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Counselor Education Newsletter

Spring 2015

Counselors Corner: A Newsletter of the Department of Counselor Education

Kara Hiltz

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Counselor Ed Welcomes Two New Faculty Members

By Kara Hiltz

The Department of Counselor Education has been busy searching for two new faculty members this year—one visiting assistant professor and one tenure faculty member. The faculty is pleased to introduce its newest members.

Claudette Brown-Smythe is a doctoral student in the counseling and counselor education program at Syracuse University. She is a National Certified Counselor and has a Master of Science in rehabilitation and community counseling from Syracuse University as well as a Master of Social Work from the University of the West Indies in Jamaica.

Claudette was hired at the end of the fall 2014 semester and jumped right in this semester. She currently teaches EDC 604: Career Development Concepts and EDC 614: Contemporary Issues. She is also providing tape supervision to some students in Implementation I and teaching the bridge program.

Rafael Outland will begin his faculty position this summer. He is currently a

doctoral student in Counseling and Counselor Education at the University of Rochester with an anticipated graduate date of May 2015. Rafael has a Master of Education in School Counseling and a Bachelor of Arts in Psychology. He also studied abroad in Berlin as part of an International Business Studies program.

Rafael is a licensed School Guidance Counselor in both Massachusetts and Georgia. He also has a New York certification in Program Evaluation. He has worked at both the elementary and high school level, and has completed an internship in a mental health clinic.

Rafael has experience teaching classes in multicultural perspectives and contemporary issues, group work, and career counseling. He has also supervised internship and practicum experiences. In the community, Rafael is the director of the Male Self Awareness Program (M.S.A.P.) in Rochester, which works to educate and guide young African American males in their personal development.

NEED DASA TRAINING?

Genesee Valley BOCES offers DASA workshops at the College at Brockport. ***This training is required for all students in the school counseling track.*** For more information and to register for an upcoming session, visit <https://qvboces.adobeconnect.com/a834894853/brockportfall2014>.

UPCOMING WORKSHOPS:

Wednesday, April 15, 2015 5:30 p.m.-9:00 p.m.
Thursday, May 7, 2015 5:30 p.m.-9:00 p.m.
Monday, June 15, 2015 5:30 p.m.-9:00 p.m.



Dr. Thomas Hernández
Department Chair

Chair's Note

Welcome to Mud Season! That's right, here in Western New York "spring" has a habit of looking rather brown. Even so, it does bring with it hope, and so as the snow melts and the grass gets greener, we can be reminded that change and growth are not only possible, they can be in our future.

With that it is truly exciting for us to welcome Claudette Brown-Smythe to the faculty. Claudette, as you know, joins us from her time at Syracuse University where she is completing her doctorate, and from her much warmer home of Jamaica. In addition, the Fall will see us welcoming another colleague to our

department, Rafael Outland. Rafael is currently finishing his doctoral degree at the University of Rochester and will even be teaching a course for us this Summer!

Remember the "A" word? Yes, "assessment" activities never stop in an effort to make a better program for you and our profession. Please be sure to visit our "Assessment Reports" link on the department homepage for recent reports about these efforts.

I wish you well as you finish your Spring 2015 semester.
Enjoy!

EDC Faculty, Students Thaw Out at ACA Conference

By Kara Hiltz

There is seemingly no end to the cold and snow this winter, but some students, alumni, and faculty warmed up in Orlando FL for the American Counseling Association (ACA) annual conference.

The 2015 conference took place March 11-15 at the Hyatt Regency Orlando, only five minutes from popular attractions like Disney World and Universal Studios.

Pre-conference learning institutes ran March 11 and March 12. The remaining conference days included a variety of sessions spanning school, college, and mental health counseling topics.

Dr. Summer Reiner presented twice at this year's ACA conference. She co-facilitated an education session panel titled "Treatment Strategies for Substance and Process Addictions" along with ACA President Robert L. Smith, Stephen J. Southern, and Joshua Watson. Dr. Reiner has researched and written about process addictions, such as work addiction. In addition, she presented on the LifeBraid Model, which will appear as the main topic of an AADA sponsored text that Dr. Reiner is co-editing.

"This was my third [ACA] conference in a row, and it seems I just learn more and more every time I go," says Mike Morde, mental health counseling student. "Although I love going to the workshops, meeting lots of people, and rubbing elbows with leaders in the field, I think the biggest thing is

the feeling that I get of being part of something bigger than me and our department. There's a special energy in the air when thousands of counselors convene and celebrate this profession and learn better ways to work with our clients."

Learn more about the conference online at <http://www.counseling.org/conference/orlando-aca-2015>. Next year's ACA conference will take place in Montreal, ON March 31-April 3, 2016.



A Special Announcement From NYMHCA

By Mike Morde

Dear Students and Faculty,

The Mental Health Counselors of Greater Rochester--a chapter of the New York State Mental Health Counselors Association--was established in 2003 to support the needs of local counselors, mental health providers and graduate students. We host monthly trainings to support the professional development of our members on topics such as Domestic Violence, Disasters and Mental Health Implications, Diagnosis and State Licensure, LGBT Issues, Mental Illness, Sexual Addictions, Veterans' Mental Health Issues, and more.

In February we launched our revamped website MentalHealthCounselors.org! There are 32 changes and additions to our website, which were done for a number of reasons, including:

- Greater website access on portable devices
- Interactive resources and information for students and area professionals
- Greater outreach to mental health counselors and consumers
- Interaction between the chapter website and social media
- Increased presence on the Internet and popular search engines

We addressed all of these issues by investing in better software that will allow us to be more interactive with you and your needs as a developing counselor. Check out our **President's Blog** for regular updates and articles on professional issues, get up to date on current events

through our **live Facebook feed** on the homepage, or visit our **Counselor's Forum** to look for answers to questions you may have about anything related to our profession.

Join us every second Saturday at 10am at the University of Rochester, or stop by and drink a hot beverage with us at one of our networking events. The dates and times of those meetings and events can be found on our new **interactive calendar** webpage. Not sure where we hold chapter meetings? Plug in your address into our **Google Map**.

We hope you join our chapter—if you're not a member already—to help stay current with the local and state advocacy efforts as well as policy issues affecting our profession. If you'd like more information or if you would like to contact us, please visit us at MentalHealthCounselors.org.

Thank you very much. We'll see you at the next meeting!

Joshua E. Maldonado, LMHC, NCC
 Class of 2009
 Chapter President
 Mental Health Counselors of Greater Rochester
president@mentalhealthcounselors.org
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Mike Morde
 Class of 2016
 Chapter Webmaster
 Co-Chair of Public Relations
webmaster@mentalhealthcounselors.org



Master's Capstone Research Project Topics

Evaluation of a school-based psychoeducational group designed for early adolescent females
Keturah Bosarge, School Counseling

Mentoring middle school students: A program evaluation
Dianne Maerz, School Counseling

The impact of a psychoeducational group among high school girls on self-esteem and body image
Anna Marianetti, School Counseling

Teacher perceptions about using restorative practice-based programs in schools
Monika Alvis, School Counseling

Resilience in urban middle school students: Impact of character education
Christina Martinez, School Counseling

General counseling to reduce stress and anxiety
Jessica Pakan, Mental Health Counseling

Effects on students with learning disabilities utilizing services at community colleges
Jacquelyn Martin, College Counseling

The effect of therapeutic lifestyle changes on self-esteem and depression.
Johnathan Elliott, Mental Health Counseling

Factors that allow mental health professionals to thrive in an outpatient mental health agency
Deborah Lewin, Mental Health Counseling

The impact of suboxone
Sheila Campbell, Mental Health Counseling

Moral injury and suicidality
Michelle Leon, Mental Health Counseling

Scholars Night

Work on the Capstone Research Projects begins in Implementation I and is completed by the end of Implementation II. Students in EDC 606 and Implementation II will present their research at Scholars Night on Wednesday, April 8, 2015 at 5:30 p.m. at the Metro Center. Everyone is welcome to attend!

EDC 606 Action Research Topics

Revising and Improving Brockport's Counselor Education Alumni Survey to Increase Response Rate
John McIntyre, Carina Ingoglia, and Brittany Granville

Comparison of Perception of Campus Racial Climate for Minority Students Who Live On or Off Campus
Stephanie Borrelli, Michael Morde, and Eleanor Hilling

Crisis, Disaster, and Trauma Assessment and Response in Graduate Counselor Education Courses: A Closer Look
Steven Drago, Erin Hagan, and Cathryn Hugunine

The Impact of Unwanted Sexual Contact on Student Experiences at The College at Brockport
Erin Coffey, Jenna Eason, Michelle Infantolino, and Cameron Scharf

Upcoming Conferences and Counselor Education Events

April 1-2, 2015

American College Counselor Association Northeast Regional Conference
West Point Military Academy
West Point, NY

April 11, 2015 10:00 am - 12:00 pm
NYMHCA Chapter Meeting/Social Event
Boulder Coffee on Alexander Street

April 11, 2015 12:00 pm
Out of the Darkness Campus Walk
The College at Brockport

May 9, 2015 10:00 am - 12:00 pm
NYMHCA Chapter Meeting (Counseling and Cystic Fibrosis)
U of R Campus

May 15, 2015 1:00 pm - 4:00 pm
Department of Counselor Education graduation ceremony
Seymour Union, College at Brockport

May 18, 2015
American Counseling Association of New York Grassroots Advocacy Intensive Workshop
Legislative Bldg. Room 711-A
Albany, NY

June 28-July 1, 2015
American School Counselor Association (ASCA) Annual Conference
Sheraton Phoenix Downtown
Phoenix, AZ

August 6-7, 2015
Association for Adult Development and Aging (AADA) Annual Conference
Roosevelt Hotel
New York City, NY

Assessment Reports Investigate How Our Program Continues to Improve

By Kara Hiltz

There are several assessment reports available to the public on the Department of Counselor Education website. These reports offer valuable information to students in the program.

The most recent report from 2012 breaks down the decision of applicants to the program by ethnicity, gender, and age over the 2009-2010, 2010-2011, and 2011-2012 academic years. The report also offers information about job placement for recent graduates of the Department of Counselor Education.

The 2014 Mission and Program Objectives Survey Report also provides useful information about the department's program objectives and mission, along with the feedback received from students, alumni, and internship supervisors concerning revisions to the mission statement and objectives. The report outlines both supportive and critical feedback received through the survey, in addition to recommendations.

The purpose of these reports is to evaluate student performance and assess the program as a whole. Each report ends with a summary and a new assessment plan. For instance, in the 2012 assessment report, the department outlined plans to pay more attention to the use of audiotape rating scores in the admissions process and to increase the return rate of surveys sent to alumni and employers to collect job placement information.

While these reports provide useful information for students, faculty, supervisors, and the public about the Department of Counselor Education, they serve another purpose as well. These reports are the result of quantitative and qualitative research conducted by faculty members. The reports are a prime example of how counselors can use research to inform decisions and change the field of counseling.

To review the department's assessment reports, which faculty put together approximately every three to four years, go to www.brockport.edu/edc. Then, click on the [Assessment Reports](#) link in the Our Department section of the left sidebar.

As a Counselor Ed student, you have access to the department's library of books on topics such as group counseling, substance abuse counseling, multicultural counseling, research and assessment, human development, and more. Stop by the Counselor Ed library (153 Brown) at any time. If you're looking for a particular topic, email Kara Hiltz at edcga@brockport.edu for information on available library resources.

Faculty Profiles

Dr. Thomas Hernández



Dr. Thomas Hernández was accepted into the New Leadership Academy fellowship program through the National Center for Institutional Diversity at the University of Michigan and has begun his studies in leadership theory and practice. Dr. Hernández has been working on developing the CACREP Self-Study for the department's

reaccreditation submission later this year.

Dr. Robert Dobmeier



Dr. Robert Dobmeier will present "Evidence-Based Counseling and Advocacy for Older Adults" with other Association for Adult Development & Aging (AADA) leaders at the ACA Conference in Orlando in March. As President of AADA Bob has been advocating within AADA and ACA and on the

Hill for greater attention to counseling of older adults and Medicare reimbursement for professional counselor services. Bob has written a chapter on "Career Interventions with Formerly Incarcerated Individuals" that will be published in *Career Counseling Interventions: Practice with Diverse Clients*. He continues his research with students, alumni, and the Criminal Justice Department on reentry of inmates to the community.

Dr. Susan Seem



Dr. Susan Seem is teaching two classes this semester: Integration and Counseling Concepts, and she is enjoying her time with students in both classes. Dr. Seem is also a lead writer on the CACREP Self-Study for our program's reaccreditation. In addition, she has served as the Chair of the Search Committee

for two new faculty positions in the department. Dr. Seem is also working on getting back to her scholarship interests, which include feminist therapy and theory and the psychology of evil and "othering." If any student is interested in those areas and would like to do some research with her, please contact Dr. Seem. She would be delighted.

Claudette Brown-Smythe



Claudette Brown-Smythe is the department's newest faculty member. She is teaching EDC 604: Career Development Concepts and EDC 614: Contemporary Issues. She also supervises EDC 735 Implementation I students and teaches the bridge program. Claudette is also in the process of finalizing her doctoral dissertation,

titled "The relationship of spirituality and depression on the subjective well-being of Jamaican college students: A cross sectional study of teacher training institutions in Jamaica."

Dr. Summer Reiner



Dr. Summer Reiner recently presented on two topics at the ACA Conference in Orlando. One presentation was focus on work addiction, for which she had a chapter in an ACA textbook (Treatment Strategies for Substance and Process Addictions) that was released at the conference. The other presentation was focused on the

LifeBraid Model, which will appear as the main topic of an AADA sponsored text that Dr. Reiner is co-editing. Dr. Reiner was also quoted in a *Counseling Today* cover story about work addiction. In terms of leadership roles, Dr. Reiner is serving as the Past Chair of the ACA North Atlantic Region. She was appointed as the Graduate Student Liaison for the New York State School Counseling Association. Finally, she is on the editorial board for the *Journal of Counseling and Development*.

Dr. Patricia Goodspeed



Dr. Patricia Goodspeed is teaching both Implementation I and EDC 603: Group Counseling Concepts. She is the advisor for the department newsletter and does individual supervision with students. Dr. Goodspeed also manages the department's scholarships and awards for students who apply. She is looking forward to spending time on her personal research interests.

WNYSCC Offers Networking, Professional Development for Counselors and Students

By Kara Hiltz

The Western New York School Counselors Consortium (WNYSCC) attracted 100 school counselors and graduate students on February 4, 2015. The consortium includes the College at Brockport, the University of Rochester, the Rochester City School District, and the New York State School Counselor Association (NYSSCA).

The theme for the 24th annual conference, "Finding Our Common Core," reflected the role of school counselors during systemic educational changes, such as the controversial Common Core curriculum. The keynote speaker, Wade Norwood, a member of the New York State Board of Regents, addressed the future of school counseling in New York.

The full-day conference took place at the RIT Inn & Conference Center in Henrietta. Session topics included suicide prevention, professional development, working with children who have been sexually abused, career education, and more.

Two school counselors from Le Roy Central School District, Rebecca Pokracki and Robert Hammer, presented on the Tourette's-like symptoms and tics experienced by many students in their district. The phenomenon, which seemed to "spread" through the school's middle school and high school female students, made national news and attracted media attention for over a year from 2011 to 2012.

Sandra Braun, middle school counselor at Livonia Central School District, received the Lifetime Achievement Award for her years of service to both her students and the school counseling profession as a whole.

Images courtesy of Alex Clark, school counselor at Hilton Central School District and College at Brockport alumnus

The College at Brockport was well represented at the conference with eight students and faculty members attending. Students had an opportunity to network with local school counselors and learn more about current issues that affect school counselors in Western New York.

The conference also included four graduate student poster presentations, including a poster from Ray Manioci, College at Brockport Counselor Education student in the school counseling track. His poster, titled "Excelling Off the Field: A Psychoeducational Group Designed for Student-Athletes," proposed a psychoeducational group to address the needs of student athletes coping with difficult social, emotional, and academic pressures. Manioci won a prize for his poster from one of the conference sponsors, Guidance Direct by Centris Group.



Student Spotlight, College Specialization: Jackie Singer

Emphasis (college, school, mental health): College

What brought you to the field of counseling?: I began my journey with the intention of becoming a school counselor. I always loved school, but never saw myself as a teacher. After several undergraduate courses in psychology, human services, mental health and counseling I found myself researching CACREP accredited counseling programs. During this time, I held an internship at the University at Buffalo (UB) in the health promotion department, focusing on violence prevention. It was in this role that I found my passion for helping those who were survivors of sexual violence and I believed that pursuing my degree in counseling was ideal. I thought Brockport was the ideal place to develop my skills to best help survivors and their support systems due to the experiential nature of the program and the focus on self-awareness. I also have found that counselors are in an opportune position to advocate for the rights of survivors on college campuses and utilize psychoeducation to teach others about the reality of sexual violence. I am currently employed part-time at UB and have been able to incorporate the knowledge and experiences I've had from the Counselor Education program into my current work experience.

Specific areas of interest?:

Sexual violence, domestic violence, human sexuality, healthy relationships.

What do you plan to do after you graduate?:

I hope to continue my work supporting survivors and other individuals impacted by violence on college campuses. I have the desire to pursue PhD work in human sexuality and become a sexuality counselor.

What do you enjoy doing in your spare time?: I am a die-hard Buffalo sports fan and have Bills and Sabres season tickets! I also love cooking, reading for fun (when time allows) and snowboarding.

Anything personal about you that makes you who you are!: My family is an extremely important component of my life. I also live in Buffalo and commute to Brockport for classes. In the summer months when classes aren't in session, I run my family's ice cream shop that has been in business for 11 years!



DePaul's National Council on Alcoholism and Drug Dependence-Rochester Area (NCADD-RA) Offers Local Professional Development Events

To register for an event, or to learn more about these professional development opportunities, please visit <https://ncadd-ra.org/events-trainings/events>.

- April 8, 2015 9:00am - 12:00pm
Working With Veterans and Addiction
NCADD-RA
1931 Buffalo Rd, Rochester, NY
Cost: \$30
- April 24, 2015 9:00am - 12:00pm
Adolescent Oppositional Defiant Disorder and Addiction
NCADD-RA
1931 Buffalo Rd, Rochester, NY
Cost: \$30
- May 1, 2015 9:00am - 4:00pm
Overview of DSM 5
NCADD-RA
1931 Buffalo Rd, Rochester, NY
Cost: \$60
- May 29, 2015 9:00am - 4:00pm
Anger, Conflict and Addiction: Managing Our Emotions
NCADD-RA
1931 Buffalo Rd, Rochester, NY
Cost: \$60
- June 17, 2015 8:30am - 5:00pm
Ethics for Addictions Counselors
NCADD-RA
1931 Buffalo Rd, Rochester, NY
Cost: \$120
- June 26, 2015 9:00am - 4:00pm
Engaging Families in Chemical Dependency Treatment
NCADD-RA
1931 Buffalo Rd, Rochester, NY
Cost: \$60

Students in Integration

- Colleen Halbohn
- Kara Hiltz
- Lisa Jones
- Charlene Linzy
- Jillian Malley
- Jackie Singer
- Ebonesha Graham
- Raymond Manioci
- Sarah Moore
- Kelsey James
- Amanda Crowley

Preparing to Integrate?

- Before enrolling in EDC 720, Integration and Application of Basic Concepts, all students must complete the Child Abuse Reporting training. Once you have completed the training, be sure to print out your certificate of attendance and submit it to the Department. The NYS Mandated Reporter Training is now available at <http://nysmandatedreporter.org/>.
- Schools Against Violence in Education (SAVE) training will be provided in EDC 619 Counseling in School Settings. This training is required for students in the School Counseling emphasis.
- Harassment and Bullying Prevention Certification Training (DASA) is required for students in the School Counseling Emphasis. See page 6 for upcoming DASA Workshops available on campus.
- **Students need to have documentation of completing 6 counseling sessions.**
- Students must now apply for Integration during the semester prior to taking EDC 720. Faculty will then review the application and notify students of their decision during a mandatory meeting.

Implementation I Internship Site Placements

Courtney Furness —Catholic Family Center	KT LaPorta —Spectrum Human Services Wyoming County PROS	Nicole Smith —Wayne Behavioral Health Network
Mark Bruce —Brockport High School	Amy Levermore —Palmyra-Macedon High School	Patricia Williams-McGahee —Monroe County Sherriff's Office—Monroe Correctional Facility
Stephanie DeRico —Unity Behavioral Health (Pinewild)	Christopher Pierri —Greece Arcadia High School	
Elyse Kusse —Wayne Central School District (Freewill Elementary)		

Implementation II Internship Site Placements

Monika Alvis —Hilton Central School District (Village Elementary School)	Michelle Leon —Canandaigua VA Medical Center	Jacquelyn Martin —Monroe Community College (Damon City Campus)
Keturah Bosarge —Livonia Central School	Deborah Lewin —Unity Behavioral Health (Pinewild)	Christina Martinez —Rochester City School District (East High School)
Sheila Campbell —Genesee/Orleans Council on Alcoholism and Substance Abuse	Dianne Maerz —Hilton Central School District (Merton Williams Middle School)	Jessica Pakan —Catholic Charities
John Elliott —Canandaigua VA Medical Center	Anna Marianetti —Webster Central School District (Webster Thomas High School)	

CSI Spring Webinar Series

March

Wellness Series: Counseling for Wellness: An Overview of Models, Factors, and Research

Dr. Thomas J. Sweeney
Wednesday, March 25, 2015
2:00 PM - 3:00 PM EST

April

Understanding Long-Term Gay Male Relationships: Implications for Counselors, Counselor Educators, and Counseling Supervisors

Dr. John Marszalek
Tuesday, April 7, 2015
2:00 PM - 3:00 PM EST

Every Counselor Supervisor is a Counselor Educator: Bridging the Gap

Drs. Stephanie T. Burns & Daniel R. Cruikshanks
Tuesday, April 14, 2015
7:00 PM - 8:00 PM EST

Wellness Series: Infusing EcoWellness into Counseling Practice Without Leaving the Office

Dr. Ryan F. Reese
Friday, April 24, 2015
2:00 PM - 3:00 PM EST

Wellness Series: TechnoWellness: Exploring the Relationship Between Technology Use and Wellness

Dr. Stephen D. Kennedy
Tuesday, April 28, 2015
2:00 PM - 3:00 PM EST

Check out the Chi Sigma Iota website for more information: <http://www.csi-net.org/?page=Webinars> [Scheduled](#)



Nu Chapter is part of Chi Sigma Iota, the national honor society for professional counselors.

Nu Chapter Walks Out of the Darkness

By Kara Hiltz

This spring, Nu Chapter will participate in the College at Brockport's 2nd annual Out of Darkness Campus Walk. The walk raises funding for the [American Foundation for Suicide Prevention](#) (AFSP).

Last year's Out of the Darkness Campus Walk raised nearly \$15,000 between business and individuals. This year's fundraising goal is \$20,000, according to Cassie Fleck, Nu Chapter membership chair and event organizer.

The money raised from the event will fund research, create educational programs, advocate for public policy, and support survivors of suicide loss.

"Much more needs to be done to prevent suicide. Yet, suicide and the underlying mental disorders that can sometimes lead to suicide continue to be surrounded by misinformation and stigma," said Sarah Clark, Western New York Area Director. "This walk is about reducing that stigma, raising awareness and raising needed funds for research and local prevention programs."

The Brockport Out of the Darkness Walk takes place on Saturday, April 11, 2015 at noon. [Click here](#) for more information about the walk. Nu Chapter members are encouraged to [join Nu Chapter's team](#) for the event.



Nu Chapter Spring Events

Movie Screening and Discussion: Silver Linings Playbook
106 Edwards Hall
February 8, 2015 2:00 pm

Group Counseling: A Panel Discussion
Metro Center
March 3, 2015 6:30 pm

AFSP Out of the Darkness Walk
College at Brockport main campus
April 11, 2015 12:00 pm

Nu Chapter Initiation & Department Graduation
Brockport Campus, Seymour Union
May 15, 2015 1:00 pm

Student Spotlight, Mental Health Specialization: Beth Cenci

Emphasis (college, school, mental health): Mental health

What brought you to the field of counseling?: For as long as I can remember I had an interest in human behavior and was intrigued by therapy. My undergraduate degree is in Psychology, but after graduation I wasn't really sure what to do with it. My first job out of college was in a residential treatment facility for emotionally disturbed children. It was rewarding but very challenging. I knew that although the "hands on" work is extremely important and necessary, I wanted to be on the more clinical side of helping people. I think there is something special about the intimacy and connection that can occur in the therapeutic setting between two people who are essentially strangers. I knew I wanted to provide that kind of experience for people in need.

Specific areas of interest?: I am interested in helping children and adolescents; I believe that helping children to develop a voice and coping skills early on can be powerful. I became interested in Play Therapy after taking the class with Barb, and I hope to get more training in that area. Other areas of interest include the needs of caregivers and family members of people living with chronic health issues and/or mental illness, the experience of transgendered youth, and incorporating mindfulness and other holistic methods into counseling. I have also been involved in research that explores the needs of inmates re-entering society after being in jail, which has been very interesting.

What do you plan to do after you graduate?: My husband and I will be taking a tropical vacation and then I hope to get a job and make some money!

What do you enjoy doing in your spare time?: My son, Nicholas, is 3 and I stay home with him during the day, so between him and school, spare time is hard to come by! When I do get some time to myself, I enjoy going to concerts and listening to music, walking, reading, going to the movies, and spending time with friends and family. Every summer I look forward to spending a week or two at my family's cottage in New Hampshire, and it has been a joy to bring Nicholas there and watch him experience the things I did when I was growing up.



Anything personal about you that makes you who you are!: I am very determined, and sometimes stubborn (perhaps this is genetic as Nicholas has surely inherited these traits), but I like to finish what I've started, and want to do things well. Laughter gets me through the hard times and I try to find the humor in most situations, especially the tough ones. I learn something new about myself everyday and I hope that doesn't change.

CASAC-T

By taking HLS 509: Introduction to Alcohol and Drugs and 545: Psychopharmacology you can pursue credentialing as a NYS Credentialed Alcohol and Substance Abuse Counselor.

For more information go to:
<http://www.brockport.edu/edc/CASAC-T.html>

Bridge and CAS Programs

There are several new programs available to students who are seeking to further their clinical and practical knowledge/expertise.

The Online/Hybrid Certificate of Advanced Study (CAS) in School Counseling helps the student to develop diagnostic and family systems consultation skills. The CAS in School Counselor Supervision helps practicing counselors

to learn supervision skills. Both CAS programs allow the knowledge and experience required to apply for permanent certification in school counseling in New York State and consist of 12 credit hours. A School Counseling Bridge Program is also available. The Mental Health Counseling Bridge Program offers practicing counselors to develop the knowledge and experience necessary to apply for licensure in the

State of New York. It consists of 12-15 credit hours in counseling in mental health settings, diagnosis, and internship. The College Counseling Bridge Program focuses on assisting practicing counselors to develop the knowledge and experience to practice college and student affairs counseling and requires 12 credit hours.

Talk to your advisor for more information.

Student Spotlight, School Specialization: Rachel Milner

Emphasis (college, school, mental health): School

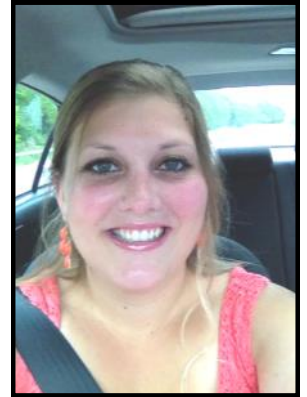
What brought you to the field of counseling?: I have always been a caring person who loves to help others. One major experience that really directed me toward the field of counseling was when my younger cousin was struggling to find his identity in high school. He felt lost and was confused about his future plans. I took it upon myself to become a support system for him to confide in. Over the next few years, I witnessed my cousin undergo a positive transformation through learning from his experiences and expressing his concerns aloud to an unbiased source. It was an incredible experience for both my cousin and I. It inspired me to want to work with high school students who find themselves in similar situations during one of the most challenging periods of their lives.

Specific areas of interest?: I am really interested in working with high school students and helping them figure out their passions in life and how they can achieve their goals. I think high school students are not being equipped with the right tools for success and could use positive role models to help lead them in the right direction to pursue their dreams.

What do you plan to do after you graduate?: I hope to pursue a career in the counseling field working in a high school setting. I eventually see myself getting married and having kids. I also think I would like to pursue further education in leadership and administration.

What do you enjoy doing in your spare time?: I love going to concerts in the summer time. I mostly go to country concerts because the music is fun to dance to and the artists bring so much energy to their shows! I also love spending as much time as I can with my boyfriend, friends, and family, especially my little niece Emmelyn. She brings out the best in me and fills my heart with so much love and joy.

Anything personal about you that makes you who you are!: I love to laugh and I have been told that I have a contagious laugh, which I think is a great attribute to have. I am a people person and enjoy learning from the experiences of others.



Graduate Assistant Opportunity for 2015-16 Academic Year

Prevention & Outreach Services' Center for Select Respect is looking for a Graduate Assistant for Violence and Sexual Assault Prevention. Anna Marianetti, a counselor education student graduating in May, currently holds the position and encourages other EDC students to apply. The position involves developing, implementing, and supervising large-scale events on violence and sexual assault prevention, healthy communication, consent, healthy relationships, victim blaming, survivor support, and other related topics. Anna adds that she has had opportunities to supervise and promote leadership roles with undergraduate students in the Select Respect Peer Educators program. As a Graduate Assistant, you earn a tuition reimbursement in addition to a stipend. The position involves 20 hours/week working at least three days. The application deadline is **April 1**, and you will find the job posting on [Eagle Connect](#), along with details of the application process.

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Have questions about the department newsletter? Suggestions? Please email edcga@brockport.edu. This is *your* newsletter, and we welcome your contributions.