

**The H.P.C.**  
**Helping People Connect**  
**A Bi-Annual Periodical**



**Congratulations to our Scholarship  
Recipients!**

**Governor's Institute on Substance  
Abuse Scholarship**

- Katie Monday, CMHC
- Kirsten Cole, CMHC
- Aaron Galloway, CMHC
- Jenna Willis, CMHC

**Don Rhodes Junior Scholarship**

- Alyssa Delturco, CMHC

# Orchesis sponsors, GLOW, An Expressive Arts Celebration!



GLOW is an annual Expressive Arts celebration hosted by the Expressive Arts Honor society, Orchesis. The art show took place on November 30th at 3rd Place in downtown Boone.



Student artists (from left): Damaris Bates, Lanie McKeever Anderson, Claire LeMoine, Kimber Gada, and Willow Warner



*Take a Note, Leave a Note!*

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Submissions are now welcome for *Headwaters*, the Appalachian Journal of Expressive Arts. *Headwaters* is edited and published by a small committee of graduate student members of Orchesis. Send questions and submissions to [orchesis@appstate.edu](mailto:orchesis@appstate.edu)

# HPC takes on Graduate Student Government

## Kathleen Smith, President (MFT)

### **What was your experience like while running for a GSGA position?**

It was great to run for GSGA. It was easy to run for office - all I had to do was respond to the email that I was interested in running and provide some info about my qualifications and reason for running.

### **What made you want to run for your current position?**

I was interested in being President so that I could serve my fellow graduate students (mainly from the HPC department) who have invested in my life and success in my program this far.

### **What are your plans for the GSGA/Appstate as you take on this new role?**

My hope for this year is to develop a relationship with the graduate school staff and other students to be a good representative for grad students at App State. I truly believe that graduate students at this University are an understated population who bring so much to this school and I want to be able to serve students in whatever way they need me, and make myself an available resource for students to come to with ideas and concerns.



*From left: Andrew Vanden Broeke (Parliamentarian, MFT), Kathleen Smith (President, MFT), Rachael Everett (Secretary, Social Work), Hunter Adams (Vice President, MFT), & Daniel Swiger (Treasurer, MFT)*

## Daniel Swiger, Treasurer (MFT)

### **What was your experience like while running for a GSGA position?**

My experience was unique in that I was asked to run for my position once Kathleen and Hunter were elected. I felt very honored being nominated and then voted in by the senators

### **What made you want to run for your current position?**

I have a bachelor's degree in Business Management and Marketing. Having the opportunity to showcase my first degree while working on my Masters in Marriage and Family Therapy is a privilege. Being the treasurer of SGA gives me the platform to showcase my business degree and experience.

### **What are your plans for the GSGA/Appstate as you take on this new role?**

My plans are to form a finance committee in order to award grant funding for those traveling and researching for their graduate degree. I want to create an outside bank account so it is easier to exchange funds and allows us to work with other programs and organizations on campus in a more fluid manner. I will be in charge of presenting to the board for the next 3 year budget for the organization, so I would like to leave this position better than when I arrived.

# Grad Student Hill Day

## A Word From Carmen Gray, MFT Student

“Graduate Student Hill day is a event held annually to showcase the work that graduate students are doing at the different universities across North Carolina. We had the chance to meet state senators and representatives from our areas to tell them how our graduate studies, involvement, and research benefit our communities and our state. The point is to showcase how funding graduate schools is essential for a better North Carolina and to encourage state legislators to continue to fund these programs. I was able to represent Appalachian State along with the other grad students from App State, and I explained how my internship working at Daymark Watauga's Substance Abuse Intensive Outpatient Program is helping the community because of the high rates of meth addiction in the area. The representatives from our area gave us face to face time and seemed receptive to what we had to say.”



## A Word From Dr. Kristen Benson, MFT Program Coordinator

“I accompanied MFT students Carmen Gray and Daniel Swiger, and CMHC student Travis Woodruff to Graduate Education Lobby Day in Raleigh on May 30 with the App Grad School. The group met with Appalachian State legislative liaison Matthew Dockham, and then visited with Senator Deanna Ballard, Representative Joyce Wadell, and Representative Jonathan Jordan in their offices at the capitol building. Our students represented RCOE and HPC well as they shared information about their programs of study and the work they are doing to address issues in N.C. here in our local communities. The Marriage and Family Therapy and Community Mental Health Counseling programs were recognized during a NC House session.”

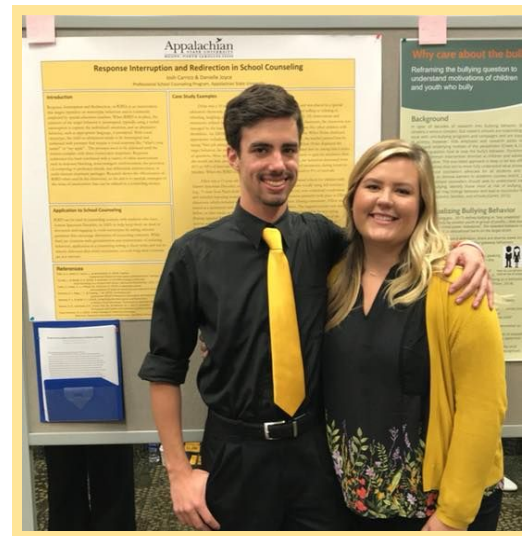
## Representing ASU at Conferences



Jenna Willis at the National Association for Alcoholism and Drug Abuse Counselors Conference

*"I went to the 2018 NAADAC Conference in Houston, TX. NAADAC is a national organization for addiction professionals. Major topics at this year's conference included the neurobiology of addiction, the rise of legalized marijuana, licensure portability, and advocacy on the state and federal levels. I was able to attend the conference as part of a fellowship through the National Board of Certified Counselors"*  
 - Jenna Willis, CMHC Student

*"While our poster didn't win, it was an enriching experience to be able to network with other graduate students from various universities and see potential practices to implement in the field. The luncheon was also very informative being able to ask questions and hear the experiences of new school counselors to help prepare us further."* - Joshua Carrico, PSC Student



Joshua Carrico and Danielle Joyce presented a poster titled *Response Interruption and Redirection In School Counseling* at the North Carolina School Counselors Association Conference

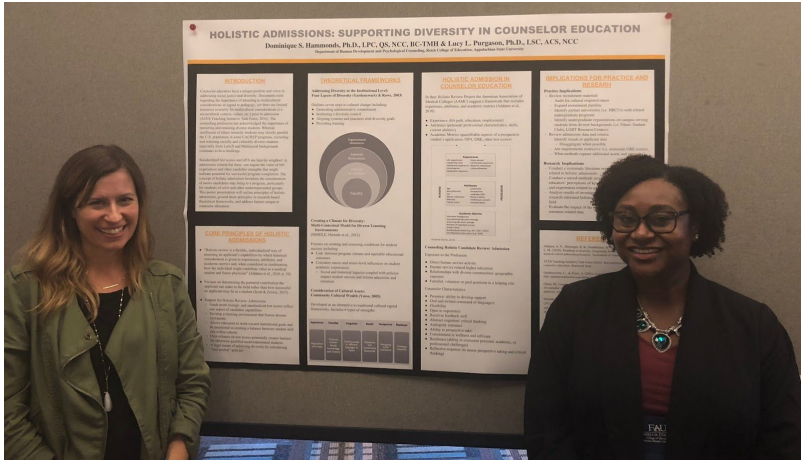


Professional School Counseling Students at the 2018 North Carolina School Counselors Association conference

## Representing ASU at Conferences



HPC Educators Dr. Hammonds, Dr. Purgason, Dr. Johnson, and Dr. Rosen at the 2018 Southern Association for Counselor Education and Supervision conference



PSC students Jessica Boyles (left) and Cassidy Greene (right) presented *Teaching technology and tolerance in tandem: Culturally responsive classroom guidance interventions* with Dr. Purgason (center) at the North Carolina School Counselors Association Conference.

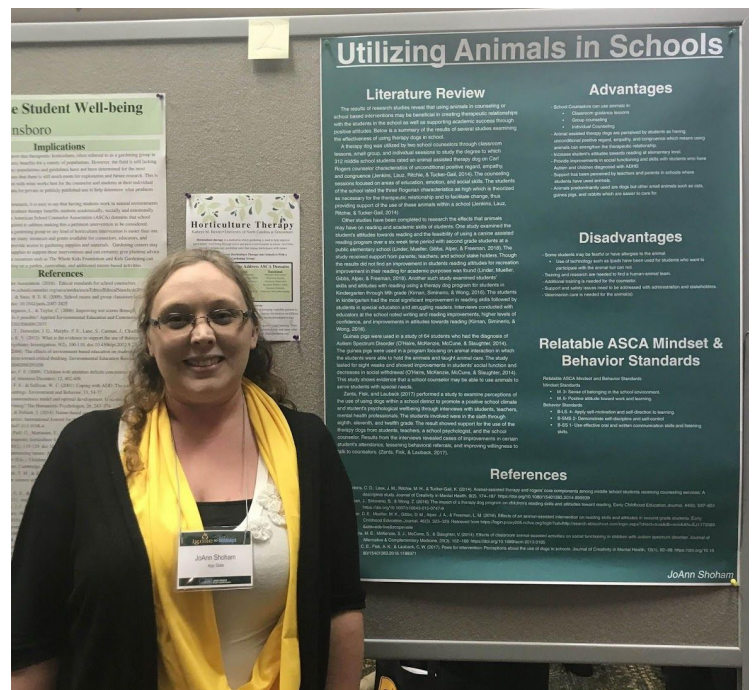


The Student Association for Marriage and Family Therapy held a conference at ASU this past October.

*"This year, our featured speaker was Janelle Johnson, MA, LMFT, AAMFT Approved Supervisor Candidate. The conference itself focused on learning the importance of trauma-informed care for couples and families, discussing cultural humility in this work, and reviewing the research links between relational trauma and perinatal mental health."* - Francesca Otero-Vargas, MFT Student

From left: Francesca Otero-Vargas, featured speaker Janelle Johnson, and Debby Vargas. Otero-Vargas and Vargas are co-presidents of SAMTA.

PSC Student JoAnn Shoham presented a poster titled *Utilizing Animals in Schools* at the North Carolina School Counselors Association conference.



## New Faculty Spotlight: Dr. Sonja Ardoin



### Where were you living/working prior to your arrival at Appalachian State University?

For the past three years, I have enjoyed exploring New England and living in the historic city of Boston. I served as the program director and a clinical assistant professor for the higher education master's program at Boston University.

### If this is your first time living in Eastern North Carolina, how are you liking Boone and the surrounding area?

This is my third round of NC living and I'm happy to be back! I spent two years in Raleigh completing my PhD coursework at NC State and two years after that working at UNC-Wilmington as the director of student leadership and engagement and a part-time faculty member. So, having lived in the central and coastal parts of the state, I look forward to learning more about the western area of NC. I currently live in Dallas, NC so I am familiarizing myself with the Charlotte metro area as well as Boone. I am excited to have access to both the city and the mountains!

### What prompted you to come teach at App State?

Earning all three of my degrees at public institutions, I have a deep appreciation for public higher education and the college access opportunities these types of institutions create. The student affairs program at App State has a positive regional reputation, which I was aware of from living in NC and the southeast. Combining these two factors with reality that App State values teaching, along with research and scholarship, added to my interest. The location is also a ripe area for my research on social class identity and rurality in higher education. Finally, I already knew I liked living in NC and welcomed the opportunity to come back!

### What are your clinical and/or research interests?

My research agenda focuses on four areas: (1) social class identity in higher education, (2) college access and success for first generation college students and students from rural areas, (3) career preparation and pathways for higher education and student affairs, and (4) student and women's leadership. I also really enjoy teaching and collaborating with our student affairs colleagues at App State and around the country to create experiential and theory-to-practice learning opportunities for master's students.

### What are two or three things you would like students to know about you?

From the faculty lens, I want students to understand that I am deeply grateful for the opportunity to work with them and within this field. Students should also know that I have high expectations for them, academically and experientially, because I know they can meet or exceed those, and I want to serve as an advocate and connector to assist them in building the career and life they desire. Personally, I want folks to know that I am a proud first generation college student from a small, rural Cajun community, books are probably my favorite possessions, the only caffeine I drink is diet soda, and I could probably eat chips and salsa for every meal.

Did you know that Dr. Ardoin gave four keynote speeches this year?  
She spoke at schools in Arizona, Texas, Ohio, and Tennessee!



## Faculty and Staff Awards

### **Dr. Ardoin, Mortar Board National Honor Society Alumni Emerging Leader Award**

The Mortar Board National Honor Society Alumni Emerging Leader Award honors an alumni who has demonstrated remarkable accomplishment in her/his profession far ahead of others of the same cohort, or are noted for outstanding community service; has shown a constant commitment to the Ideals of scholarship, leadership and service through her/his profession; and is a role model for other members.

### **Dr. Hammonds, ACES Supervision Award**

The ACES Supervision Award, given by the Association for Counselor Education and Supervision, honors a counseling supervisor or supervision researcher who exemplifies excellence, innovation, and impact in clinical supervision. Candidates for this award may include counselor educators, counseling students, or practitioners who merit recognition as a clinical supervisor or supervision researcher.

## Faculty, Staff, and Student Publications

- Ardoin, S. (2018). Social class identity influences on leadership opportunities and practices. In K. L. Guthrie & V.S. Chunoo (Eds.), *Changing the narrative: Socially just leadership education* (pp. 59-75). Charlotte, NC: Information Age Publishing.
- Ardoin, S. (2018). Helping poor and working class students create their own sense of belonging. In G. Martin & B. Elkins (Eds.), *New directions for student services: Social class identity in student affairs* (pp. 75-86). San Francisco, CA: Jossey-Bass.
- Ardoin, S. & martinez, b. (2018). No, I can't meet you for an \$8 coffee: How class shows up in workspaces. In B. Reece, V. Tran, E. DeVore, & G. Porcaro (Eds.), *Debunking the myth of job fit in student affairs*. Sterling, VA: Stylus Publishing.
- Benson, K.E., Westerfield, E.M, & van Eeden-Moorefield, B. (2018). Transgender People's Reflections on Identity, Faith, and Christian Faith Communities in the U.S.A. *Journal of Sex and Relationship Therapy*. doi: 10.1080/14681994.2018.1472375  
<https://www.tandfonline.com/doi/full/10.1080/14681994.2018.1472375>
- Johnson, G. (2018). Talk to the chair. In Springer, S.I., Moss, L., Manavizadeh, N., Pugliese, A., (Eds.) *A School Counselor's Guide to Small Groups: Coordination, Leadership, & Assessment*. Alexandria, VA: Association for Specialists in Group Work.
- Purgason, L. L., Boyles, J., & Greene, C. (in press). Teaching technology and tolerance in tandem: Culturally responsive classroom guidance interventions. *Journal of School Counseling*.
- Van Horne, J.W., Post, P., & Phipps C. (July 2018). Play Therapy Among Elementary School Counselors, *International Journal of Play Therapy*. 27(3), 125-133.

## Faculty, Staff, and Student Presentations

- Ardoin, S., Crandall, R., & Shinn, J. (2018). *Senior student affairs officers perspectives on professional preparation in higher education and student affairs*. Presented at the ASHE National Conference, Tampa, FL.
- Ardoin, S. (2018). *The importance of viewing ourselves as scholar-practitioners*. Presented at the Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, SC.
- Ardoin, S. (2018). *Exploring your personal social class story & its impact on your work*. Presented at the Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, SC.

- Ardoin, S. (2018). *Things we don't [often] learn in grad school: Supervision styles, stages, & strategies*. Presented at the Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, SC.
- Ardoin, S. (2018). *The importance of viewing ourselves as scholar-practitioners*. Presented at the Memphis in May Student Affairs Conference, Memphis, TN.
- Ardoin, S. (2018). *What a bunch of B.S.: How institutional jargon creates in-groups & out-groups in higher education, particularly for first generation college students*. Presented at the NASPA Closing the Achievement Gap Conference, Columbus, OH.
- Ardoin, S. (2018). *Institutional strategies to summon poor and working class students' sense of belonging*. Presented at the NASPA Closing the Achievement Gap Conference, Columbus, OH.
- Baker, H. (2018). *Attributional gender bias: Are your letters of recommendation bias free*. Poster presented at the North Carolina School Counseling Association Conference, Greensboro, NC.
- Carrico, J. & Joyce, D. (2018). *Response interruption and redirection in school counseling*. Poster presented at the North Carolina School Counselor Association Conference, Greensboro, NC.
- Gourley, B. & Hasty, L. (2018) *Listen, Create, Invest: Appreciative Advising for Education Students at Appalachian State University*. Presented at the Southern Association for College Student Affairs, Myrtle Beach, SC.
- Johnson, G. (2018). *Preparing Interns to Lead Small Groups*. Talk presented at PSC Site Supervisors' Workshop, Appalachian State University, Boone, NC.
- Johnson, G. (2018, October). *Preparing Culturally Competent Professional School Counselors*. Talk presented at the Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, SC.
- Johnson, G. (2018, October). *Chi Sigma Iota Chapter Leaders Training*. Talk presented at the Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, SC.
- Hammonds, D., & Purgason, L. L. (2018, October). *Holistic admissions: An approach to supporting diversity in counselor education*. Poster presented at the Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, SC.
- Purgason, L. L., Boyles, J., & Greene, C. (2018, November). *Teaching technology and tolerance in tandem: Culturally responsive classroom guidance interventions*. Talk presented at the North Carolina School Counselor Association Conference, Greensboro, NC.
- Purgason, L. L. (2018, October). *Free your mind: Counseling approaches to reduce anxiety*. Talk presented at the Appalachian State Pre-Health Conference, Boone, NC.
- Shoham, J. (2018). *Utilizing animals in schools*. Poster presented at the North Carolina School Counselor Association Conference, Greensboro, NC.
- Van Horne, J.W. (2018) *Play therapy in a bag!* Presented at the European Branch of the American Counseling Association 2018 Conference, Athens, Greece.
- Van Horne, J. W. (2018). *Play therapy in a bag!* Presented at the North Carolina School Counseling Association Conference, Greensboro, NC.
- Wallace, M. & Rosen, C. M. (2018). *Hum, how do I help my clients become present in their mindfulness or is the technique of mindfulness enough?* Paper presented at the meeting of the European Branch of American Counseling Association, 2018 Conference; Athens, Greece.
- Wallace, M. & Rosen, C. M. (October 13, 2018). *Forging counselor identity development: A liminal journey*. Paper presented at the meeting of Southern Association for Counselor Education and Supervision. Myrtle Beach, SC.