

# The H.P.C.

Helping People Connect: A Bi-Annual Periodical

## Student and Faculty Achievements, 2017

### Scholarships:

Glenda T. Hubbard: Fumie Abe

Legacy of a Lifetime Scholarship: Chelsea Ingersoll

Don Rhodes Jr.: Samantha Wade

Grover and Kathleen Yancey: Marissa Sander

Jones-Dotson: Fumie Abe, Beth Anderson, Hollie Dinley

Nancy Campbell Howell: Hollie Dinley

2017 NC Governor's Institute on Substance Abuse: Fumie Abe

## Recent Research

Elam, S. (2017). Culturally responsive school counseling. *North Carolina School Counseling Association Newsletter*.

Hammonds, D. S., & Purgason, L. L. (2017, October). *Cultivating a climate of inclusion: Multicultural perspectives on program development and assessment*. Talk presented at the Association for Counselor Education and Supervision Conference, Chicago, IL.

Hammonds, D.S. (2017, October). *Dramatized Experiential Supervision: Exploration of action-based clinical feedback*. Talk presented at the Association for Counselor Education and Supervision Conference, Chicago, IL.

Johnson, G. & Craig, C. (2017, November). *Career and college preparedness for students living in poverty*. Talk presented at the North Carolina School Counselor Association Conference, Greensboro, NC.

Prabhu, S. & Van Horne, J. (2017). Best practices with LGBT students in the schools. *North Carolina Counseling Association Newsletter*.

Purgason, L. L., Gruman, D., & Byrne, C. (2017, October). *Lessons from live supervision: Applications to practicum training models*. Talk presented at the Association of Counselor Education and Supervision Conference, Chicago, IL.

Sude, M., & Gambrel, L. E. (2017). A contextual therapy framework for family therapy educators: Facilitating trustworthy asymmetrical training relationships. *Journal of Marital and Family Therapy*, 43(4), 617–630. doi: 10.1111/jmft.12224

Van Horne, J., & Purgason, L. L. (2017, November). *Play therapy around the world*. Talk presented at the Appalachian Global Symposium, Boone, NC.

Warren, J. M., & Schwarze, M. (2017). Exploring internship experiences of counselors-in-training through Pinterest: A consensual analysis. *The Journal of Counselor Preparation and Supervision*, 9(2). <http://dx.doi.org/10.7729/92.1139>

### Professor Spotlight

In an interview conducted by Danielle Joyce with Dr. Purgason, Danielle stated “The Department of Human Development and Psychological Counseling extends their warmest welcome to our newest Professional School Counseling program faculty member, Dr. Lucy Purgason, PhD, LSC, ACS, NCC!” Although originally from North Carolina, Dr. Purgason comes to us directly from Washington State where she worked as a counselor educator. Dr. Purgason so kindly took time out of her busy schedule to answer a few questions so that we can get to know her a little better. Below is a short list of questions and her responses:

- 1) What attracted you to App State’s PSC program?

I first became familiar with App State’s counseling program when I interviewed here for the Master’s Program. I ultimately decided to attend UNCG but the positive impression I had of the program stayed with me. Although we loved living in the Pacific Northwest, we were looking to move closer to family. When I heard about the opening at App, I jumped at the opportunity to apply. I wanted to come home to a program that valued teaching, offered exciting and innovative courses, and trained school counselors to embrace the role of mental health intervention and prevention as part of a comprehensive school counseling program.

- 2) What are you most looking forward to in your first year with the program?

I’m looking forward to building connections with students, faculty, and the Appalachian community. I love the classes I am teaching this semester and the fact that I get to interact with first and second years in the program. I have also enjoyed getting to know people in the department and for opportunities to collaborate with colleagues. For example, Dr. Hammonds and I were able to present together this year at the ACES conference in Chicago. On a complete side note – I have never attended or worked at a university with a football team. I grew up watching football and had the best time at my first App football game – it was the game against Wake Forest and was one of the best college games I have seen in a long time. Go App!

- 3) Do you have any advice for currently enrolled students in regards to staying motivated etc.?

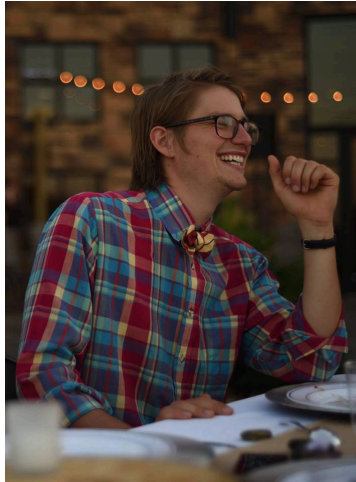
It is hard to fully articulate the energy that goes into completing a graduate program in counseling because it really is about educating the head and the heart. In this field, we are always bringing who we are to what we do therefore there is a strong focus on critical self-reflection and growth. This can be challenging and daunting at times. I think it’s important to really lean into this process – even when it feels messy. I also think it’s important to lean on the support of your cohort. I will sometimes start the first day of class with a picture of my Master’s cohort and like to point out that some of those individuals are still my closest friends over a decade later. Rather than rushing the process, I think it’s important to savor this time and take advantage of all the program has to offer.”

### **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.

## New Student Spotlights!

“Before coming to ASU, I was a wilderness therapy field guide for 2 years and a mentor at an after-care program for adolescent boys once they had graduated their wilderness therapy experience. I very much enjoy and benefit from running, mountain biking, backpacking, meditating, eating in a way that's healthy for me and the planet, and anything related to psychology and counseling. I wanted to get a master's from a Clinical Mental Health Counseling program that appreciates a holistic understanding of wellness and was located in an area where I could practice what is meaningful to me for my own wellness, and ASU was a perfect fit for me. I'm grateful for the opportunity to get a wonderful education both in the core classes as well as electives like Ecotherapy and Body/Mind. I am also on track to receive the Addictions Concentration. My hope is to pursue a career in college counseling or wilderness therapy.” - Aaron Galloway, CMHC (top)



“I am a native of Raleigh, North Carolina. I graduated from Fayetteville State University in 2015 with a degree in Business Administration with a Concentration in Management Information Systems. Working with youth have always been my passion. My fraternity has a mentoring group for young men of color enrolled in Cary High School in Cary, North Carolina that I was active with for two years. I enjoyed working with them and as they realized their full potential. Therefore, I decided to make a career out of my passion and pursue a master's degree in Professional School Counseling. I chose Appalachian State University because I knew I would have numerous opportunities to take classes that aligned with my professional career goals. While viewing other universities curriculum, the majority of programs only allowed students the opportunity to get certified in school counseling. Here at ASU, I have the opportunity to obtain my LPC as well as a number of other certificates as I pursue my degree in Professional School Counseling. Here at App, I get more “bang for my buck” while enjoying the beautiful Blue Ridge parkway in my backyard.” - Calvin Craig, PSC (bottom)

Orchesis Expressive Arts Honor Society presents **GLOW!**  
**GLOW** is an annual Expressive Arts celebration that exhibits  
 and honors expressive artwork (both visual and literary),  
 contributed by the community.  
 Artwork will be displayed at 3rd Place Boone for the entire  
 month of December 2017.

## What's Been Going on This Semester?

Christina Rosen (CMHC) and Glenda Johnson (PSC), Field Experience Coordinators for their respective programs, presented at the annual Site Supervisor's workshop. The workshop was held on Friday September 15, 2017. The participants earned 5 NBCC continuing education hours. The topic of "Using Supervision Models with Interns" was presented in the morning. The afternoon session's topic was "Using the American School Counseling Association's and American Counseling Association's Ethical Codes to Address Culturally Relevant Counseling with Supervisees." - Glenda Johnson



### Ecotherapy Retreat!

It's been over a week since the Ecotherapy retreat and yet I think about it daily. The retreat proved to be a powerful way for students to connect to not only nature but one another. Dr. Melia Snyder, professor of Ecotherapy and all around expressive arts guru, invited the class to stay in Sally Atkins' cabin in Almond, North Carolina. Almond is a small, secluded town about 20 miles outside of Cherokee, NC. This location was ideal for the retreat, in fact I think that if we could have stayed, most of us would have.

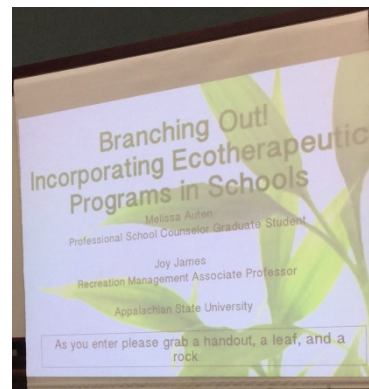
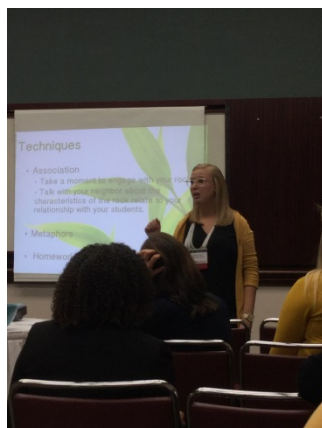
Throughout the weekend students, both graduate and doctorate students, engaged in art & music making, group work, hiking, and of course enjoyed delicious meals. These activities helped our class transform from a small group of interested students to a supportive, unique community. Transitioning back into the "real-world" has been a challenge. However, since then I've attempted to walk with the lessons provided during our small refuge. It was a truly beautiful experience that I will not soon forget. Also as a side note, through student demand, I'm happy to report that Ecotherapy will be offered every fall! - Katie Alford

### Presentation at NCSCA by Melissa Auten!

**Session title:** Branch Out! Incorporating Ecotherapeutic Programs in Schools

**The question:** How can school counselors use the outdoors as a tool for individual and classroom programs?

**Session discussion:** Melissa shared current research that showed multiple positive benefits of incorporating the outdoors into the counseling relationship. This session focused on ecotherapy techniques to support the academic, social, and emotional development of students. Topics discussed included supportive school polices and strategies for implementation.



**NCSCA Conference!**

This year's NCSCA conference was a different experience for the second year PSC students and a new experience for the first year students. While the first year students experienced the highly attended conference for the first time, the second year students presented professional posters that they worked on this semester. The first year students attended a total of four sessions that taught them various things about the world of School Counseling. The second year students attended a luncheon that included a panel of current school counselors who were able to answer any questions or alleviate any concerns we may have as we begin the application/interview process within the school system. Appalachian State was able to present a total of five professional posters. I presented alongside Cierra Flanders



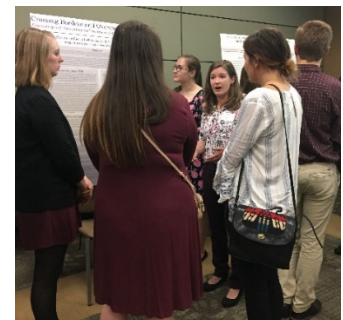
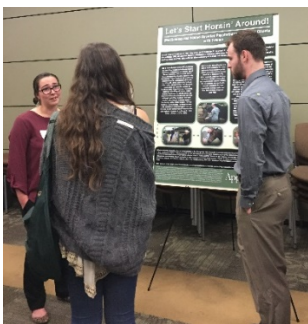
and Allyson Underwood on "Positive Pals", which was the title of our poster. It explored the benefits of therapy dogs in the school setting. Overall, each group received feedback about the outcome of their presentations. There was also two current students that presented education sessions. Calvin Craig, a first year PSC student, presented with Dr. Glenda Johnson of the PSC program on the topic "Career and College Readiness for Students Living in Poverty". Melissa Auten, a second year PSC student presented on the topic



titled, "Branching Out! Incorporating Ecotherapeutic Programs in Schools". The NCSCA conference was quite a success for ASU this year and we are excited for what is to come for both first and second year students in the Professional School Counseling Program. - Paris Wicklin, PSC



**First-year CMHC Students Presenting at the Fall Open House!**



**Support for CMHC and MFT Students during Internship!**


We received notice in September of funding from the United States Department of Health and Human Services Health Resources and Service Administration of a grant under the Behavioral Health Workforce Education and Training (BHWET) Program. This funding is for four years and will support CMHC and MFT interns with \$10,000 stipends during their internships as long as the internships are for a minimum of 6 months consecutive service. Funding also supports stipend recipients with travel funds to go to a professional conference with a faculty member who can assist with job networking. Please contact Karen Caldwell with any questions about the funding.

## Career Connect at NCCA

Attention Counseling Students and New Professionals!

This year, **the North Carolina Counseling Association Conference has an entire day dedicated to you!**

Please plan to participate in the first annual “Career Connect” that will take place on Thursday, Feb. 1, 2018. This track will include content sessions that are focused on graduate student and new professional topics, allow you the opportunity to socialize with other students and new professionals from across the state, and interview with employers and supervisors who are hiring! The day will conclude with Poster Sessions where participants will either present their posters or visit those who are presenting them. Don’t miss this exciting opportunity during the 2018 conference. All participants will receive a certificate of completion. You must be registered for the NCCA conference in order to participate. Questions can be directed to Megan Numbers at [numbersmk@grizzlies.adams.edu](mailto:numbersmk@grizzlies.adams.edu).



# Career Connect

**WHEN:** Thursday, February 1, 2018 from 2–4:00 pm

**WHERE:** Durham Convention Center, Durham, NC

This exciting portion of the NCCA Annual Conference offers students and new professionals from across North Carolina the opportunity to network, provide their resume, interview with potential organizations and supervisors, and explore job and internship opportunities.

If your organization would like to participate in this opportunity and learn more information, please sign up here <https://goo.gl/forms/tW7c8fB1ybcRyNdh2> no later than Dec. 1, 2017. This event is FREE for organizations as well as graduate students and new professionals who are attending the NCCA conference!

HRSA Stipend Recipients, don’t forget! Funding is available through the HRSA grant for travel to a professional conference with an HPC faculty member for the purposes of networking with potential employers. Students can receive up to \$300 for this purpose but must complete the appropriate paperwork in a timely manner to be reimbursed. This can be used for NCCA and NCAMFT! If interested in attending, please contact Karen Caldwell for instructions and deadlines at [caldwellkaren@appstate.edu](mailto:caldwellkaren@appstate.edu).

### GOT NEWS?

- The HPC is released twice a year, in April and November, and we need your voice! Please send information about the following topics to Dominique Hammonds at [hammondsds@appstate.edu](mailto:hammondsds@appstate.edu):
  - Awards
  - Presentations
  - Research
  - Opinion Pieces
  - Publications
  - Fun Mental Health Stuff
  - News & Events
  - Scholarships
  - Interesting Contributions