

Reich College of Education

APPALACHIAN STATE UNIVERSITY

The H.P.C.

Helping People Connect

A Bi-Annual Periodical

Student and Faculty Achievements, 2018

Scholarships:

Meghan Rock: 2017-2018 fellow for the NAADAC Minority Fellowship Program for Addictions Counselors (NMFP-AC)

The fellowship provides financial assistance and training for addiction counseling students in order to better work with underserved populations

Awards:

2018 Most Improved Division was awarded to North Carolina Association for Spirituality, Ethics, Religion, Values in Counseling Division by North Carolina Counseling Association

 What for? Their by-law updates, newsletters, recruitment efforts, driving in workshops, and co-sponsoring an ethics workshop with UNC Charlotte

Interested in Expressive Arts?

Follow our Facebook page "Appalachian State Expressive Arts Therapy" for updates on workshops, open studios, institutes and more!

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," "App State PSC," "ASU Clinical Mental Health Counseling," or "ASU Marriage and Family Therapy" on Facebook to stay up to date on conferences, workshops, and deadlines.

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Interested in Research? Get involved!

Presentations:

Cadet, T., Poe, D., Abernathy, I.B., & **Jordan**, N. (2018, April). Alzheimer's disease and attachment theory within couples therapy. North Carolina Association for Marriage & Family Therapists, Annual State Conference. Winston-Salem, NC.

Gruman, D., **Purgason, L.,** & Van Asselt, K. (2018, March). Mentoring the next generation: Dynamic, evidence-based school counseling supervision. Talk presented at the Evidence-based School Counseling Conference, New York City, NY.

Hammonds, D.S. & Davis, T.E. (2018, February). Intellectual property for counselor educators: Common mistakes and pathways for protecting creative work. Talk presented at the North Carolina Counseling Association, Annual State Conference. Durham, NC.

Kelly, L., Randolph, C., Farley, T., & **Jordan, N.** (2018, April). Interpersonal violence and African American Women. North Carolina Association for Marriage & Family Therapists, Annual State Conference. Winston-Salem, NC.

Mehta, S., & Rosen, C. M. (2018, February). Lost in limbo: The impact of spirituality on trauma resiliency and recovery North Carolina Counseling Association 2018 Annual Conference, North Carolina Counseling Association, Durham, NC.

Rosen, C. M., Brooks-Livingston, A., Childers, M., Hathorn, M., & Smith, J. (2018, February). Preparing counselor interns, and supervisors for Integrated Care and interdisciplinary teams: One approach in preparing counselors to succeed in the new work environment North Carolina Counseling Association 2018 Annual Conference, North Carolina Counseling Association, Durham, NC.

Schwarze, M. (2018). Developing and Maintaining a Professional Counselor Identity. Durham, NC: Annual conference of the North Carolina Counseling Association (NCCA).

Van Horne, **J. W.** & Meyers, C. The Moose Is Loose. EB-ACA (Budapest, Hungary- September, 2017) <u>International.</u>

Van Horne, J.W., & Purgason, L. Play therapy around the world. 6th Annual Appalachian Global Symposium: PSC in the Global Market Appalachian State University (November, 2017).

Published Works:

Atkins, S., & **Snyder, M.** (2018). *Nature-based expressive arts therapy: Integrating the expressive arts and ecotherapy.* London: Jessica Kingsley.

Coutant, L., & Caldwell, K. L. (2017). The mindful campus: Organizational structure and

culture. Fournal of Contemplative Inquiry, 4(1), 109-130.

Iantaffi, A. & **Benson, K.E.** (2018). Sex is for Every Body: Trans Affirming Sex Therapy. In Greene, S. & Flemons, D. Quickies: The Handbook of Brief Sex Therapy, Third Edition. New York, NY: W.W. Norton & Company, Inc.

Johnson, G. S. (2017). School counselors supporting the career and college preparedness of students from poverty: Using the CARE model. *Fournal of School Counseling*, 15(18).

Montgomery, J., & **Jordan**, N. (2018). Racial-ethnic socialization and transracial adoptee outcomes: A systematic research synthesis. *Child and Adolescent Social Work Journal*.

Purgason, L., Lloyd-Hazelett, J., & Avent Harris, J. (in press). Mentoring counselor education students: A Delphi study with leaders in the field. Journal of Counselor Leadership and Advocacy.

Van Horne, J.W., Miller, G., & Clark, C. (In Press). Equine assisted psychotherapy in the addictions counseling field. *North Carolina Counseling Journal*.

Wolever, R.Q., Caldwell, K.L., McKernan, L.C., & Hillinger, M. (2017). Integrative medicine strategies for changing health behaviors: Support for primary care. *Primary Care: Clinics in Office Practice*, 44(2), 229–245. https://doi.org/10.1016/j.pop.2017.02.007

Celebrate good times, Come On!

Did you say Graduation?!

Say goodbye to everyone in the HPC Department graduating this Spring/Summer!

Clinical Mental Health Counseling		Professional School Counseling	
Juliana Blanton Fumie Abe Lexi Gross Nicole Forrisi Mark Read-Smith Olivia Rose Sullivan Jocelyn Mosser Hayley Teague Suzy Ward	Ashley Anderson Elicia Carter Cierra Flanders Samantha Moffa Paris Wicklin	Melissa Auten Hollie Dinley Lucy Lodge Allyson Underwood	
Marriage & Family Therapy		College of Student Development	
Hannah Bunn Dan Burks Stephanie Cooke Tatjana Farley Alicia Kennedy	Kaci Ausmus Jeff Bates Courtney Campbell Angelina Donohue Chelsea Fried	James Patterson Alison Smith Kaitlyn Thruston Jessica Welsch Calista Wickert Hannah Wilson	
	Juliana Blanton Fumie Abe Lexi Gross Nicole Forrisi Mark Read-Smith Olivia Rose Sullivan Jocelyn Mosser Hayley Teague Suzy Ward Therapy Hannah Bunn Dan Burks Stephanie Cooke Tatjana Farley Alicia Kennedy	Juliana Blanton Fumie Abe Lexi Gross Nicole Forrisi Mark Read-Smith Olivia Rose Sullivan Jocelyn Mosser Hayley Teague Suzy Ward Therapy Hannah Bunn Dan Burks Stephanie Cooke Tatjana Farley Ashley Anderson Elicia Carter Cierra Flanders Samantha Moffa Paris Wicklin Cillege of Student I Kaci Ausmus Jeff Bates Courtney Campbell Angelina Donohue	

Chelsea Ingersoll

Hali Normandeau

Valerie Kankiewicz

Samantha Wade

Yormeri Sylva

Amy Johnson

Keith Norris

Also... << HUGE CONGRATULATIONS >> to the following MFT students on their acceptances to Ph.D. programs this fall!

Chelynn Randolph- Florida State

Stephanie Cook-Virginia Tech

Lorin Kelly- Kansas State

Tatjana Farley- Florida State

Deneishia Poe-Virginia Tech





This spring, CSI gained **20 new** members! Congratulations to all!

What is CSI? Chi Sigma Iota is an International Honor Society that values excellence in counseling. The organization promotes research, professional identity development, and advocacy in counseling.

(Some new members pictured left)

Introducing the CMHC H.O.S.T.!

What is a H.O.S.T.? A current student whose mission it is to promote academic, social, emotional, and career guidance and development among peers.

What does H.O.S.T. stand for? Helping Other Students Thrive!

What must I do to become a H.O.S.T.? One must identify as a second-year CMHC student and have
 earned a minimum of a 3.9 GPA.

What are the responsibilities of a H.O.S.T.? One must agree to engage in the following activities with
 your assigned peer, an incoming first year student:

a. Promote clear professional identity

b. Encourage engagement in the department, university, and local community

c. Provide guidance related to:

i. Program, department, and university policies and procedures

ii. Career development

iii. Social and emotional support

Lastly, the H.O.S.T. must attend the HOST Program luncheon during the CHMC orientation, August 17,
 2018 from 12-1pm. If you're interested, please contact Dr. Hammonds!

In the school counseling world...

"This semester, the Professional School Counseling program hosted our inaugural alumni and site supervisor breakfast in Plemmons Student Union as part of National School Counseling Week. Dr. Glenda Johnson coordinated the well attended event and it was a chance for us to recognize alumni and supervisors who work with our students at their field placement sites. Many current students also attended and commented on their appreciation for the opportunity to interact with practicing school counselors." - Dr. Lucy Purgason

Pictured are PSC students spending time with alumni (photo credit: Danielle Joyce)







Who Could Forget our Marriage & Family Therapy Friends?

HPC was well represented at the North Carolina Association of Marriage and Family Therapy pre-conference on Thursday. During the morning session Deneisha Poe, Tasha Cadet and Ivy Beth Abernathy's (Ivy Beth is a social work student who we've adopted into MFT) presentation was entitled "Alzheimer's Disease and Attachment Theory within Couples Therapy." During the afternoon session Lorin Kelly, Chelynn Randolph, and Tatjana Farley's presentation was entitled "Intimate Partner Violence and African American Women." Both presentations were based on 3 Minute Thesis presentations created in Dr. Jordan's Couples Therapy course during the Fall semester. We are so proud of our classmates for completing their first peer reviewed presentation!

Presentation at NCAMFT: Interpersonal Violence an African American Women

Lorin Kelly (MFT), Nickolas Jordan, PhD, LMFT, Chélynn Randolph (MFT), Tatjana Farley (MFT)

Abstract: The disproportionate rate of African American women being killed by IPV is higher than any other racial group. For African American women ages 15–24 the second leading causing factor of death is IPV and fourth for women ages 25–34. Why is this? Is toxic masculinity a contributing factor to this? Systematic racism? My goal is to further the research to encourage education and prevention to hopefully eradicate this social ill.

Presentation at NCAMFT: Alzheimer's Disease and Attachment Theory within Couples Therapy

Tasha Cadet (MFT), Deneisha Poe (MFT), Ivy Beth Abernethy

Abstract: The purpose of this research is to review articles to establish the importance of acknowledging attachment theory within couples' therapy. More specifically, we are interested in exploring how a diagnosis such as Alzheimer's Disease can affect a couple's relationship and attachment. We will focus on gathering articles from databases to illustrate a connection between and use of attachment theory in working with couples where one member has a diagnosis of Alzheimer's Disease. Society often tells the story of the hardship caregivers face and the increasing loss of function experienced by the individual, however there is a need for a shift from I (the individual) to we (the couple).







Pictured above are the fabulous students who presented at NCAMFT!

In Regards to those CMHC folks...

Soon-to-be-graduate Julia Corley (CMHC) is looking forward to teaching "An Introduction to the Hakomi Method: Mindfulness, Loving Presence, and Embodiment" at Duke Center for Integrative Medicine this June 22–23.

She will be on the faculty for a two-year Hakomi Training beginning this October in the NC triangle and a four-year Hakomi Training on the island of Mallorca, Spain beginning this November. Hakomi is a method of mindfulness-centered, somatic psychotherapy, the love of which was a primary reason that Julia decided enroll in the CMHC program after almost two decades as a massage and bodywork therapist with a somatic focus. Credentialing in a mental health discipline will allow her to progress from teacher to trainer someday with Hakomi Institute as well as to expand her scope of practice to reach more clients who might benefit from this unique style of relational, experiential depth psychology.

Second year Travis Woodruff (CMHC) will be presenting at ACA with Dr. Geri Miller, Dr. Glenda Johnson, and Dr. Jill VanHorne. His work was also accepted into William & Mary's 17th Annual Graduate Research Symposium and was awarded the Excellence in Scholarship Award. What follows is a summary on what he will present:

Experience, Perception and Normalcy as Predictors of Traumatic Stress Anxiety (PTSD)

"This study will evaluate the effects that life experiences have on perception to 1) establish the range of what is perceived as normal at a given point in time for the individual and 2) to establish if there exists a necessary condition by which individuals develop traumatic stress anxiety, commonly referred to as PTSD. By investigating the histories of those presently being treated for PTSD it may be possible to determine why some develop traumatic stress anxiety following a perceived traumatic event and some do not. Establishing necessary conditions for onset PTSD will help lead to not only a better understanding of the condition but will also aid in treating the condition and possibly lessen the number of people who suffer from it, specifically in the military. The researcher believes that normality exists for each individual on a sliding scale based on experiences and perceptions and accepts research findings that emotion augments perception. One's concept of normalcy, based on this sliding scale, necessarily dictates what one perceives as normal and abnormal. How far removed an experience is from the limits of an individual's perception of normalcy will determine whether or not they deem a given experience as traumatic. Furthermore, depending on an individual's ability to incorporate the abnormal experience into their realm of normality will necessarily determine if that individual will develop traumatic stress anxiety, thereby meeting the criteria for being diagnosed with PTSD."

Professor Spotlight: Kristen Benson

Dr. Kristen Benson, Ph.D., LMFT, AAMFT Approved Supervisor, is a new faculty member as of Fall 2017 in the Marriage & Family Therapy program in the HPC Department. She received her master's degree from the MFT program at Appalachian State University. Additionally, she served as a faculty member in North Dakota State University's Couple & Family Therapy program. Since arriving at ASU, she has taught Individual & Family Development, Internship for MFT students, and the LGBT inclusion course, which she helped develop. She is currently helping her students put together a two-hour long training (April 24th) on how to be more inclusive in one's clinical practice. This is a reflection of her clinical interest and research, which includes LGBTQ+ work, gender identity development, & marriage & family work. Dr. Benson sat down and answered a few questions so that we might get to know her a little bit better:

What attracted you to this program?

I am actually a graduate of the MFT program here, in 2001. I had such a great experience so when I saw there was a job opportunity I thought it would be awesome to live in Boone and be a part of this department that I've always loved. It seemed like a good time, so I applied, and here I am! It is different to return as a paid faculty member and parent living in the community as opposed to just being a student.

What are you most looking forward to in your time here?

I'm really excited to be here; this was the right move. I'm excited to get to know the students. I think just continuing my work; I appreciate that my interests and my research are supported. It'll be great to connect with the community, be better connected on campus, & do more collaborative work and outreach in that regard. I am super excited about a research team that I've just started with graduate students. We are looking at the impact of public discourses surrounding HB2. How do people experience this at a macro level? How does it trickle down into relationships at the micro level? How do people internalize those messages? Phase one includes personal reflection and phase two involves interviews and qualitative research, so I'm very excited about that.

Do you have any advice for students on how to approach graduate school and/or how to stay motivated and engaged in their work?

Yeah! I think it's really important for students to be able to look at their time in graduate school as a time to really be present. I think so often it's a means to an end and I constantly hear students talk about it like it's something to get through. On one hand I like to remind students that grad school is temporary—the stress, the papers, everything. On the other hand, this is the only time you're going to be immersed in literature & in this community where we talk about ideas, challenges, theories, & ethics. It's such an amazing time that I want to remind students not to miss it; it's an experience that needs to be appreciated. Of course though, always do your readings! Also, be very intentional about time. We're spread thin enough as it is. We need to spend our time on what is meaningful, helpful and nourishing.



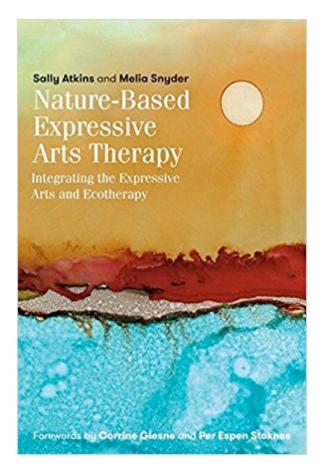
We love horses!

Looking into the Equine Assisted Growth and Learning Association (EAGALA) Conference in Nashville, TN...

Dr. Van Horne presented on the course development of her Equine Assisted Learning and Psychotherapy course (HPC-5537) to other equine specialists, mental health therapists, and mental health faculty from around the US at the National EAGALA conference. She shared the development of the course from the IACUC/IRB process through successful implementation. The course introduced students to the use of equines as catalysts in the therapeutic process. She will be teaching this course again this summer: May 21st-25th, 2018.

<u>Nature-Based Expressive Arts Therapy:</u> Integrating the Expressive Arts and Ecotherapy

Responding to the increased interest in the integration of expressive arts and ecotherapy, Dr. Melia Snyder, current director of the Expressive Arts Therapy Program at Appalachian State University, and Dr. Sally Atkins, the program's founding director, present a nature based approach to expressive arts work. This text provides an overview of the two fields, emphasizing how they can enrich and learn from each other, and highlights attitudes and practices in expressive arts that are particularly relevant to working with nature. These include cultivating an aesthetic response to the earth, the relationship between beauty and sustainability, and lessons about art and nature from indigenous cultures. Four suggested structures for a nature based expressive arts activity - including writing, body, and ritual centered - are provided in the appendices. Congratulations, Dr. Snyder!





HPC 6366: Expressive Arts -Children and Adolescents Room 124 - College of Education Building at Appalachian State University

July 10th through July 14th, 2018 Tuesday through Friday 9am – 5pm, and Saturday 9am – noon

Institute Faculty: Karen Caldwell, PhD and Jessica Gilway Gelbart, Ed.D, Certificate in EXA

Course Description: This institute is designed to present a comprehensive and developmentally oriented approach for the application of client centered play therapy theories and the creative/expressive arts to the process of counseling children and adolescents. The course will consist of class discussions, presentations, cooperative and group experiential learning activities, and "hands on" types of activities/projects which students will prepare and present. Students will learn techniques of client centered play therapy, art, music, movement, creative dramatics, imagery, writing, and poetry for use in both the school and agency setting.

Learning Objectives: Participants will have the opportunity to:

- 1. Increase understanding of the process and importance of play and creativity at different developmental stages.
- 2. Increase understanding of client centered play therapy theories and arts related techniques in counseling,
- 3. Explore the types of creative and expressive arts media available for use in working with different ages.
- 4. Develop expressive art experiences that can be used with individuals, small or large groups, or families.
- 5. Develop competence in selecting and using expressive arts media to address different developmental situations.

Registration Information: This intensive institute is offered both as a graduate course in the Department of Human Development & Psychological Counseling and as Continuing Education through the National Board of Certified Counselors (31 CE hours are available). Students wishing to take the course for academic credit should register through their Appalnet accounts. Non-degree students must complete their applications to the Graduate school at graduate.appstate.edu by June 15th. Professionals seeking continuing education credit should contact Karen Caldwell at caldwellkaren@appstate.edu, by mail at Dept. of HPC, Appalachian State University, Boone, NC 28608 or 828-262-6045 by July 1st. Information also available at http://expressivearts.appstate.edu/institutes

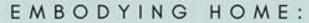
Status	Tuition + Fees:	
Materials Fee for all participants	\$100.00	
Non-credit Participant	\$400.00 (includes cost of CEU's)	
In State Student for Academic Credit	\$633,00*	
Out of State Student for Academic Credit	\$1,597,00*	

^{*}Subject to change. Please check student accounts at https://studentaccounts.appstate.edu/summer-tuition-fees

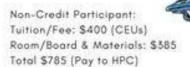
APT approved continuing education credits.



The Department of Human Development and Psychological Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 3001, Programs that do not qualify for NBCC credit are clearly identified. The Department of Human Development and Psychological Counseling is solely responsible for all aspects of the programs.



The Great Re-Turning to Our Senses



Student Tuition/Fees: Room/Board & Materials: \$385 (Pay to HPC)

+ 2018 Summer Tuition Rates

"ASIJ Tulson subject to change. Please check student accours."

WILDACRES RETREAT LITTLE SWITZERLAND, NC MAY 14 - 18, 2018

EXPRESSIVE ARTS INSTITUTE HPC 6365

> Institute Coordinator: Melia Snyder, Ph.D., LPC, REAT

In this expressive arts institute, we will engage in individual and community art-making to explore the practice of attending to the creative process in life and in therapy. Studio workshops will integrate all of the arts, including movement, music, psychodrama, making with natural materials, quilting, sacred play, ritual, and writing. As we inter-weave expressive arts theories with studio art-making, we will invite artistic inquiry, renewal, and possibilities for embodying home through our own sensations & creations.

This intensive institute is offered both as a graduate course in the Department of Human Development & Psychological Counseling and as Continuing Education through the National Board of Certified Counselors. REAT supervision is available for small group leaders. In addition to completing the online registration form, students taking the course for credit will need to register through ASU's Banner System as they would for any other course.

All participants must register online via www.expressivearts.appstate.edu/institutes

For all participants there is a \$385 fee for room, board and materials. This fee (plus the \$400 if a non-credit student) must be paid as soon as you register online to secure your place in the institute. After registering online, please make your check for \$385 (or \$785 if non-credit) payable to the HPC Department and send it to: Melia Snyder, ASU Box 52075, Boone, NC 28608. For more information, contact assuexaeappstate.edu.







The ASU Counseling Department (MPC) has been approved by MBCC as an Approved Continuing Education Provider, ACEP No. 3001. Programs that do not qualify for MBCC credit are clearly identified. The ASU Counseling Department (MPC) is solely responsible for all aspects of the programs.

Reich Collège of Education HPC Department 151 College Street Appalachian State University Boone, NC 28608 asuexaeappstate.edu http://hpc.appstate.edu

(828)-262-2055



2018 Clinical Supervision & Consultation Institute

Led by: Dr. Christina Rosen, LPCS, LCAS, ICADC, NCC, CCS
Clinical Field Experience Coordinator
Clinical Mental Health Counseling Program
Human & Psychological Counseling Department

Reich College of Education, Room 301 151 College Street Boone, NC 28608-2075

Dates and Times

Thursday, July 5th, 2018: 8:00am-6:00pm Friday, July 6th, 2018: 8:00am-9:00pm Saturday, July 7th, 2018: 8:00am-9:00pm Sunday, July 8th, 2018: 8:00am-9:00pm Monday, July 9th, 2018: 8:00am-5:00pm

Contact Hour Fees: Non-Credit Students

Full institute (45 Contact Hours): \$350 Single day (7-10 Contact Hours): \$90 Evening sessions only (2-3 Contact Hours): \$45 Payment will be received on site. *Registration deadline: June 27th, 2018

Student Tuition & Fees

See App State tuition page here: http://studentaccounts.appstate.edu/tuition-and-fees
*Registration deadline: See App State registrar calendar: https://registrar.appstate.edu/

Non-Degree Seeking Individuals

Please contact Justina Janda, Graduate Assistant for Dr. Rosen, at jandaj@appstate.edu if you are interested in this option.

Program Content This Program Will Cover:

- Models and process of supervision
- Assessment and evaluation in supervision
- Multicultural considerations and diversity in supervision
- Legal and ethical issues of supervision

Program Goal:

To train participants in clinical supervision

Program Objectives:

Participants will:

- 1) be able to identify models and processes of supervision
- be knowledgeable of the assessment and evaluation process as a supervisor
- understand the importance of multicultural and diversity considerations in supervisees
- 4) apply the legal and ethical codes related to supervision

This training will consist of lecture, case presentations, role-play and peer

The <u>Western Summer Academy</u> will be June 29, 2018 in gorgeous Boone, NC at our very own Appalachian State University! We are thrilled to invite professionals to come spend a day in our mountain town and receive professional development. The Eastern Summer Academy will be July 27, 2018 in beautiful Wilmington, NC at the New Hanover Board of Education. Be sure to check out the <u>NCSCA website</u> to find updates with more information regarding these events.





HPC Introduction to Play Therapy

COME LEARN THE LANGUAGE OF CHILDREN!

[Summer Session 1: June 11th-26th | 2:30-5:30]

During the Summer Session I course you will:

Learn the basics of working with children through their natural language of play. Participants will work with children in our lab setting and have hands on experience learning the basics of play therapy. This course is highly recommended for CMHC, PSC, and MFT students.

This course also holds a 'field trip' to a play therapy conference for one day at the cost of \$25

APPALACHIAN STATE UNIVERSITY

CONTACT: Dr. Jill Van Horne, PhD, LPCS, RPTS vanhornejw@appstate.edu or X2590



HPC 5537
EQUINE ASSISTED LEARNING
AND PSYCHOTHERAPY





Graduate Elective Open to All Graduate Students! Summer Session 1: May 21-25, 2018: M-F, 8a-5p

Equine Assisted Learning (EAL) and Equine Assisted Psychotherapy (EAP) are two different methods of promoting growth and learning in individuals and groups through experiential work with horses. Participants will learn the basics of how horses are used as therapeutic partners. This elective course will be taught and facilitated by Jill Van Horne, PhD, (LPC-S), and Elizabeth Allen, M.Ed., Equine Specialist. Both instructors are EAGALA certified.

*** Additional Cost of: \$150 | A minimum of three (3) days will be held off campus | All activities are ground based

Al Greene Addictions Institute

APPALACHIAN STATE UNIVERSITY:

DEPARTMENT OF HUMAN DEVELOPMENT AND PSYCHOLOGICAL COUNSELING

AL GREENE ADDICTIONS INSTITUTE

June 4-8, 2018
Reich College of Education,
Appalachian State University

Presentations by:

Dr. Samuel Gladding, Al Greene, Kelly Scaggs, Ed Johnson and more!

REGISTER

STUDENTS: register for HPC 6570 in Summer I

PROFESSIONALS: visit the website to register for 30 CEs from NCSAPPB and NBCC

AGAI.APPSTATE.EDU