

# The University of Scranton

## Counseling and Human Services

### Fall 2024 Newsletter



Faculty, staff, and current students attending the PCA Conference this fall! See more about the PCA Conference on page 9!

## CONTENTS:

What's New in the CHS Department.....	2
New to the Department.....	3
Undergraduate Updates.....	4
Chi Delta Rho News.....	5
Community Based Learning.....	6
23rd Conference on Disability.....	7
Cultural Carefest.....	8
Life Raft Theory Debate.....	9
PCA Conference.....	10
OutReach Conference.....	10
Faculty Endeavors .....	11
Scenes from Fall 2024 .....	12
Where Are They Now?.....	14
Fun Facts and PCPS Contacts .....	16

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# What's New in the CHS Department?



The Fall 2024 semester marks the beginning of some changes in the Counseling Department. The Counseling Department is now housed in the Leahy College of Health Science, previously known as The Panuska School of Professional Studies. Some things remain the same, such as all of your favorite faculty and staff are still famously located on the 4th floor of McGurrin Hall. Pop-in and say hello!

We also have a newly updated faculty and staff photo for the department. Pictured above we have all of the amazing faculty and staff members.

## Meet Our New Chair, Dr. Dalgan!



**A warm welcome to Dr. Rebecca Spirito Dalgan who has officially transitioned into the Chair of the Counseling and Human Services Department.**

**Dr. Dalgan is no stranger to 4th floor McGurrin! She was the previous Program Director for the Clinical Rehabilitation Counseling Program.**

# New To the CHS Department!

Dr. Paul Tierney is in his first year as an assistant professor in the Counseling and Human Services Department. Dr. Tierney earned his Ph.D. in Counselor Education from Auburn University and his M.Ed. in School Counseling from the University of Montevallo. Prior to joining the faculty at the University of Scranton, Dr. Tierney held various clinical roles in Alabama for the past 12 years, including as a school-based interventionist within two school systems in and around Birmingham, AL, as a consultant for other school systems across Alabama, and as clinical director for publicly-funded programs within UAB's Department of Psychiatry, where he expanded federally funded behavioral health programs into more schools, low-cost health clinics, and substance use disorder clinics in the Birmingham area. Dr. Tierney's research interests include childhood trauma, working with foster families, professional school counselor roles and identity, and increasing advocacy competencies in clinical supervision. Before moving to Pennsylvania, he and his husband, Brian, were licensed foster parents and recently adopted two children. Additionally, they have one four-legged child, a pit bull named Jolene.



**Dr. Paul Tierney**



**Elisa Tuffy**

Hello! It is wonderful to be back on the University Campus after being gone for several years. Prior to leaving I worked here for 14 years, with the last 9 years in the Office of Human Resources. During my time at the University, I completed the master's program in Clinical Mental Health Counseling. I am a Licensed Professional Counselor practicing in both Pennsylvania and Florida. I work primarily with adults, offering individual and couples therapy. Since graduating, I have worked with clients from varying backgrounds and presenting concerns including those in the military, law enforcement, and community mental health populations. My practice is focused on clients presenting with perinatal mental health concerns, trauma, post-traumatic stress disorder, addiction, anxiety, depression, relationship concerns and those with clinical mental health diagnosis of borderline personality disorder and Bipolar I and II. Bringing my Jesuit education to my practice, I meet clients where they are and support them in getting where they want to be. As a Holder of Hope and Agent of Change I use a integrative therapeutic approach, combining evidence-based techniques like CBT, trauma-focused CBT, solution focused brief therapy (SFBT) and motivational interviewing (MI) to tailor sessions to each client's unique needs. I use and will soon be certified eye-movement desensitization and reprocessing (EMDR), which has proven extremely helpful to many clients.

I am passionate about supporting clients through their personal growth by providing a compassionate space for individuals and couples to explore their strengths and goals, which is something I learned in my practicum and internship experiences at the Leahy Clinic for the Uninsured and Underinsured. I am so very excited to return to the University in my role as Clinical Supervisor and Assistant to the CTC Director, working with practicum and internship students at the Leahy Counseling and Behavioral Health Clinic. I am on-campus Mondays and Tuesdays from 12 – 6 and can be located in McGurrin 437 or at the Clinic at 811-813 Mulberry Street. I look forward to meeting with and/or working with each of you.

# UNDERGRAD UPDATES



**Undergraduate Student, Isabel Feliciano competing at Love Your Body Day for the Jane Kopas Women's Center along with her team of supporters.**



**TUA and CHSA hosted an internship fair that allowed students to connect with local agencies.**

Current undergraduate students are able to participate in service, networking, and internships that prepare them to become professionals in the Counseling and Human Services Field. The Counseling and Human Services Association (CHSA) and the counseling and human services honor society, Tau Upsilon Alpha (TUA) are just two of the ways for our students to be involved on campus and in the local community.

Other ways are through their two required internships, which total 350 hours per student.



CHSA has hosted some really great meetings this semester. In the picture above, members met to craft cards for Veterans at the Gino J. Merli Veterans Center



**Dr. Bruch's Advanced Internship Class met weekly. While internship can seem serious, Dr. Bruch and her students know how to have some fun!**

# Thank you for a great semester, Royals!

# CHS EVENTS



# CHI DELTA RHO



October Kickback - Making Cards for Mastectomy Patients



November Kickback- Self-Care Session of Painting & Decorating Rocks!



**CDR President Annie Murphy,  
Professional Advocacy &  
Community Engagement Chair  
Angeliki Trifonopoulos, & Social  
Media/Graphic Design Chair  
Emily Glutz at Love Your Body  
Day!**

# Community Based Learning



Working at the Arrupe House



Bake Sale to buy needed supplies



Preparing food for We Care Wednesdays



Buying supplies for the Christmas Toy drive.



Engaging with children at the Montessori School

# 23RD ANNUAL CONFERENCE ON DISABILITY!



Presenter Gary Karp who shared a session called “An Explosion of Capacity: The Emerging – and Still Untapped – Workforce with Disabilities”



Dr. Lori Bruch, Ph.D. was the recipient of the inaugural Dr. Ralph N. Pacinelli award. The award is to honor an individual dedicated to being a “lifelong leader in vocational rehabilitation”.



Edward and Patricia Lahey offering opening remarks



Deputy Commissioner for the Rehabilitation Services Administration (RSA), Carol Dobak.

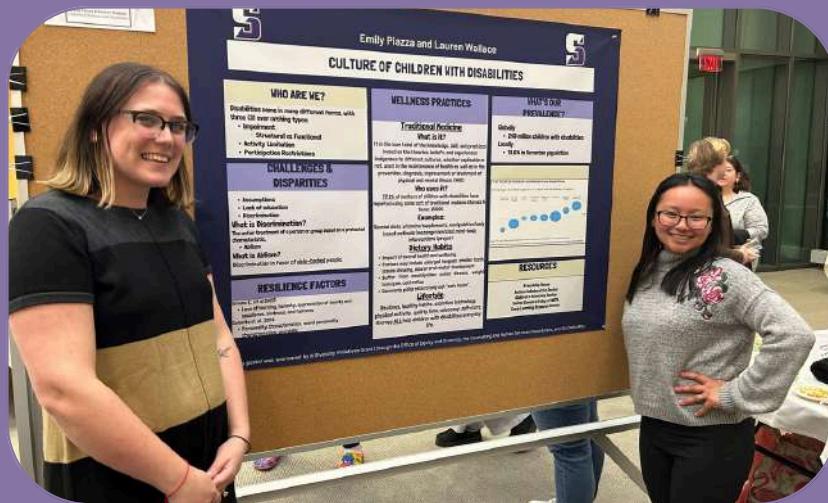
# CULTURAL CAREFEST!



Dr. Whitbeck &amp; Dr. Elrod



Presenters: Alexa Bonk &amp; Emma Gibson



Presenters: Emily Piazza &amp; Lauren Wallace

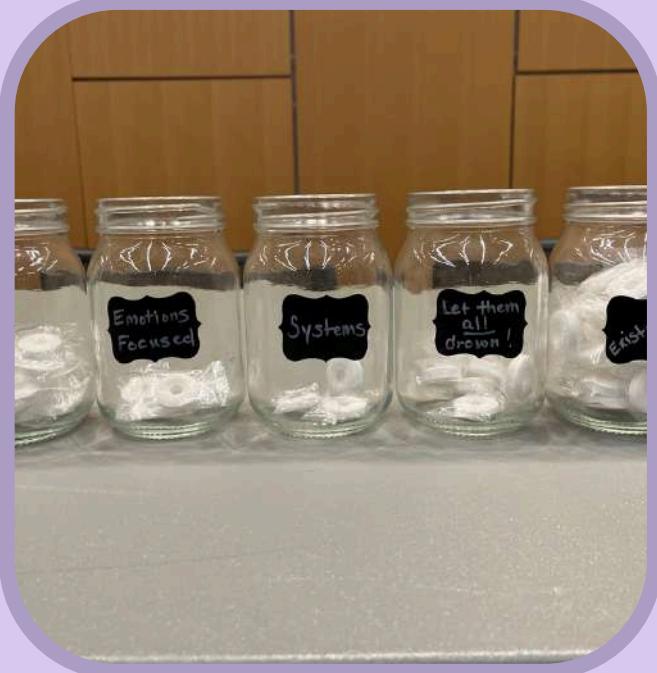


Dr. Herrick, Dr. Elrod, &amp; Dr. Whitbeck with first year CLRC students Sarah Soos &amp; Joshua Martin

# 1ST LIFE RAFT THEORY DEBATE !



Dr. Whitbeck was the big winner!



Students voted (via mint lifesavers) for the theory and panelist who they felt won the debate.



Drs. Ben Willis, Meghan Whitbeck, Mary Troy, Kathy Stefanelli, and Paul Tierney were panelists who presented different counseling theories at the 1st Life Raft Theory Debate.



The debate winner is presented with the engraved Life Raft Oar to hang in their office until next year!

# PCA CONFERENCE



Dr. Megan Whitbeck & Graduate Student Angeliki Trifonopoulos



Dr. Mary Troy, Dr. Katherine Stefanelli, & Dr. Samantha Herrick



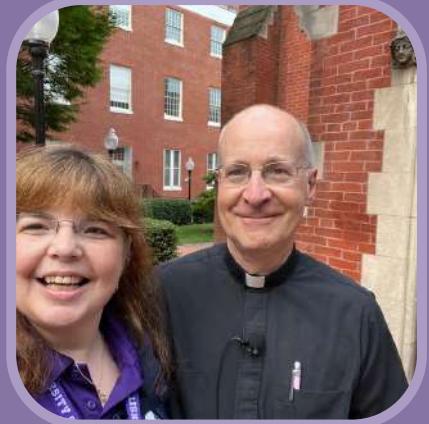
Graduate Student Cassandra Haw

## OUTREACH CONFERENCE

Drs. Paul Datti, Samantha Herrick, and Mary Troy represented The University of Scranton at the Outreach Conference, held at Georgetown University in August, 2024. Outreach, founded by Fr. James Martin, SJ, is an organization that ministers to LGBTQ+ Catholics.



Drs. Troy, Herrick, and Datti.



Dr. Troy and Fr. Jim Martin, SJ.



# FACULTY ENDEAVORS

## Publications

**Troy, M. L.** (2024). Utilizing community-based learning in human services undergraduate programs to respond to community needs. The Council for Standards of Human Service Education Bulletin, Fall (2024), 8-9. CSHSE: Alexandria, VA

**Whitbeck, M. A.** (2024). Measuring empathy fatigue: Theoretical, empirical, and practical perspectives. In Stebnicki, M. A. (Ed.), *Transcending empathy fatigue: Cultivating empathy resiliency*. Cognella.

Deaton, J. D., & **Whitbeck, M. A.** (2024). *Help, teach, counsel: How terminology changes in the ProQOL-5 impact score reliability*. *Measurement and Evaluation in Counseling and Development*, 57(2), 147-161. <https://doi.org/10.1080/07481756.2024.2308829>

## Presentations:

**Stefanelli, K., & Datti, P.** (2024, November). *Human Services Professional Development: Fostering Change Through Diversity-Focused and Ethical Fieldwork*. Presentation at the National Organization of Human Services Annual Conference, New Orleans, LA.

**Troy, M.L., Stefanelli, K., Herrick, S.** (26 October 2024). *Youth leadership programs as a pathway to female career readiness*. Presented at the 2024 Pennsylvania Counseling Association's Annual Conference. Harrisburg, PA.

**Whitbeck, M. A.** (2024, September). *Instrument development and validation: A how-to guide for students and early-career researchers*. Poster presented at the Association for Assessment and Research in Counseling Conference in Pittsburgh, PA.

Deaton, J. D., & **Whitbeck, M. A.** (2024, September). *Help, teach, counsel: How terminology changes in the ProQOL-5 impact score reliability*. Poster presented at the Association for Assessment and Research in Counseling Conference in Pittsburgh, PA.

**Whitbeck, M. A., & Willis, B. T.** (2024, October). *Leveling up your supervision: Essential components and strategies for effective clinical supervision*. Roundtable presentation at Pennsylvania Counseling Association Conference in Harrisburg, PA.

**Whitbeck, M. A., Stefanelli, K. & Trifonopoulos, A.** (2024, October). *Addressing empathy fatigue in professional counselors: An assessment and wellness-based approach for cultivating empathy resilience*. Education session presentation at Pennsylvania Counseling Association Conference in Harrisburg, PA.

**Richardson, D., Strouse, S., & Datti, P.** (2024, October). *Understanding Intersex Youth Identity: Implications for LGBTQIA+ Practice*. Presentation at the Pennsylvania Counseling Association Annual Conference, Harrisburg, PA. (Student-led presentation).

## CONGRATULATIONS!

### **Congratulations to the following Master's of Science graduates from the Applied Behavior Analysis who successfully defended their theses:**

**Nicole Fisher:** A Qualitative Study to Determine Social and Emotional Effects on Caregivers Who Care for an Individual Diagnosed with Autism Spectrum Disorder

**Maureen Mazza:** The Effectiveness of Staff Implementation of Shaping Procedures In A Clinic Setting Using Behavior Skills Training

**Brandy McCarey-Bain:** The Effects of Tiny Habit Methods to Decrease Burnout by Increasing Self-Care and Job Crafting with Behavioral Technicians in a Clinic Setting

**Marisa Tosi:** A Quantitative Investigation of an "Accepting No" Protocol on Disruptive Behaviors with a Typically Developing Student in a Preschool Setting

# Scenes Around Campus



Angeliki Trifonopoulos & Dr. Elrod at The Lunch & Learn Event!!



Students at the Katie Foundation 5Kate Event!.



Recruiting future CHS Royals at Open House!



Dr. Troy's First Year Seminar Class at the Arrupe House sorting clothes!



Graduate students' at the first CDR Kickback!!

# Scenes From Fall 2024



CHSA's Internship Fair.



Dr. Herrick and CRC Students at the Disability Pride Event!.



Our CHS merch says it all!!!!



Chi Delt Rho's Fall Kickback Event - rock painting!



Graduate students' Chi Delta Rho's bakesale!.



Hi there! I'm Courtnie Perri and I graduated from The University of Scranton in 2021 with my master's degree in Clinical Mental Health Counseling. Since graduating, I have had the opportunity to work in a variety of settings with a number of populations. I have worked as an outpatient therapist at Thaxton Holistic Wellness Center counseling individuals from a number of ages from children to older adults. I have also worked as a program coordinator at The Greater Pittston YMCA under a grant funded program called The Wellbeing Initiative that worked on providing free mental health programming to the community as well as a social and emotional curriculum to YMCA enrolled children ages 4-5. Currently, I am working as an inpatient counselor at Geisinger Behavioral Health where I engage patients in group and individual therapy. Working in a number of settings has allowed me to gain versatility, humility, and tremendous growth as a counselor. I very much enjoy being in this field and providing individuals a safe space to open up with no judgement. I strongly thank my University of Scranton roots for providing me the foundation and knowledge I stand on today as well as a number of professors who I still fondly look back on helping shape my professional identity; thank you to Dr. Willis, Geri Barber, Dr. Bruch, and Dr. Wilkerson! I look forward to continuing to grow as a counselor and helping others!

## Courtnie Perri

Clinical Mental Health  
Counseling,

Dylan Lang (Class of 2015) is currently a Foreign Affairs Officer at the U.S. Department of State in the Bureau of International Organization Affairs' Office of Human Rights and Humanitarian Affairs. In this role, he serves as a senior expert on human rights at the United Nations, with a focus on LGBTQ+ issues, environment and climate, health, and issues in the East Asia and the Pacific region.

He was recently detailed to the United States Mission to the United Nations where he negotiated human rights resolutions in the UN General Assembly and delivered statements on the floor of the UN. Previously, he served as a Presidential Management Fellow working on Congressional Affairs at the Centers for Disease Control and Prevention. Dylan earned his Juris Doctor from New England Law | Boston, Master of Social Work degree from Boston College, and Bachelor of Science in Counseling and Human Services from The University of Scranton.

## Dylan Lang

Counseling and Human Services,  
Undergrad





## Kristy Frick

Clinical Rehabilitation  
Counseling

Kristy's journey to become a therapist was deeply influenced by her late grandfather, Joseph M. Cannon, PhD, a respected psychologist and educator at The University of Scranton. Initially, she pursued a biology degree with dreams of becoming a physician. However, her path shifted when an on-campus counselor inspired her to explore counseling, a field that would prove her true calling. She earned her B.S. in Counseling & Human Services and her M.S. in Rehabilitation Counseling from her alma mater.

For eight years, Kristy worked as a Vocational Rehabilitation Counselor at the Office of Vocational Rehabilitation in Wilkes-Barre, PA. Her role involved helping individuals with disabilities achieve meaningful employment. Kristy also explored teaching and taught undergraduates through two semesters of Job Development at The University of Scranton.

Driven by a desire for deeper client connections, Kristy left OVR and established Frick Counseling LLC in Dunmore, PA. Her practice focuses on supporting individuals through trauma, grief, depression, and anxiety, with an emphasis on the LGBTQIA+ community, veterans, families experiencing traumatic grief, and aging populations. She offers a deeply personalized approach to therapy, blending talk therapy with specialized techniques. At the core of her practice is a commitment to providing a welcoming space where clients feel safe, honored, and supported in their unique journeys. She also supervises new therapists, nurturing the next generation of mental health professionals with her expertise and commitment to a sustainable practice.

Kristy is a Licensed Professional Counselor, Certified Rehabilitation Counselor, Certified Brainspotting Practitioner, Certified Safe and Sound Practitioner, and Certified Compassionate Bereavement Care Specialist.

When it's time to unwind, Kristy loves geeking out on professional wrestling and Philly sports with her fiancé, training her two rescue dogs, nurturing her expanding collection of houseplants, experimenting with plant-based recipes, and finding balance through meditation and yoga.

My name is Kyle Yahn, and I'm a school counselor at North Pocono High School. I did my undergraduate degree at the University of Scranton and graduated in 2015 with a double major in psychology and philosophy. I went on to complete a master's degree in experimental psychology at Villanova University. After beginning work at a sleepaway summer camp, I decided to shift my career focus from research to working directly with kids. Following this passion, I went back to school for my master's in school counseling at Scranton in the fall of 2021. During my internship semester, I was lucky enough to apply for and be offered a full time job at North Pocono High school as school counselor. I truly do credit my time at the University of Scranton for providing me with the knowledge, skills, and preparation to immediately jump into the field. I've now been at my school for a year and am loving it! Outside of school, I live with my wife, our 2 year old son Nathan, and we are expecting our second child in December.

## Kyle Yahn

School Counseling



CANVA STORE

# Faculty Fun Fact!

Question: What is your favorite holiday tradition?

Throwing a big family party on New Year's Day!

- Dr. Datti

While there are many lovely family traditions, the one that makes me smile is on Thanksgiving night, taking all of the pumpkins from the stoop, and there are many and having my son-in-law smash them for a wildlife buffet. It's fun to have the motion detector come on and watch the deer, bear, and other Woodland creatures enjoy a Thanksgiving feast. - Dr. Bruch

One of my favorite holiday traditions is cooking a seafood supper on Christmas Eve. We often hit the entire 7 fishes Italian tradition of eating seafood on la vigilia. Coming from Maine, we always had access to fresh lobsters, and would also have any of the following... linguine with clam sauce, baked creamed oysters, baked scallops, shrimp cocktail, pickled herring, fried calamari (squid), and often fried smelts. We put the music on and just cook all together as a family, eating as the items get prepared... Yummy and fun ! - Dr. Dalgin

My favorite holiday tradition is the food! I am from South Texas, so I always eat tamales on Christmas Eve and breakfast tacos on Christmas morning. Those are the rules. Even if I am not in Texas, my mom will ship me some tamales, and I cook breakfast tacos (and serve mimosas) on Christmas morning! - Dr. Elrod

I would have to say putting up the tree. The ornaments take us on a special trip down memory lane.

-Prof. Barber

My favorite activity is decorating my house - Dr. Herrick

I enjoy getting to go with my kids to see Christmas lights. I enjoy seeing the lights and how my kids react to them! - Dr. Willis

My favorite holiday tradition is "Meatloaf and Merriment" when my family gets together in mid-December to sing Christmas Carols and eat meatloaf. My dad plays the keyboard, and we all sing Christmas carols while dressed in Christmas gear such as headbands, scarves, reindeer noses, and light up necklaces.  
-Dr. Jensen

My favorite holiday tradition is getting together with my dad and uncle to make dozens of homemade pierogi in honor of my great grandmother. Every year we make the dough and filling from scratch and spend an afternoon together making several dozen pierogi, sharing memories of my great grandmother's polish heritage and holiday memories. It is something I look forward to making - and eating—every year with my family - Dr Whitbeck

My family has a mischievous elf from the North Pole named Tinsel. He makes his first appearance in our house on December 1st. Our kids enjoy looking for him each morning until Christmas, but he has a bad habit of stealing candy and cookies at night! - Dr. Tierney

Since my mother's family was largely Italian, we always celebrated Christmas Eve with the Feast of the Seven Fishes; my brother and I work to keep that tradition alive with our families as we gather them all on Christmas Eve. The menu has changed a bit, but we keep the seven as this is thought to bring good luck for the coming year! -Dr. Stefanelli

Spending time with family and friends.  
-Dr. Wilkerson

Every year, St. Nick comes by on December 6<sup>th</sup> and leaves a bag with Christmas PJs and goodies! - Dr. Troy

## LCHS CONTACT LIST

### NAME

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