Spring 2013

Counselors Corner: A Newsletter of the Department of Counselor Education

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Mary Santoro ’74 Creates the Kathleen Krebs Award

Mary Santoro ’74 has made a gift of $40,000 to The College at Brockport in memory of her spouse, Kathy Krebs ’75, who passed away in 2011. Mary created the Kathleen Krebs Award to honor Kathy’s extraordinary life, dedication to the profession of counseling, and her commitment to counselor education students. Kathy earned an MSEd in Counselor Education with an emphasis in School Counseling and a CAS in School Counseling from the Department of Counselor Education at Brockport. Kathy practiced as a school counselor at the East Avon Junior High School until her retirement.

Mary Santoro is also a Counselor Education graduate and school counselor. Together they modeled a pay-it-forward philosophy, always seeking to help mentor student development as professional counselors. Kathy Krebs founded the Nu Chapter of Chi Sigma Iota and served in virtually all leadership roles, including treasurer and the Joseph R. Kandor Award Committee Co-Chair until her death. In 2011, Nu Chapter created the Kathleen Krebs Outstanding Service to Nu Chapter Chi Sigma Iota Award for her inspirational modeling of selflessness, dedication and loyal service to Nu Chapter for 26 years.

Kathleen Krebs was one of the first initiates of Nu Chapter

Student Presenter at SUNY Graduate Research Conference

On Tuesday, February 26 2013 graduate students from several SUNY and CUNY colleges presented their research at the 3rd annual “Boosting the Power of SUNY” research conference. Counselor Education student Steve Kassirer was one of two graduate students representing The College at Brockport in Albany.

Steve presented a poster titled “Occurrence of Chronic/Severe Physical Illness, Mental Illness, and Chemical Dependence in a Hospital Mental Health Clinic.” His focus was on the complex relationship of physical health with chemical dependency and mental health.
Chair’s Note

As we near the end of the current semester I am reminded of the substantive contributions to the profession that you each make as current students. Digital Commons, the College’s repository of student and faculty scholarship reports that our collection of Counselor Education Master’s Theses now holds 132 records, which have been downloaded a total of 54,001 times. Yes, that’s 54,001 times! Many alumni write to tell me that publishers have been contacting them about permission to publish their theses as chapters in a book or as a whole book. This should tell you a bit about the quality of our students’ scholarly work – your work. I am also aware of the contributions that you will each make when you leave us, not just as counselors working with the lives of individuals in your community, but as scholars and as alumni contributing to the growth and improvement of this very Department. Many of you have already begun engaging in publication of research projects that you have completed as part of your class work (you know who you are!) or have begun presenting your papers, projects, and theses at scholarly conferences (you know who you are…again!). You are all making superlative contributions to our profession in scholarship AND practice, and I would encourage you to consider engaging in more.

I am also going to (and I know I sound repetitious, but…) remind you about our new Advanced Certificate programs. Our new online CAS in School Counseling and our Bridge Programs in School Counseling, College Counseling, and Mental Health Counseling are available now. As you consider your future employment you may find these programs helpful in increasing your marketability.

Above all, have a productive, satisfying end to the Spring semester.

Key Element of Job Search

Are you starting your job search or looking for an internship? It’s just not completing your resume and applying online. To really find the position you want and to make yourself a top candidate there is a key element. Take the self-awareness you learned in your program and bring who “you” are to the job search. Add descriptive words about who you are and what makes you unique to all of your communications during your job search. Do you need help with specific words to use to describe you? Take the Personality Assessment on our website: www.brockport.edu/career under MyPlan. We also recommend a session to process the results with a Career Counselor. Knowing and being able to talk about yourself and label your talents are critical to a successful job search. Call 395-2159 for an appointment with Phyllis Griswold, Career Counselor, or email her at pgris-wol@brockport.edu.
In the fall of 2012, I became the Graduate Assistant for Violence and Sexual Assault Prevention through the Prevention and Outreach Services office at the College at Brockport. My work focuses on engaging students in topics such as relationship violence, stalking and sexual assault prevention, and raising awareness on the prevalence of these problems. Every two minutes, someone is sexually assaulted in the United States (RAINN) and one in every four women will experience domestic violence within her lifetime (NCADV). I believe that it is important and necessary for our campus to talk about issues involving violence and sexual assault. My role is to make sure that these topics are being talked about in a creative and engaging way.

I am passionate about my job. There are stories that must be told and people must be empowered to prevent and end violence and sexual assault. One of my favorite aspects of my job is outreach in which I personally talk to students about these difficult topics. I have found that students have a lot to say about violence and sexual assault and I am passionate about starting that conversation. In the fall semester I facilitated an on-going program called Operation Green and Gold. The purpose of this program is to help students become aware of their ability to end domestic violence. Operation Green and Gold involved setting up a table on campus and asking students/staff/faculty what they can do to end domestic violence. If the student was stumped because he/she does not “see” domestic violence, I would probe him/her by asking, “how about encouraging your friends not to make sexist jokes? Or what about checking in on your friends to make sure their relationships are healthy? How about you being a good example of what a compassionate person looks like?” When I asked these follow up questions, the students began to see how they personally could contribute to ending domestic violence. Then, I invited them to write a statement on how they could take a step toward ending domestic violence, took their pictures, edited their statements onto their pictures, and added the pictures to our office’s Facebook page. We are now in the process of printing these profiles and having them permanently displayed on campus. Over 500 Brockport men and women participated in Operation Green and Gold during the fall semester. Another moving event that I coordinated was Walk a Mile in Her Shoes—the national men’s march to end rape, sexual assault, and gender violence. October is National Domestic Violence Awareness month, so our office had a week’s worth of events planned (including Walk a Mile) for the first week of October. On September 29th, Alexandra Kogut was found murdered on campus. Her boyfriend is suspected of the crime. The pre-planned events from our office, which were conducted the following week, were attended by students/staff/faculty with heavy hearts. All were motivated to honor their friend, classmate, teammate, and community member. I was able to see first-hand the therapeutic process that ensued when our community participated in these emotionally invested events.

As I reflect on the connections between my assistantship and my aspirations to become a School Counselor, I recognize two main themes: I am passionate about interacting with people and I truly believe that every individual has a unique story to be heard. Educating, raising awareness, and empowering students to make a difference on topics such as violence and sexual assault is an ongoing process in which I am excited to be involved.

**Steve Kassirer: Keynote Speaker at NARACES**

In addition to his presentation on “Federal and State Challenges to Counselor Education Programs,” Brockport student Steve Kassirer was chosen to present the lunch keynote at the North Atlantic Region Association for Counselor Educators and Supervisors (NARACES) Conference in Niagara Falls, NY in September. Steve gave a moving speech about his journey to counseling. Steve talked about his life prior to entering the counseling field and what motivated him to enter the profession, as well as the power of the support, care, and clinical excellence of a counselor with whom he worked.

Steve has been actively involved in professional organizations and in the Department during his time here at Brockport. He served as Graduate Assistant for the Department for the last year. He was also the recipient of the Joseph R. Kandor Award of Excellence for demonstrating excellence and counseling potential.

Steve continues to accomplish great things in the field of counseling. When you see him around be sure to congratulate him on his recent acceptance to Syracuse University. He will be completing a PhD program in Counselor Education with the goal of someday obtaining a job preparing future counselors.
**Legislative Updates**

**LMHC Scope of Practice**
Thank you for all of your advocacy efforts surrounding scope of practice in New York State. Unfortunately, inclusion of “diagnosis” in LMHC scope of practice was rejected in the governor’s budget. NYMHCA plans to align with other legislation to create greater visibility of LMHCs. The exemption of implementation of NYS law that all mental health professionals be licensed is extended until 2016. For 2013 legislators agreed to consider a requirement that LMHCs earn continuing education credits and that the period allowed to earn 3,000 post-masters hours be extended from 24 to 36 months. Students, counselors educators, and counselors are urged to continue to meet with legislators and to create more visibility of LMHCs. Go to the NYMHCA website for more information: [http://www.nymhca.org/](http://www.nymhca.org/) (Adapted from ACA-NY Spring Newsletter)

**Medicare Coverage**
A new bill has been introduced in the Senate. S.562 covers LPCs and MFTs under the same terms as LCSWs. If your Representative is a Republican ask to co-sponsor a House version of S.562. Also, ask your Senators to co-sponsor S.562. There need to be as many cosponsors as possible. Comorbidity costs are 50-60% higher. If licensed professional counselors treat mental health problems these costs will go down over time. Go to the ACA website for more information: [http://www.counseling.org/public-policy/public-policy](http://www.counseling.org/public-policy/public-policy)

**ACA-NY Albany Event A Hit!**
On February 1, 2013 ACA-NY held a day of advocacy preparation in Albany. The event featured several informative presentations including: NYSSCA President Ron Smith and NYMHCA’s lobbyist Heather Evans sharing their plans for advocacy. Marty Mack, New York State Executive Deputy Attorney General for Regional Affairs, gave an informative keynote speech on the impact Kendra’s Law has on LMHCs. Drs. Summer Reiner and Robert Dobmeier presented their work on Professional Counselor Identity (Dr. Thomas Hernandez was unable to attend). The day ended with an exciting tour of the capitol building and a meeting with Senator David Valesky’s aides.

Several individuals from the Counselor Education Department played a key role in this event. Dr. Summer Reiner (Past President) and Dr. Robert Dobmeier (Western Regional Chair) both played important parts in organizing the event. Students and ACA-NY communications co-chairs, Jessica Hess and Cassie Fleck assisted in raising awareness of the event. Finally, nearly a dozen Counselor Education students traveled to Albany in order to attend (see picture: Robyn Broomfield, Bob Dobmeier, Todd Costanza, Amy Levermore, Nicole Kramell, John Elliott, Cassie Fleck, Lauren Giglia, Jessica Hess, Ashlee Bulluck, Mike Morde, and Summer Reiner).

Watch your email for communications about future ACA-NY events. All events are free to ACA members.

“Advocacy seemed like a foreign, unattainable, ‘not my problem’ kind of responsibility. I was informed as to how doable advocacy is. Now I am completely motivated to help.”

Amy Levermore
ACA-NY Attendee
School Counseling Student
The American Counseling Association (ACA) is our professional organization. ACA’s mission is “to enhance the quality of life in society by promoting the development of professional counselors, advancing the counseling profession, and using the profession and practice of counseling to promote respect for human dignity and diversity” (ACA, 2012). ACA serves as an umbrella organization for the entire counseling profession. There are 19 divisions within ACA, encompassing a wide range of special interest areas. The divisions provide resources, leadership, and information to a variety of specialized interests. In addition, ACA is our voice with respect to issues relevant to our profession. ACA’s advocates nationally on behalf of us all in areas ranging from professional recognition to scope of practice to insurance reimbursement. ACA also encourages and promotes cohesiveness and a shared identity in the counseling profession.

ACA publishes the Journal of Counseling and Development as well as nine other professional journals. It hosts an annual international conference, which is scheduled for March 26-30, 2014 in Honolulu, HI. Student membership in ACA is $93, which includes a subscription to the Journal of Counseling and Development and to Counseling Today. For more information on ACA, please visit their web site at www.counseling.org.

Nu Chapter– Chi Sigma Iota

Nu Chapter of Chi Sigma Iota is alive and well here at Brockport. Chi Sigma Iota is the International Honor Society for counselor education students and alumni. According to chapter president Nick DeLaney, here at Brockport we envision Nu chapter as a means of connecting students, faculty, and alumni to a series of events planned throughout the year. In the past year, Nu Chapter hosted several installments of a popular Saturday morning get together, “Coffee Talk.” On February 22nd Nu Chapter organized an informational session on Integration and Implementation. Watch your b-mail for other Nu Chapter events, including April 27th at the MetroCenter.

Nu Chapter sponsors the Joseph Kendor Award of Excellence, which includes a $500 gift. Congratulations to mental health emphasis student Steve Kassirer for winning the 2012 award. Applications for the 2013 award are now available. One does not have to be a member of Nu chapter to participate in events, but all students meeting the criteria for acceptance are encouraged to join. Nu Chapter membership chair, Keri Neadom, is happy to discuss the membership requirements with any student. More information on CSI and Nu Chapter can be found at http://nu.csi-chapters.org/. Additionally, check out the recently launched Facebook group to stay connected about events and news.

The American Counseling Association of New York

ACA-NY is a chapter of ACA, with a goal of growing and enhancing the counseling profession at the state level. ACA-NY is a not-for-profit grassroots organization that represents professional counselors and counseling students of all specialty areas in New York State. The organization follows the ACA mission statement. ACA-NY offers opportunities for professional development, networking, and advocacy. These include free regional networking events, opportunities for free CEUs, grassroots legislative activities, and events designed to increase public awareness of the counseling profession. On May 3rd Josh Maldonado, MS, LMHC will present “Crisis Counseling with Individuals in Psychiatric/Emotional Distress” at Geneseo Community College in Batavia, NY. On May 4th a NAMI Walk will take place in Rochester. For more information about these events go to www.counselingny.org. ACA-NY is always looking for enthusiastic individuals who are interested in leadership. If you are interested in becoming involved in the profession at the state level please contact sreiner@brockport.edu.
More than a dozen Brockport students and faculty attended the annual American Counseling Association’s Conference in Cincinnati. Students had the opportunity to attend informative educational workshops, an inspiring keynote by Ashley Judd, meet leaders within the field, and have some fun exploring the city. Join us next year in Honolulu!
Creating Effective Mentoring Relationships with Hard to Reach Youth-- Renee S. Abbott (live presentation)

Freshman Transition and the Effect of RTI Programming on Academic Performance-- Meredith Boylan

Substance Use Disorders and Suicide Risk in a VA Residential Program-- Loren M. Goldstein

The Impact of Group Counseling on Students Who Have Been Identified as Adolescent Female Relational Aggressors -- Michelle Jones

Physical Thresholds to Co-occurring Disorders-- Steven Kassirer (live presentation)

Utilizing Individual Counseling in Conjunction with Disciplinary Actions-- Brandon J. McKnight

The Impact of Contemplative Practices on Anxiety Level of Middle School Students -- Keri E. Neadom

Impact of a Group Intervention on Transfer Students Adjustment into the High School Setting-- Jodie M. Overstrom

Shining From Within: The Effect of Group Counseling on the Self-Esteem of Students in Individualized Education Programs-- Lindsay J. Rollo

Bridging The Transition From Middle School To High School-- Rozetta Smith

Mental Health Awareness Among Parents in an Urban High School-- Nicole Taylor

The Effectiveness of Group Counseling on the Self-Esteem of Adolescent Girls-- Elissa Townsend

These Imp II students offered presentations at the Brockport Graduate Research Conference on Apr. 20th or in a special session on Apr. 17th.

**EDC 606 Action Research Topics**

Let There Be Light: Advocating for Affordable Utility Rates for Low-Income Consumers - Mark Bruce, Kyle Coulon, & Bill Guilford

Data Analysis of Graduate Student Satisfaction Survey - Priscilla Cortes & Denise Hyland

Utilizing 21st Century Technology Skills Within New York State Schools - Megan Coffey, Cassandra Fleck, & Michelle Leon

Counseling Needs of Elementary School Students - Monika Alvis, Keturah Bosarge, Todd Costanza, & Jacquelyn Martin

A Closer Look at the Relationship Between Deep Learning and Overall School Satisfaction - Diane Maerz, Anna Marianetti, & Amy Levermore

Perceptions of Campus Community and Its Effects on Campus Climate- Lauren Giglia, Kristin Morgan, & Nicole Smith

These Brockport students conducted poster presentations at the Brockport Graduate Research Conference on Apr. 20th.

**Upcoming Conferences and Events**

April 20, 2013
The College at Brockport, SUNY Graduate Research Conference
The College at Brockport, Brockport, NY

May 3, 2013
ACA-NY Regional Event: Crisis Counseling with Individuals in Psychiatric/Emotional Distress
Genesee Community College

May 4, 2013
NAMI Walk
Rochester, NY

June 30-July 3, 2013
American School Counselor Association (ASCA)
Philadelphia, PA

July 18-19, 2013
Association for Adult Development and Aging (AADA)
New York, NY

October 5-8, 2013
College Student Personnel Association of New York State (CSPA-NYS)
Rochester, NY

November 1-2, 2013
New York State School Counselor Association (NYSSCA)
Syracuse, NY

March 26-30, 2014
American Counseling Association
Honolulu, HI

Spring, 2014
New York Mental Health Counselors Association (NYMHCA)
Albany, NY

Stay tuned for more information
“Though the action research project was excruciatingly demanding and rigorous, the outcome was rewarding. Presenting at the Graduate Research Conference made me feel like the efforts I have put into the research topic of school counseling were well worth it. Seeing people passionate and interested in our project and what it could do to help school counselors made it worth it.”

“My experience presenting at the Graduate Research Conference was very empowering. Not only did we receive interest from our supportive (and very proud!) professors, but there were a number of other individuals that expressed interest in our work. The recognition of our efforts left me with a feeling of satisfaction and pride in my research and in my Department. My hope for future students is that they put pride as well as effort into their research projects so they can have a positive experience like I did.

“The Graduate Research Conference was an energizing conclusion to the Action Research project. I’ll admit that I felt burnt out from all the research and preparing for my first conference, but the conference reestablished my excitement about what my group and I studied. I gained new perspectives of the research as I talked with teachers, parents, students, etc. who came to the conference. I am seeing now how important research can be to the profession.

In pursuit of the Certified Alcoholism and Substance Abuse Counselor Trainee (CASAC-T) and National Association of Alcoholism and Drug Abuse Counselors (NAADAC) credentials, Counselor Education students have been taking HLS 509: Introduction to Alcohol and Drugs and HLS 545: Psychopharmacology. The NAADAC credential is nationally recognized. For the first time HLS 545 is being offered in the summer. By virtue of completing your Counselor Education coursework along with HLS 509 and 545 and earning 2,000 “experience” hours, some of which are covered in your internship, students become eligible for these credentials. CASAC-T and NAADAC are valuable in any area of counseling. In fall 2013 the Department will achieve recertification as a CASAC-T training program under OASAS’s new standards. Talk to your advisor for more information.”
**Faculty Profile: Dr. Thomas Hernandez**

Thomas Hernández has been serving as Co-chair of the Campus Climate Task Force since November 2012. Dr. Hernández presented at the Western New York School Counseling Consortium Conference in February 2013 on School Counselor Intern Supervision Training. Hernández along with Robert Dobmeier, current students Steven Kassirer, Loren Goldstein and Megan Taylor, and alumnus Nicholas Delaney - also recently published “Scope of Practice Impact on Employability in New York State: Director and Counselor Views” in the Journal of Mental Health Counseling. Hernández also continues to serve as Co-Editor (along with Summer Reiner of our Department) of the NYSSCA Journal.

**Faculty Profile: Dr. Susan Seem**

Susan made a presentation with Dr. Hernandez at the NARACES conference this fall on feminist supervision. Susan is an active member of the ACA 20/20 Committee, which is examining scope of practice and education for the counseling field. The overall goal of this committee is to proactively plan the future of the counseling profession. Susan is planning on doing some writing with Dr. Goodspeed this upcoming semester. She is currently teaching EDC 785: Supervision Theory, as well as tape supervision for Integration, and co-teaching EDC 602 with Dr. Fallon.

**Faculty Profile: Dr. Patricia Goodspeed Grant**

Pat gave a presentation at the Western New York School Counselor’s Consortium in February entitled From Middle Class to Poor in the Blink of an Eye: What School Counselors and Teachers Need to Know. She presented Economic Stress for Young Adults: Coping Strategies with Dr. Dobmeier in Williamsburg at the Association for Adult Development and Aging (AADA). Pat is currently teaching EDC 603: Group Counseling Concepts, Implementation I, and EDC 884.

**Faculty Profile: Dr. Summer Reiner**

Dr. Summer Reiner was on the planning group of two conferences this winter. Both the Western New York School Counseling Consortium (WNYSCC) Conference (Feb. 6) and the American Counseling Association of New York (ACA-NY) Conference (Feb. 1) were well attended and offered great programming. Nearly a dozen Counselor Education students from the College at Brockport attended each conference. Dr. Reiner is in the process of co-planning a women’s retreat for North Atlantic Region Association for Counselor Education and Supervision (NARACES) members for this summer. She currently serves as the President of NARACES, Past President of ACA-NY, and Chair-elect of the North Atlantic Region of ACA (ACA-NAR). She also serves as the Co-Editor for the New York State School Counselor Association (NYSSCA), Editor of the Chi Sigma Iota Counselor’s Bookshelf: Professional Books, and is a reviewer for the Adultspan Journal. Dr. Reiner is also leading a team of 14 school counseling students on the development of a comprehensive school counseling program for the Keshequa School District. Finally, keep your eyes peeled for the next issue of the Journal of Counseling & Development (ACA’s journal). Drs. Reiner, Dobmeier, & Hernandez’s research article on the perceived impact of identity of professional counselors will appear in the April 2013 edition.
**Faculty Profile: Dr. Robert Dobmeier**

Bob had an article published in Adultspan with Drs. Fallon and Reiner, Elaine Casquarelli, and students Lauren Giglia and Eric Goodwin focusing on spiritual values conflicts. An article with a second student writing team and Dr. Hernández on scope of practice will be published in JMHCG. With Kitty, Eric, and Lauren, Bob presented *Parallel Process of Counselors and LG Clients* at the NARACES Conference. Bob and Dr. Goodspeed presented a session on economic stressors for young adults that they had done initially at an ACA Conference with students Steve Kassirer and Dave Buckhout. *Will You Still Love Me When I'm 64* was an AADA-sponsored session at the ACA Conference Bob presented with Drs. Patricia Stevens and Chris Moll. In his role of NYACES co-president Bob has advocated collaboration with ACA-NY, NYMHCA, NYSSCA and other counseling organizations for a unified counseling field. This year Bob served as coordinator of the western region for ACA-NY and is President-Elect of AADA.

**Faculty Profile: Dr. Kathleen Fallon**

I feel pleased and proud of my writing team that included Bob, Summer, adjunct Elaine Casquarelli, and current students Lauren Giglia and Eric Goodwin to see our manuscript *Reconciling Spiritual Values Conflicts for Counselors and Lesbian and Gay Clients* go to press in the April 2013 issue of Adultspan. Reaching across campuses and states, I will be joining Dr. Karen Mackie at the University of Rochester, Brockport adjunct and U of R doctoral student Elaine Casquarelli, and Dr. Kevin Tate from Marquette University on an ACA presentation titled *Working with religious and spiritual counter-transference in counseling: Cultivating counselor self-awareness*. Finally, Elaine Casquarelli and Kevin Tate are joining with a third colleague to finalize a manuscript based on a research study on the career needs of marginalized populations during the current economic climate in the US. Other than these projects, after a fall packed with teaching, writing, and presenting, I am focusing this spring on teaching our Self in Society and Counseling Concepts students.

**Faculty Profile: Dr. Bellah Kiteki**

Student Spotlight: Todd Costanza, School Counseling

In Todd’s words, “My path to the field of counseling has been anything but typical. In 2007, I suffered a stroke caused by a torn artery in my neck. Lying in a hospital bed has a funny way of helping put things in perspective. It began a process of self discovery and change that led me to realize my strengths in communication, my commitment to helping others, and my passion for being an educator. I had often thought of being a teacher, but was never interested in any specific school subject enough. When I discovered school counseling, it was a perfect fit of education and service to others for me. After an almost 10-year career as a paramedic I returned to finish undergrad at the University at Buffalo and I am planning on graduating with my masters from Brockport in the fall of 2014. I am interested in trauma and grief counseling, PTSD research, and Critical Incident Stress Management for police, fire, and EMS personnel. After graduating, I would like to work as a school counselor in a middle school and also devote time to helping first responders and others deal with grief and stress management. In my spare time I love reading, movies, the NY Yankees, and riding my Harley. I’m also an avid poker player. I ran my first 5k this past summer and have recently begun triathlon training. I have been a long time martial artist and love to train and teach.”

Student Spotlight: Priscilla Cortes, Mental Health Counseling

In Priscilla’s words, “Life brought me to counseling. When I was younger I worked in the food industry and in retail. I worked at Strong Memorial Hospital for about eight years. The one constant in my life has been the connections I have made with different people who have come in and out of my life over the years. I didn’t ask to be placed in this role of helper and at one point I turned my back on it. I had decided to pursue a career in book editing. Life brought me back to the helping field. I missed the connection to real people. Once upon a time, in my life counseling chose me and years later, after the questioning and after some growth and finding out for myself who I really am, I chose it back. Now here I am. The family unit has always interested me - the different roles and relationships that are created among members. Also, how do family relationships influence future roles and relationships individuals find themselves in. I am also interested in working with college students on various issues in dating violence, anxiety, and career. I would like to conduct research that will increase awareness of diversity and multicultural issues to the general population. After graduation, besides looking for that dream job, I plan on CELEBRATING! My first experience out of the country was when I was able to travel to Spain. This is where my love for different cultures intensified. I hope I can return to re-experience a world that was so inspirational to me. Recently, anything that gets me away from my desk (where I do all of my work) and out into nature is where I find my peace and often my fun. Hiking, biking, swimming, and in the winter snowboarding are all favorites of mine. Catching up with family and friends while cooking a good meal has never let me down. When I am looking for some “me” time, scrapbooking, painting, and reading comfort me like a good home cooked meal. In response to the question what makes me - me? Good question. My heart.”
As an undergraduate student, I attended Geneseo and was a part of their Educational Opportunity Program (EOP). Through this program I developed a close relationship with my counselors and realized, from experience, the high need for students in receive help for college transitions, adjustments and academics. Many of my peers did not finish college because their needs were not met in the above areas adequately. I came to this program because it is one of the best experiential mental health counseling programs in this area and because I knew that it would teach me the skills needed to be a great counselor. It is my desire to encourage and help college students persevere through their challenges in academia. This program is showing me the way! In my spare time I like to watch movies, read, socialize with friends and paint. Lastly, I would like to say that I am a proud auntie of a little 2 year-old boy named Isaiah.

Student Spotlight: Patricia Bandy. College Counseling

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.

Implementation | Internship Site Placements

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<td>Stephanie Cicero (Skorman)</td>
<td>Park Road School</td>
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<td>David Coda-Buckhout</td>
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<td>Melody Coene</td>
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<td>Kevin Donohue</td>
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<td>Anne Hasler</td>
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<td>Jessica James</td>
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<td>Christine Reber</td>
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Alumni Profile: Gabriel Marshall—College Emphasis

Graduation Year: May 2008  
Current Employment:  
I am a Senior Counselor within the EOP Office at The College at Brockport. I have a caseload of approximately 75 students whom I work with on academics, career, personal/social, and financial concerns. I am basically your “one stop shop” for anything my students need on campus. Essentially I connect students with resources and serve as liaison between them and other offices on campus. I work with students individually and in groups to meet their needs. Specific things I am involved in are developing a career based mentoring program and Athlete Support Groups. I am currently enrolled in the Bridge Program to Mental Health Counseling and completing my CASAC, following which I am looking to enroll in a PhD program.

How did Brockport Prepare You For This Position?  
Brockport prepared me and gave me a leg up in my position by emphasizing relationship building and communication skills. These are key for me to be able to assist my students. The EOP office tends to take a person-centered approach and emphasizes meeting the student where they are at. This program gave me the confidence to do these things, as well as skills such as working with individuals and groups in the work setting.

Why College Counseling?  
I was originally enrolled in the School track and was also working at St. Josephs Villa. I encountered so many children who did not want to be in school. With College a person has made a choice to be in school and that appealed to me. I also thought that having this kind of support while I was in College would have been very beneficial.

What is one thing you would recommend to current students?  
I would say the same thing that I would tell students on my caseload, take advantage of the resources available to you. The Counselor Education instructors have always been willing to go above and beyond to help. You need to be willing to talk to someone when you need help. Odds are that someone else is going through the same experience.

Alumni Profile: Josh Maldanado—Mental Health Emphasis

Graduation Year: 2009  
Current Employment:  
Currently, I work as a Health Science Specialist/Crisis Responder at the Department of Veterans Affairs (VA) Veteran’s Crisis Line in Canandaigua, NY. My duties include implementing suicide/mental health crisis prevention strategies; conduct interviews and utilize assessment instruments to assess emotional, functional, and/or psychological conditions. I perform these functions using the phone as well as new media, including chat text and other VA social media outlets.

I have also worked for the Rochester Community Mobile Crisis Team, through Strong/University of Rochester, where I was employed as a Crisis Therapist. Here I was involved with assessment, safety planning, and diagnosing patients in psychiatric and emotional distress.

I am also heavily involved with the New York Mental Health Counselors Association (NYMHCA). I am currently the Public Relations Chair for the Greater Rochester Chapter. My role in this organization is to help advocate for LMHCs by educating those in the community about Mental Health Counselors as well as our advocacy efforts on the state and local level. This is an exciting time for LMHCs as we and other chapters around the state are undertaking the task of interacting with local politicians. The goals are to have legislation passed that will clarify Mental Health Counselors’ scope of practice to include the word “diagnosis” and a requirement of continuing education for LMHCs in New York State. I am also involved in education and advocacy to bring LMHCs into clinical and mental health settings at the VA.

How did Brockport prepare you for this position?  
I felt very prepared for both my positions thanks to my education and training through the Counselor Ed program, as well as my practicum/internship at Strong Behavioral Health. The training and philosophy at the Veterans Crisis Line is very person-centered and responders are instructed on active listening, paraphrasing and reflecting. I found this a welcome refresher, but those from other educational backgrounds were not familiar with these skills. I am thankful for the most basic and important tenets learned in Self in Society that I use on a daily basis.

Why Mental Health Counseling?  
I was attracted to the counseling field after working at Monroe Community College and interacting with many Brockport alumni. I chose the Mental Health track as it was phasing from Community Counseling to Mental Health. I was attracted to the opportunities for licensure.

What is one thing you would recommend to current students?  
One thing I would suggest to current students is to continue learning outside of the classroom, get involved in professional organizations, and “network, network, network.” This helps when looking for an internship and during the post-graduation job hunt.
The faculty and students in the Department of Counselor Education would like to extend a warm welcome to our Spring 2013 students:

Alexander Coretta (Mental Health Counseling)
Mark Bruce (School Counseling)
Elizabeth Cenci (Mental Health Counseling)
Kayla Cercone (College Counseling)
Kyle Coulon (Mental Health Counseling)
Matthew DiProietto (Mental Health Counseling)
Krystal Dunning (School-CAS)

Kathryn Gardner (Mental Health Counseling)
Natalie Heller (College Counseling)
Kara Hiltz (School Counseling)
Katheryn Laporta (Mental Health Counseling)
Edward Miller (Mental Health Counseling)
Christine Reber (Mental Health Bridge)
Nicole Smith (Mental Health Counseling)
Sharee Washington (School Counseling Bridge)
Marquia Westbrook (Mental Health Counseling)
Danielle Williams (Mental Health Counseling)

**2013 Summer Course Offerings**

EDC 501, 502, 503 Self in Society
May 20th-Aug 10th
6:30-9:15 M, W

EDC 613 Diagnosis and Treatment Planning (Online)
May 20th-Aug 10th

EDC 883 Counselors as Systems Consultants (Online)
May 20th-Aug 10th

EDC 692 Spirituality in Counseling (Online)
June 3rd–July 3rd

EDC 614 Contemporary Issues
June 3rd-July 3rd
5:15-6:15 T, R

EDC 695 Play Therapy
July 8th-Aug 10th
5:15-9:15, T, R

EDC 612 The Human Experience
July 8th-Aug 10th
2:45-6:15 M, W

**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 24/7 at http://www.nysmandatedreporter.org/default2.html
- 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.
- 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.

**Welcome to Our New Students!**

The faculty and students in the Department of Counselor Education would like to extend a warm welcome to our Spring 2013 students:

Theron Chinn
Kristin Dauenhauer
Peter Fox
Eric Goodwin
Maureen Harris
Kerry Heffernan
Abby Heineman
Jamal Hughes
Kashima Morrison
Natasja Rudge
**Body Art**
By Cassie Fleck

Someone pointed out to me recently, the use of body art or tattoos as a form of expression. So I asked some of our peers to share what meaning they attach to their body art...

“Although I have six tattoos and find deep meaning in each of them; I have one that specifically pertains to my journey in the counselor education program at Brockport. Since my acceptance into the program I have been through a lot, personally. During my Fall 2012 semester I was taking Group and finding that a lot of my “stuff” was getting in the way of my process. I learned though, that working through all of my issues (both individually and in the group) brought about peace and tranquility in my life. So, as I was writing my final paper for Group I decided last minute (and literally took a break from writing the paper) to get this tattoo, “From chaos, comes clarity”. I dedicate it to everyone who has been on this journey with me; you have no idea how impactful it’s been.” Lauren Giglia

“I have a tattoo of three black panthers on my back. They symbolize my 3 black cats that I consider my children. They are a huge part of my life and my self. Animals can be therapeutic in that they do not judge or hate. They simply accept. They have been a part of my life since I was 16 and they always will have a place in my heart.” Ashlee Bulluck

“I have a tattoo of a Chinese dragon wrapped around the planet Mars. Both represent my astrological signs. I was born in the year of the dragon and I am an Aries, who is ruled by the planet Mars. I am not into astrology that much, but both signs are symbols of strength which is something I have had a bittersweet relationship with lately. So I decided to embrace it by getting those two symbols interwoven & putting it forever on my body because come what may my strength is a part of me for better or for worse.” Michelle Leon

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**In Closing...**

Thank you to all students, alumni, and faculty that contributed, making the newsletter a success. A special thanks to Cassie Fleck for doing the lion’s share of the research, writing, formatting, and design of the newsletter.

Cassie Fleck and Bob Dobmeier
Co-Editors

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**What Have Counselor Ed Students Been Up To?**

Student Nicole Taylor at the annual Department Picnic

Freaking Out About Seeing Real People Nu Chapter Event

Mike Kalkbrenner, David Buckhout, and Meredith Boylan take questions at the Nu Chapter event

Amy Levermore, Cassie Fleck, Jess Hess, and Ashlee Bullock taking legislative action

Jodie Overstrom speaks about her experience in Integration

Linda Casira and Jessica Kennedy enjoy the Department Picnic

Amy Levermore, Anna Marianetti, Cassie Fleck, & Kerry Heffernan at WNYSCC