



## Human Development & Psychological Counseling Newsletter

### Student and Faculty Achievements - 2016

#### Awards:

**Elizabeth Barmore, Andrew Burnette, Sarah James, Jayna Lattimore, Kristen Morris - Jones Dotson Scholarship, Reich College of Education**

**Brittany Bodwell (CMHC Alumna) - Beginning Counselor Award**

**Angela Brooks - Livingston (HPC Adjunct Faculty) - Devoted Service Award, NCCA**

**Dr. Karen Caldwell - Distinguished Graduate Faculty Award, Reich College of Education**

**Dr. Christina Rosen (CMHC Professor) - Ella Stephens Barrett Award, NCCA**

**Dr. Mark Schwarze (CMHC Program Director) - Administrator of the Year Award, NCCA**

**LaTonya M. Summers - Counseling Fellowship Award, NBCC and Affiliates**

**Suzanne Ward - NCASERVIC Mary Thomas Burke Professional Mentor Award, NCASERVIC**

#### Scholarships:

**Emily Booze - Don Rhodes Jr. Scholarship, ASU CMHC**

**Brian Carr - Forgivable Education Loans for Service (FELS) Scholarship, NCSEAA**

**Chassidy Lawson - Kids Chance of Kentucky Scholarship, Grover & Kathleen Yancey Scholarship, Reich College of Education**

**Will Lockett - Governor's Institute Scholarship for Addictions Counseling, Governor's Institute**

**Swathi Prabhu - Glenda T. Hubbard Scholarship, Reich College of Education**

**Verena Wieloch - 2016 Peg Carroll Scholarship, Association for Specialists in Group Work**

#### Recognitions:

**EJ Horrocks - New Director of Information and Technology for the North Carolina Counseling Association**

**Sarah James - NBCC Rural Scholar**

**Jessica Smith - Graduate School Ambassador for the 2016-2017 academic year**

### *The Alpha Sigma Upsilon Chapter of Chi Sigma Iota*

The Alpha Sigma Upsilon chapter of Chi Sigma Iota, the counseling and professional honor society, has been busy and hard at work preparing some sweet things for you.

"Ugh," you say. "How will I know about these events? I am not telepathic, and I do not always read all of those ListServ emails." Well, luckily for you, we are starting up a stronger media presence on Facebook, managed by our chair of the outreach committee, Swathi Prabhu. Like our Facebook page and stay informed about upcoming events and nerdy counseling articles!

Also, do not forget to tell us what you want or if you have any brilliant ideas of what you want to see us do. This is really all of our society, and we are depending on you to make it viable and awesome. Email us, send us a Facebook message, typewrite a letter, write suggestion with quill and ink, or send a smoke signal! Anything—just let us know what you want.

Thanks, and we look forward to hearing from you!

*Hannah Lingafelt - President, Alpha Sigma Upsilon chapter, Chi Sigma Iota*

## Student Spotlights



Pictured above is the Fall 2016 CMHC cohort

I first learned about the counseling program at ASU last December, during a First Fridays event. I had never felt so sure about choosing a profession until I took the tour of the counseling program. I have been in counseling before myself, and I just felt at home. Originally I applied for CMHC and they did not have room for me, but I got a letter inviting me to apply to the PSC program and I jumped at the opportunity. The first class I took was Intro to Multicultural Counseling, in the second summer session, with Geri Miller. It was invigorating, and the fall semester has been equally so. I am in a small cohort and we have grown close over the semester. I always feel like I have a great amount of attention from my professors, and my advisor Jill Van Horne, who understands that I was not originally planning on working in schools, has been a huge help and gives me confidence about working with students. I love App State and I'm excited for next semester! *-John McManus, First-year PSC student*

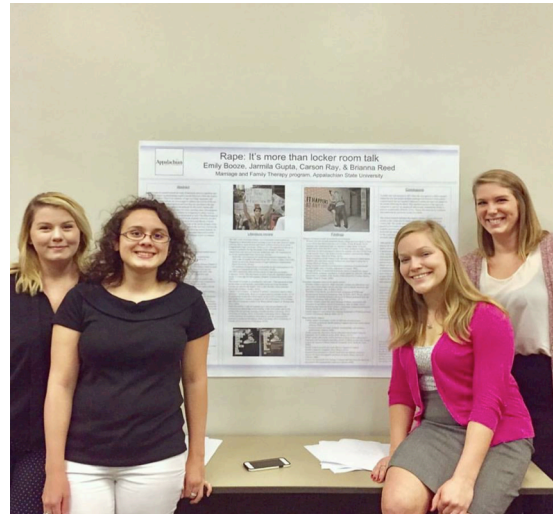
My name is Fumie and I am originally from Japan. I recently moved to Boone from Los Angeles where I lived for 15 years. I never would have imagined that I would be living in North Carolina, but when I discovered the CMHC program at ASU I knew it was fate. After endless searching for potential schools, I made an appointment to meet Dr. Schwarze and attended an open house. What was most attractive to me was the welcoming atmosphere as well as the faculty members and students. I feel most comfortable in environments that allow me to be myself. If one is surrounded with encouragement, then one potentially becomes a role model for the next generation.

At the beginning of the semester, I had to adjust my lifestyle from working in an office to being a student all while getting used to a new home. In my classes, I appreciated the faculty doing check-ins to make sure that everyone was doing okay. I hope to achieve many goals throughout my career such as establishing counseling facilities overseas in areas where it has a negative stigma. I recently learned that there are few international students at ASU and I would like to reach out to them and help in any way I can. I look forward to everything my program has to offer and all the experiences I'll have in the coming years. *-Fumie Abe, First-year CMHC student*

Pictured below are members of the PSC cohort



I am an out-of-state student, so discovering Appalachian State was a bit more of a challenge for me. Once I did find App State and its' MFT Program, I became hooked immediately. I even flew out to Boone from my home state of Minnesota for my graduate school interview! One of my favorite parts of the MFT program at App is the Social Justice focus. What could be more important, especially in today's cultural climate? I feel lucky to be surrounded by such warm, welcoming, and intelligent faculty and students, where I am challenged and encouraged daily. Additionally, I was granted a Graduate Assistantship in the Human Development and Psychological Counseling office, where I am fortunate to be able to meet and engage with faculty from all areas of the counseling department. This assists with formulating relationships here in the school, as well as future professional connections. App State truly sets us MFT students up for success! *-Sydney Bandemer, First-year MFT student*



This summer, PSC student Campbell Dean worked with the Young Eisner Scholars (YES) Appalachian organization to facilitate a summer camp program for rising 7th and 8th graders. Over the course of four weeks he taught an Introduction to Philosophy course for top-scoring, high-needs students in Watauga and Ashe County. The students participated in discussions and experiential activities centering around Plato's Allegory of the Cave, dichotomies, logic problems, ethical dilemmas, and the nature of reality. Campbell continues to be involved with YES, and has recently developed a lesson plan to educate middle schoolers on logical fallacies.



## Like Us on Facebook!

Don't fall behind on all that's happening with the HPC programs! Find us by searching "HPC at App State," "ASU PSC Network," "ASU Clinical Mental Health Counseling," or "ASU Marriage and Family Therapy" on Facebook to stay up to date on conferences, workshops, and deadlines.



## North Carolina School Counseling Association 2016 Presentations

### **Topic:**

What is the difference between disabilities and diverse abilities? How can we create a culture of acceptance and inclusion?

### **Why is this topic important?**

I feel like education is founded on exclusion. Students who are in the minority are often excluded so that white, middle to upper class students can be promoted. As human beings we are all worthy of connection...if we all work together to create an abundance culture where everyone's talents and life experiences are valued, then we can create an environment where everyone can learn and grow.

- *Marianna Bowden, Presenter*

### **Topic:**

Best Practices for LGBTQ Advocacy in Schools

### **Why is this topic important?**

Students who identify as LGBTQ tend to face great adversity, and are often underserved, especially in the school setting. Connection to this minority population is further complicated by moral and political implications. Furthermore, in the wake of HB2 in North Carolina, the topic of LGBTQ advocacy is evermore essential. This lack of support for these individuals has an incredible impact on socioemotional, physical, and academic development. As a future school counselor and clinician, it is important to me to do all I can to advocate for LGBTQ individuals, and empower others to do the same. This change and support starts with opening an honest dialogue about the issues faced--which is why this presentation, which sparks that conversation, is so incredibly so important and powerful to me. - *Swathi Prabhu & Dr. Jill Van Horne, Presenters*

## Open Forum on Inclusion

The Department of Human Development and Psychological Counseling held an open forum on inclusion on Thursday, September 29, 2016. This forum was the first held within the department and comprised five faculty members as well as 30 students who came together in response to recent events both on and off campus pertaining to discrimination. Facilitated by Dr. Hammonds and Dr. Van Horne, the overall goal of the forum was to explore how to best help students, as well as faculty and staff, feel safe, express who they are, and feel heard. A theme of gratitude was expressed for the existence of the forum. This was highlighted by the following student statement: "conversations like this do not happen." While appreciation for space and time to openly express feelings and concerns was definitely evident, a concurrent theme of the need for action outside of forums was stressed as vital. This notion was supported throughout the forum embodied by one student's reflection in response to recent campus and world events "I have been on edge - campus was a safe space for me and now it is not." Mixed sentiments of hope and hopelessness, as well as inspiration and frustration, were interspersed throughout the forum. A dichotomy emerged between the energy of talking about the need for change and the exhaustion of change not happening, supported by the statements "these experiences and conversations are exhausting" as well as "it is exhausting being me." An "all in this together" feeling was emphasized not to be a practical reflection of reality, while simultaneously the question of "what can be done" arose.

The forum culminated with the emphasis on a need for safe spaces, especially on campus, for every person. In response to discussion, professors in attendance identified themselves by saying "I am a safe space." Change happens beyond lip service, completing a checkbox, and is not limited to times of crisis. What can you do to make the community you live in a safer space?

- *Jessica L. Smith, Second Year CMHC student*

## Interested in Research? Get involved!

Check out what our department has been working on. Below are peer-reviewed presentations, articles, or books that were presented or published by students and faculty during the fall semester of 2016.

Baruth, L.G. and Manning, M.L. (2016) *Multicultural Counseling and Psychotherapy: A Lifespan Approach*, NY: Rutledge Publications

Caldwell, K.L, Bergman, S., Collier, S.R., Triplett, N.T., Quin R., Berguist, J., Pierper, C.F. (2016). Effects of tai chi chuan on anxiety and sleep quality in young adults: Lessons from a randomized controlled feasibility study. *Nature and Science of Sleep*, 8.

Hammonds, D. S., Avent, J.R., & Purgason, L. (2016, October). Walking the walk: Multicultural perspectives on program development and assessment. Southern Association for Counselor Education and Supervision, Biannual Regional Conference. New Orleans, LA.

Hammonds, D.S. (2016, October). Multicultural case conceptualization ability: Bringing culturally competent skills to the forefront. Southern Association for Counselor Education and Supervision, Biannual Regional Conference. New Orleans, LA.

Johnson, G. Southern Association of Counselor Education and Supervision, New Orleans (2016); Poster Session, Promoting Resilience Through Mentoring Professional School Counselors

Johnson, G. Southern Association of Counselor Education and Supervision, New Orleans (2016); Chi Sigma Iota, Chapter Leaders Training

Johnson, G. North Carolina School Counselor Association, Greensboro, NC (2016); Advocacy: Promoting the Inclusion of Latino Students/Parents in the CSCP

Johnson, G. Women in Educational Leadership Symposium, Appalachian State University (2016); Paper Session, Leadership Through Mentoring

Lin, Y-W, Van Horne, J.W., & Myers, C. Responding to the Culturally Diverse Needs of Your Child and Adolescent Clients Through Child-Centered Play Therapy. EB-ACA- Switzerland.

Rosen, C.M, & Yager, G. (in press) Wearing their shoes: Creating counselors' understanding of addiction through empathy. *Annual Review of Addictions and Offender Counseling*, Volume III: Best Practices.

Rosen, C.M. & Yager, G. (2016). Using a self-instructional empathy training approach with substance use counselors. In *Ideas and research you can use: VISTA*. Retrieved from <http://www.counseling.org/knowledge-center/vistas>.

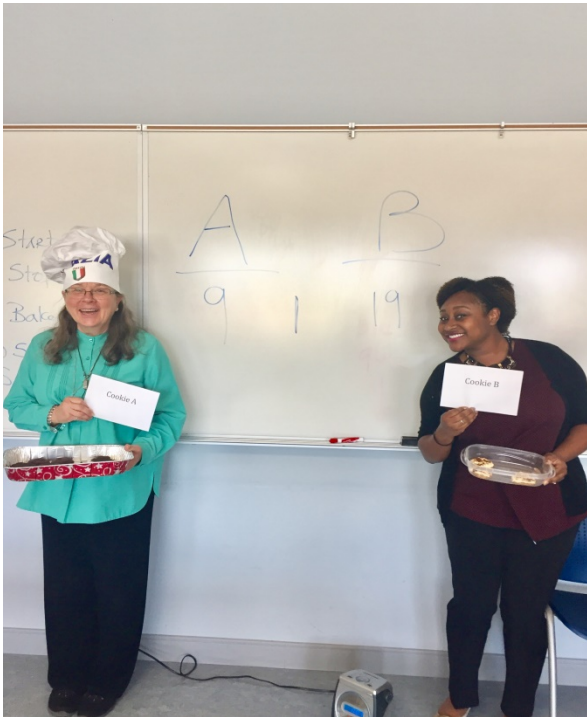
Van Horne, J. (October, 2016) Play Transcends All Cultures: Examining the Global & Culturally Diverse Needs of Children and Adolescents through Play Therapy, Appalachian Global Symposium.

Van Horne, J.W. & Post (2016). Play therapy supervision for school counselors. *Play Therapy Magazine*. 11, 16-19.

Van Horne, J.W. (2016). The Transformative Power of Equus: An Introduction to Equine-Assisted Psychotherapy and Learning (EAP/L) EB-ACA.

Waryold, D. (2016). Resilience and student success: The fine line between too much and too little student support. NASPA Region III/SACSA.

\*\*\* Do you have submissions? Please share them with us! Send them to [hammondsds@appstate.edu](mailto:hammondsds@appstate.edu) or [vanhornejw@appstate.edu](mailto:vanhornejw@appstate.edu).



Pictured below, the Fall 2016 CMHC cohort hosts the Annual CMHC Open House. This event provides an opportunity for students to showcase their research posters as well as a chance for prospective students to mingle with faculty and learn more about the program.



**Fun Happenings!**

Pictured above, two of our esteemed professors, Dr. Geri Miller and Dr. Dominique Hammonds competed in the first-ever bake off! Both agreed to bake a cookie that they had never before attempted, and the results were delicious. The cookies were tasted and voted on by students in Dr. Miller's Theories and Techniques class as well as Dr. Hammonds' Practicum class. Dr. Hammonds came away with the win but there is no doubt that both cookies were absolutely delightful!

**All Work and No Play?**

No way! Pictured below, PSC students gather for the UNCC Annual Play Therapy Conference in Charlotte.



**Working Hard or Hardly Working?!**

This fall, PSC and CMHC students gathered to study for the NCE and Comp Exams at an event hosted by CSI!



## Professional Spotlights

Angela Brooks-Livingston, MA, NCC, LPC, LCAS-A

I graduated from the clinical mental health counseling program at ASU in December 2011. I completed a concentration in marriage and family, a certificate in addictions counseling, and a certificate in expressive arts therapy. I currently work at Daymark Recovery Services in North Wilkesboro as the child services team leader. We are the local community mental health agency that serves a variety of clients. I have worked for Daymark for four years, with children and adults. For the last year, I have worked exclusively with children. Currently, I serve as the administrative supervisor for the child services staff, which includes two intensive in-home teams, two day treatment teams, two school-based therapists, and one outpatient therapist. I love working with children and families. Even though I see a lot of hurt and hear unbelievable stories, I also see progress and am able to help children and teenagers grow, change, and move forward. I am the site supervisor for practicum and internship students from the HPC department. This adds some variety to my responsibilities and gives me an opportunity to give back to the field through supervision and training of future counselors. I stay actively involved in the North Carolina Counseling Association, the state branch of the American Counseling Association as the 2016 - 2017 President. This provides an opportunity for me to advocate for clients and the counseling field. While being a therapist can drain me at times, I would not want to be doing anything else.

Dr. Christina Rosen, LPCS, LCAS, ICADC, NCC, CCS

The Behavioral Health Workforce Education and Training for Professionals and Paraprofessionals grant was awarded to Dr. Christina Rosen, Project Director and coauthor Dr. Karen Caldwell. Project Period: September 30, 2016 - September 29, 2017, amount of the award is \$285,560.00. The purpose of the proposed project is to improve the availability of culturally sensitive behavioral health services to at-risk children, adolescents, and transitional-age youth and those who have developed a behavioral health disorder in the Appalachian region of Northwestern North Carolina. This grant allows 21 student interns during 2017 to receive a stipend of \$10,000 during their internship experience. Our goals for the project are to (1) increase the number of Masters level counseling graduates committed to providing behavioral health services to at-risk children, youth, and youth-in-transition and those who have developed a behavioral health disorder, and (2) improve training in interprofessional practice and integrated health care. On December 2<sup>nd</sup>, 2016 there was a six-hour training on Integrated Care and SBIRT.

### *Orchesis: Expressive Arts Honor Society*

Greetings from Orchesis! Orchesis is the Expressive Arts Honor Society for graduate students at Appalachian State University. Our goal is to promote creative activity and build community within the field of Expressive Arts, Appalachian State University, and the community of Boone. We host Expressive Arts workshops every semester that are free to students and the public. Our two biggest events are GLOW, a visual arts display held each fall, and SHOW, a performance arts showing held each spring. This year, artwork from our members was featured in the Visions of Peace gallery in the Jones House.

The fall workshops and lecture series started on August 28<sup>th</sup> with "Integrated Yoga Counseling," hosted by Christina Howell, LPC. This workshop introduced the practice of integrative yoga counseling as a mind-body approach to wellness. On September 18<sup>th</sup>, Katrina Plato, Ed.D, Ph.D, ATR hosted "Voices From The European Graduate School." On October 23<sup>rd</sup>, Bill Finger, MSW hosted an Expressive Arts workshop entitled "Using Writing and Creative Movement to Tell Our Stories." Lastly, on November 6<sup>th</sup>, Christina Rosen, Ed.D, LPCS, LCAS, ICADC, NCC, CCS and Sarah Mehta offered a presentation on "Counselor Identity as a Liminal Space: Counselor and Student Development from an Expressive Arts Approach."