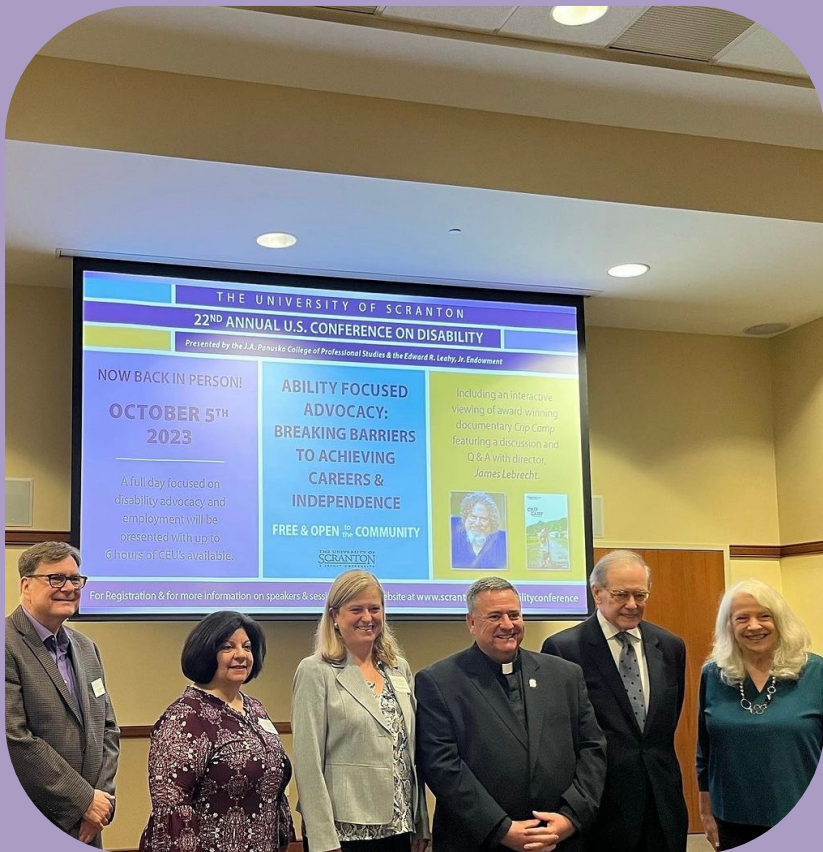


October Kickback - Painting Pumpkins!



CDR President Madeline DeBaro and Secretary Chelsea Hernandez at Love Your Body Day!

22ND ANNUAL CONFERENCE ON DISABILITY!



Dr. BJ Cunningham, Dr. Rebecca Dalgin, Dr. Vicki Castellanos, Fr. Joseph Marina, S.J., Edward Leahy, & Dr. Lori Bruch.



Dr. Lori Bruch, Ph.D. with counseling students: Emily Glutz, Annie Murphy, and Nina Ottaviano



Professor Geri Barber and Dr.'s Samantha Herrick, Paul Datti, and LeeAnn Eschbach with many of our counseling graduate students.



Speakers: Dr. Mason Ameri, John Evans, Kathy West-Evans, and Jim LaBrecht

FACULTY ENDEAVORS

Publications

Lu, W., Oursler, J., **Herrick, S. J.**, Gao, N., Beninato, J., Minor, T., Eisenstatt, S., Silberman, A, Wang, K., Diviney, J., Schultz, E., Silva, J., Lee, D., (2023). Conversational skills at work: Teaching small talk via tele-health to individuals with disabilities. *Journal of Employment Counseling*. DOI: 10.1002/joec.12217

Lu, W., Oursler, J., Gao, N., Beninato, J., **Herrick, S. J.**, Durante, A., Bazan, C., Socha, C., Gbadamosi, S., Meyers, E., & Hill, K. (In press), Employment-Related Soft Skills for Young Adults with Disabilities, *Journal of Vocational Counseling*.

Lu, W., Oursler, J., **Herrick, S. J.**, Gao, N., Wang, K., Beninato, J. Minor, T., Franco, S., & Jackson, S. (In press). Responding to Feedback: Employment-Related Soft Skills Training for Persons with Disabilities, *Journal of Applied Rehabilitation Counseling*.

Kent., V., **Troy, M.L.**, (in press). Understanding sexual trauma in the church using systems theory and attachment lens. In L. Compton & T. Patterson (Eds.), *Safeguarding skills*. InterVarsity Press, LLC.

Presentations:

Charette, J., Connell, A., Dalton, S., Gruber, R., Loeffler, D., Petitto, D, & **Datti, P. A.** (2023, November). Advocacy in action! A queer state of affairs. Half-day pre-conference institute at the 2023 Pennsylvania Counseling Association's Annual Conference, Harrisburg, PA.

Flynn, S. V., McKibben, W. B., & **Willis, B. T.** (2023, October). The validation and clinical utilization of the emotionally focused therapy rubric. Roundtable presentation at the Association for Counselor Education and Supervision biannual conference.

Herrick, S. J., Dalgin, R., & Datti, P. A. (2023, November). Rehabilitation counseling training and preparation: An enhancement to psychotherapy practice. Presentation at the 2023 Pennsylvania Counseling Association's Annual Conference, Harrisburg, PA.

Herrick, S. J. & Oursler, J. D. (2023, December). Soft Skills for Work: A Small Group Intervention Pilot Study. Accepted presentation for the Mid-Atlantic Career Counseling Association (MACCA) Annual Conference, Fairfield, PA.

Kras, N., & **Datti, P. A.** (2023, November). CSHSE accreditation updates: The new EDVERA online accreditation process. Presentation at the National Organization of Human Services Annual Conference, Alexandria, VA.

Kras, N., **Datti, P. A.**, Ruby, J., & Lavea, B. K. (2023, November). The benefits of accreditation from the Council for Standards in Human Services Education: A panel discussion. Panel presentation at the National Organization of Human Services Annual Conference, Alexandria, VA.

Murphy, A., & **Datti, P. A.** (2023, November). Analyzing mental health of undocumented & documented Hispanic and Latino/a/x/e college students. Poster presentation at the 2023 Pennsylvania Counseling Association's Annual Conference, Harrisburg, PA.

Olson, K., & **Datti, P. A.** (2023, November). Best of both worlds: Understanding the Native American two-spirit identity and implications for lgbtq+ practice. Presentation at the 2023 Pennsylvania Counseling Association's Annual Conference, Harrisburg, PA.

Troy, M.L., (2023, November). Girl Scouts and female educational attainment: Is there a connection? Poster presentation at the 2023 Pennsylvania Counseling Association's Annual Conference. Harrisburg, PA.

Wheeler, M., Avent, J., Jones, L., Jordan, M., Purgason, L., Reese, R., Wahesh, E., **Willis, B. T.**, Purgason, L. L., & Borders, L. D. (2023, October). 10 Years in the Making: A Cohort Retrospective on Peer Mentoring. Panel presentation presented at the Association for Counselor Education and Supervision biannual conference.

Whitbeck, M., & Willis, B. T. (2023). Advocating for counseling via a strong professional identity: Benefits for clients and counselors. Presentation at the 2023 Pennsylvania Counseling Association's Annual Conference, Harrisburg, PA.

Congrats Dr. Ben Willis!

ON BEING AWARDED THE
EXCELLENCE IN GRADUATE TEACHING AWARD

PCA Conference 2023



Grad Student Angeliki Trifonopoulos and Dr. Krisy Elrod



Grad Student Annie Murphy



Dr. Mary Troy



Dr. Ben Willis and Dr. Megan Whitbeck



Grad Student Kalina Olson and Dr. Paul Datti



Dr. LeeAnn Eschbach received the Pennsylvania Counseling Association's Lifetime Achievement Award!

Congratulations!

Scenes from Fall 2023!



CHS faculty hanging out with Iggy!



Dr. Bruch's inetrnship class in the therapy garden.



Recruiting future CHS Royals at Open House!



Dr. Troy's dog Tipperary getting lots of love at Pet Therapy day on campus!



Graduate students' November Kickback event!



Kyle Strobel
Clinical Mental Health
Counseling, 2016

Kyle Strobel graduated from The University of Scranton's CMHC program in 2016, and is currently working as the Director of Counseling at The Office of Psychiatry and Counseling Services: Dr. Matthew Bergers, joining the practice in 2018 and stepping into his current role in 2020; Kyle was previously working with Geisinger, where he'd worked a variety of roles; helping to support clients struggling with substance abuse during his time at Geisinger Marworth, and with medical students through Geisinger's school of medicine. Kyle has varied experience in the following areas: sexuality/gender identity, anger management, depression, anxiety, as well as grief and loss issues. Kyle's primary goal working with clients is to assist them with their counseling needs, to help promote a healthy sense of well-being, and to gain insight into challenges by offering coping strategies. When it comes to therapeutic passions, Kyle incorporates animal therapy in his practice, previously running an animal therapy group while working inpatient and presently using animal assisted interventions to help closed off individuals open up through the course of counseling.

To those starting out on your journey in the field of counseling, I'd like to offer a valuable piece of advice: It is important to remember that you know more than you think you do coming out of such a great program; however, never lose sight of the fact that our field is ever-evolving. Some of my most remarkable achievements have arisen from the simple act of self-reflection and the commitment to continuous learning. Challenge yourself consistently and follow your passions in the field, it is in these moments of self-examination and the pursuit of improvement that you'll uncover your true potential and do your best work as counselors.

Emily Howells

Clinical Rehabilitation Counseling, 2023

I started my time at the University in 2017. While I was undecided and lost for a bit, I quickly found my passion in the Counseling and Human Services Department. I can still remember my first CHS class like it was yesterday. I completed my undergrad in CHS and had an early start to my graduate program with the accelerated BS/MS program! I completed my M.S. in Clinical Rehabilitation Counseling this year in the Spring of 2023. The staff in the CHS department and my peers have shaped the professional I am today, and I cannot say enough good things about them all.

I am now working as a Corrections Counselor with the PA Department of Corrections (DOC). My dream since finding the CHS program was to work in drug and alcohol treatment and corrections. The education and experience gained through my time at the university allowed me to have several jobs in drug and alcohol treatment settings such as Marworth and the Wright Center, and now in the PA DOC. I currently oversee about 40 individuals who are in the State Drug Treatment Program (SDTP). I love this role and the impact I am able to make in my re-entrant's lives. I also oversee community service here at the Scranton Community Corrections Center and am fortunate enough to select an organization in the community for our re-entrants to donate \$40 of supplies to each month! I am eager and excited to continue to move forward with the PA DOC and I know that none of these opportunities would be happening for me without the University of Scranton and the wonderful staff and peers in the CHS department! If you ever have any questions or need guidance in how to enter into the drug & alcohol or corrections field, please do not hesitate to reach out to me!



WHERE ARE THEY NOW?

Alumni Spotlight

FALL 2023



Janelle Reese

School Counseling, 2014

Hello, I'm Janelle Reese and I graduated from The University of Scranton in 2014 and served as a graduate assistant to Geri Barber. The ASCA national model education and training I received from our amazing professors have been invaluable in my career. Since graduation, I've worked as an elementary and high school counselor, and I'm currently an Elementary School Counselor in the Bellefonte Area School District. I'm actively involved with the Pennsylvania School Counseling Association, where I currently hold the position of Assistant Chair of the Board of Directors. In addition to this, I serve as the committee chair of the Graduate Ambassadors Program. The education and experiences I gained at The University of Scranton laid a strong foundation for my career in school counseling. I am dedicated to making a lasting impact on students and contributing to the growth of the counseling field, and I'm excited about the opportunities that lie ahead.

Faculty Fun Fact! Question: If money and time were no objects, where would your dream vacation be?

My dream vacation would be to go to New Orleans and stay in a remote house on bayou.
- Dr. Jensen

Since money and time are no object- I am going on a multi-destination trip starting with the Azores in the Atlantic Ocean followed by some time in American Samoa in the Pacific and wrapping up with stops in New Zealand and Japan.
- Dr. Wilkerson

My dream vacation would be a trip all the way around the world in planes, trains, cars, boats, and any other way I could find. - Dr. Elrod

Alaska! From what I've seen, the views are stunning, and it seems like a once in a lifetime experience!
- Dr. Whitbeck

On my bucket list is visiting all 7 continents. I have three remaining - Australia, South America, and Antarctica. So I would take a few months to visit all three. - Dr. Troy

I would love to take a leisurely trip to Alaska with my family. - Prof. Barber

Greece! I've always wanted to go.
- Dr. Datti

I would love to see the synchronous fireflies in the Smokey Mountains. - Dr. Bruch

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