Counselors Corner: Fall 2016

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The College at Brockport

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Nu Chapter of Chi Sigma Iota celebrated 30 years as a chapter in early November, 2016. On a brisk Friday evening, Nu chapter members and alumni of The College at Brockport gathered together, along with leaders from our neighboring chapter at the University of Rochester – Upsilon Rho Iota. We also invited Drs. Melissa Luke and Nicole Hill from Syracuse University to speak on behalf of Chi Sigma Iota. Drs. Luke and Hill both gave inspiring, energizing, and metaphorical speeches about the history of Nu Chapter, our accomplishments, and how we can continue to promote excellence, leadership, and advocacy as students and aspiring professional counselors. Specifically, Dr. Luke used a metaphor of a Redwood Tree to describe the Nu Chapter community. Redwood trees are known to have strong roots that intertwine with other trees’ roots. Not only do these roots support the massive weight of individual Redwood trees, but also they intertwine to create a system of support that helps to “hold up” surrounding trees.

Dr. Luke likened the Redwoods to those of us in the counseling profession because although we are all unique, with different specialties and areas of interests, at our roots, we are all professional counselors and must lean on each other for support in order to thrive. Over some delicious food and cake to celebrate our accomplishments as a chapter over the past 30 years, we were able to network, share raffle prizes, and learn about the history we are a part of. Thank you to everyone who joined us that Friday evening – especially our faculty members, Drs. Claudette Brown-Smythe and Bob Dobmeier – to celebrate Nu Chapter’s 30th birthday and for demonstrating their continued support of our chapter at The College at Brockport.

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Jenna Mollura & Cara Johnson
President Elect, Nu Chapter of Chi Sigma Iota
Panel Discussion Event

Navigating the Trials and Struggles of Professional Counselors and Service Providers Who Work with Marginalized Populations

On October 25th, Dr. Rafael Outland hosted a panel discussion on the topic of “Navigating the Trials and Struggles of Professional Counselors and Service Providers Who Work with Marginalized Populations.” Our panelists included, Lisa Jones, MSED (College Counselor, Educational Opportunity Program, The College at Brockport), Amy Rose-Chandler, MS, LMHC (Mental Health Counselor, Clarity Mental Health), Mike Boucher, LCSW-R (Social Worker, St. Joseph’s Neighborhood Center), and Josh Dentley, MS, LMHC (Behavioral Specialist, Strong Memorial Child and Adolescent Unit). Each panelist had the opportunity to share their experienced trials and struggles when working with marginalized clients and their families. As all four panelists work in different settings, those who attended this event were able to listen to the stories of each counselor’s work and learn from multiple perspectives. The panelists briefed the audience of their background, previous and current experiences working with marginalized populations, and how they have found success in navigating barriers to support their students or clients. Students were also able to hear about what self-care strategies the counselors have found helpful, as well as, their experiences of potential burnout and how they overcame these obstacles. Lastly, words of wisdom were shared for aspiring and new counselors entering fields of mental health, school, and college settings. Various themes emerged such as changing mindsets, focusing on strengths, seeing the positives, making the invisible visible, and finding empowerment in both systemic and creatively outlets. These personal accounts were both inspirational and educational for training counseling professionals. Thank you to all who helped make this event a success and to all the students, faculty, and staff at The College at Brockport who were able to attend!

The Department of Counselor Education has moved! Starting Spring 2017, the department and faculty offices will be located in Morgan Hall, second floor, at the main Brockport campus.

Counselor Education Library

As a Counselor Education student, you have access to the department’s library of books on topics such as multicultural counseling, substance abuse counseling, group counseling, research and assessment, family therapy, human development, and much more! Stop by the Counselor Education library at any time or email Erin Coffey at edcga@brockport.edu for more information.
Dr. Patricia Goodspeed has recently moved into her new role as Department Chair for the Fall 2016 semester. She has more than twelve years of combined experience working as an employee assistance counselor in Connecticut, as a counselor with adults in career transition, substance abuse counselor, and as a college counselor in New York. She has consulted for business and industry, and has been an invited speaker for local businesses and women's groups. In addition, she has worked extensively with individuals who have issues of grief and loss of all types, as well as issues related to food and eating behavior. She currently maintains a small private counseling practice. Dr. Goodspeed's more recent research includes the lived experiences of those who are obese. She received a research fellowship at the University of Hertforeshire, UK, where she furthered her research knowledge of treatments for obesity. A current project involves the experiences of alumni of color in a counselor education program. Writing and presentation topics include issues of social class and the counseling process, creativity and its relationship to both counseling process and counselor education, and work-family issues. She has presented in the international counseling community.

Dr. Robert Dobmeier has two articles under revision for national publication: “Reentry Needs: Men Who Are Young, Hispanic, Older, or With Mental Illness” (with Dr. Swaroop [Kumar] Korni, Craig Johnson, and counselor education alumni/students Cassie Fleck, Elizabeth Cenci, Lauren Giglia, Robyn Broomfield, and Michael Morde). The second is “Evaluating Counselor Abilities, Beliefs, and Practices Related to the ASERVIC Spiritual Competencies” (with Drs. Summer Reiner and Rick Balkin). This year he has served as chair of the AADA Older Adults Task Force whose purpose is to galvanize support and collaboration within the profession for advocacy, research, and best practices for counseling older adults. Bob has also chaired Brockport’s Library Advisory Council, whose purpose is to create dialogue among faculty, students, library staff, and college administration about strengths and areas for improvement for campus library space and services. Bob also sits on the Advisory Board for Women and Gender studies wherein he has engaged departments in the School of Education and Human Services in support of a graduate certificate program for Women and Gender Studies. Bob is chairing the Counselor Education faculty search committee.

Dr. Susan Seem is on sabbatical for the Fall 2016 semester and will return to the department in Spring 2017.
DR. SUMMER REINER

Dr. Summer Reiner received a Master's Degree in Counselor Education and CAS in School Counseling from Canisius College. Most recently, she received her Ph.D in Educational Psychology: Counselor Education from the University of Connecticut. Her areas of specialty school counseling and adult development. Her research interests are school counseling, counselor professional identity, leisure development, adult development, and spirituality in counseling. Recently, she has been elected as the ACES (Association for Counselor Education and Supervision) President-Elect and as an American Counseling Association (ACA) Governing Council Representative. She will serve on both positions for three years. Dr. Reiner co-presented this summer at the SUNYCUAD Conference. She also presented at last year's ACA Conference in Montreal regarding work addiction at an ACA learning institute on process addictions. Dr. Reiner co-presented with Mr. Kerry Gotham from Alumni Engagement about life balance at the CASE II District Conference in Philadelphia in February. Finally, she currently serves as a reviewer for the JCD (ACA's Journal) and Adultspan (AADA’s Journal).

DR. RAFAEL OUTLAND

Rafael Outland is a native of College Park, GA. He received a bachelor's degree in Psychology from Clark Atlanta University and a master's degree in Education (Specialization in School Counseling, K-12) from Boston University. He earned a PhD in Counseling and Counselor Education at the University of Rochester. His dissertation was titled “The Meaning and Experiences of Violence among Urban African-American adolescent males (UAAM).” This qualitative study explored the experiences of UAAM that influence their attitudes, perceptions, and beliefs of violence. Utilizing interviews and a focus group, the aim of the study was to provide UAAM a voice regarding individual, social, and institutional factors influencing these youth’s meaning and perceptions of violence. Mr. Outland’s research interests include exploring the developmental trajectory of violence, primarily of marginalized youth, as well as program evaluation and counselor supervision. He also remains engaged in youth outreach and social activism in the local Rochester community, through his affiliation with grassroots organizations, such as Teen Empowerment Incorporated (TE) and The Gandhi Institute for Nonviolence (GIN). Mr. Outland’s primary aim as a counselor educator is to empower his students, in hopes that they can empower their clients, in “becoming” agents of individual, social, and institutional change.

DR. CLAUDETTE BROWN-SMYTHE

Dr. Claudette Brown-Smythe is in her second year as a faculty in the department. She has a wide range of experience and training and brings this diverse mix to the department. She is a trained secondary school teacher, a master’s level trained social worker specializing in group and community development as well as a trained mental health and rehabilitation counselor. She graduated last fall from Syracuse University with her PhD in Counseling and Counselor Education. Dr. Brown-Smythe has worked as a middle and high school counselor in her native country Jamaica. She has worked as a project development officer with agencies in Jamaica focusing on child development specifically around issues of child abuse and neglect and promoting children’s rights as it relates to the United Nation Convention of the Rights of the Child.

She has done developmental work with the elderly through HelpAge International Caribbean Regional Office, and her job before coming to the US was at a teachers’ college where she trained school counselors. This mix of training and experience fuel her passion for the respect and dignity of all beings. She believes that individuals impact and are impacted by their environments and sometimes what needs to change is not necessarily the individuals but the environment to help the individual realize and experience greater well-being.

Her research interests involve exploring how spirituality impact mental health and well-being, addressing diversity issues in counseling and supervision; exploring loss, grief, and trauma in counseling; and rehabilitation facilitators. Her newest role is the department's Clinical Coordinator, in which she helps students navigate through their clinical experience. She also holds the position of Secretary Elect for NARACES 2016-2017 and recently co-presented with Kate Mahar, a current student in our program, at NARACES 2016 Conference on “The Role of Play Therapy in the Development of Empathy in Children.”
Alumni Spotlight

Name: Cassie Fleck

Year you graduated? 2014

Which emphasis? School

Where are you currently employed?

I work as a school counselor for Lyndonville Central School District for grades Pre K-12. My position is unique in that it focuses solely on mental health and substance abuse issues as well as prevention. I work with students, teachers, and families to address these issues. I do individual and group counseling, functional behavioral analysis, behavior intervention plans, and plan programming.

How did Brockport (Counselor Ed program) prepare you for your work at this site?

Brockport prepared me in so many ways. The most important being that it forced me to examine my own “stuff” and work on myself before I could help my students. I looked at several graduate programs but during the interview recognized that Brockport was the one that would challenge me to be a better counselor. Little did I know that Brockport would help me become not just a better counselor but a better person. I credit many of the changes in my life to that 6 session requirement and self class.

Also, Brockport is more than a counseling program. They prepare counselors. With the definition of counselor being something far beyond a person who sits in an office all day. The professors in the program encouraged me to seek out leadership opportunities, professional development, and networking that continues to impact my career both within my school setting and in the counseling community as a whole.

Any words of wisdom or a quote that inspires you?

My go to quote has always been “be the change you wish to see in the world.” As humans (and especially during this past election season) I think we always find it easy to criticize other people, find things that others are not doing, etc. but when these thoughts come up I try to remember that I have an impact as well and change needs to start at an individual level. It is this quote that keeps me going when I feel like everything else is working against me or against my students. Never underestimate the impact that you can have as one person.

Is there anything you would recommend to current students?

Find your passion and get involved! One thing I love about counseling is that you could have an entire career change but still be in the counseling field. Find your niche. Find your cause and pour your heart into it. For me it was leadership and suicide prevention. I started out as Social Media Chair of Nu Chapter and am now President of ACA-NY. I started the Out of the Darkness Walk at Brockport. When you love what you do you would be surprised at how much you can accomplish.
Let me be among the last to welcome you back to the fall semester!

Over the summer, Nu Chapter was busy prepping for another exciting series of events for the year. After surveying active members about programming topics, grief and loss came to the forefront. Centered on that theme, Nu Chapter sponsored a live grief and loss counseling demonstration in early September. Drs. Bob Dobmeier and Rafael Outland graciously volunteered to assume the role of counselor, with Brockport undergraduate theatre student Lacey Sloat portraying two separate vignettes of those affected by grief and loss. This event was an extremely edifying experience, as those in attendance were able to see examples in the moment of what counseling can look like.

Our October event was a family friendly outing to Zarpentine farms. Navigating a corn maze really separates those with built in directions and those who should be asking directions for how to get around town!

Just recently, Nu chapter celebrated 30 years since the first class inducted into Nu graduated. Drs. Melissa Luke and Nicole Hill traveled down the 90 from Syracuse University to provide context on Nu chapter’s lively and impactful history with Nu Chapter members, Brockport and University of Rochester counselor education students, and Brockport faculty. All October and November long, Nu chapter collected personal hygiene items for veterans. This came to a head at our birthday celebration, as we were able to donate around 20 bags to the VA in Canandaigua.

If you are not a member yet, please consider applying and getting involved. We need you to help serve both the counseling profession as well as your fellow students. Nu Chapter is a wonderful way to connect with as many counselors and counseling education students as possible not just locally, but nationally and internationally. If you want to help but aren’t sure how, please speak to any of the leadership board. Look for a calendar of events for next semester in January and see you then!

Mike Pernot,
President; Nu Chapter: Chi Sigma Iota

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

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

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

2. 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.

3. A School Counseling Bridge Program is also available.

4. 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.

5. 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.

CASAC-T

(Certified Alcoholism and Substance Abuse Counselor Trainees)

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

Please talk to your advisor for more information.

DASA Training

(School Counseling Track requirement)

New York State’s Dignity for All Student’s Act (Dignity Act) seeks to provide NYS public elementary and secondary school students with a safe, supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function.

The 6-hour training consists of two parts: Part 1 is a 3-hour online training with accompanying assessment. Part 2 is a 3-hour in-person training. All Part 2 in-person sessions will be held on the SUNY Brockport campus, Brockport, NY.

The training pro-actively addresses the social patterns of harassment, bullying and discrimination. It is carefully designed to provide participants with the knowledge and skills to create and support an affirming educational environment for all students through addressing school culture and climate. It also includes the identification and mitigation of harassment, bullying and discrimination, and strategies for effectively addressing the problems of exclusion, bias and aggression in educational settings.

Upcoming dates:

Monday, February 6, 2017; 5:30 pm—9:00 pm
Wednesday, March 8, 2017; 5:30 pm—9:00 pm
Thursday, April 13, 2017; 5:30 pm—9:00 pm
Wednesday, June 7, 2017; 5:30 pm—9:00 pm

To register for an upcoming session, please go to: https://www.brockport.edu/academics/certification/DASA.html

Upcoming Conferences and Counselor Education Events

American Counseling Association Conference & Expo
March 16–19, 2017
Moscone West Convention Center | San Francisco, CA

American College Counseling Association Conference
February 16 - 19, 2017, Tampa, FL

Western New York School Counseling Consortium Annual Conference
Feb 1st, 2017, 8:00 AM – 4:15 PM RIT Inn and Conference Center
http://www.wnyscc.org/

2nd Annual The College at Brockport Counselor Education Alumni Reception
Feb 1st, 2017, 4:30 – 7:30 PM, RIT Inn and Conference Center

For upcoming NYMHCA Meetings in 2017, please see their webpage: http://mentalhealthcounselors.org/meetings/

CSI Upcoming Webinar Series:

CACREP Advocacy Week 2017 – Counselors: Become A Workforce Warrior!
Dr. Tyler M. Kimbel & Dr. Carol Bobby
Wednesday, February 1, 2017

Counseling School-Age Students with Disabilities
Dr. Amy Milsom
Wednesday, February 15, 2017

To register and for more information: http://www.csi-net.org/?page=Webinars_Scheduled
Master's Capstone Research Project Topics

How Can Schools Support Children Experiencing Grief and Loss?
Stephanie Borrelli
School Counseling Program

Trends in Demographic Characteristics of Students Found Responsible for Violations in the Student Conduct System
Kayla Cercone
College Counseling Program

Elementary Students' Experience With Behavior Plans
Genesis Fillmore
School Counseling Program

The Experience of Childhood and Upbringing by Young Adult Male Inmates
Elizabeth Fleche
Mental Health Counseling Program

Treating Children with Borderline Intellectual Functioning in the Mental Health System from a Clinical Perspective
Kate Gardner
Mental Health Counseling Program

The Role of Play Therapy in Childhood Empathy Development
Kate Mahar
School Counseling Program

Examining Spiritual Self Schema's (3S) Therapy's Effect on Mental Health of Young Adult Men Receiving Substance Use Treatment: A Pilot Study.
John R. McIntyre
Mental Health Counseling Program

Who's The Toughest?: An Exploration of Service Branches and Their Presenting Mental Illness and Substance Use
Michael Morde
Mental Health Counseling Program

Academic Stress and Achievement: The IB Experience
Nathaniel VanHall
School Counseling Program

EDC Scholar’s Night

Students in EDC 606 and Implementation II presented their research at the EDC Scholarly Conference on November 16, 2016 from 3:30 - 5:30 PM in the Golden Eagle Room at the downtown MetroCenter Campus. Congratulations and great work to all those who presented!

EDC 606 Action Research Project Topics

The College at Brockport SUNY Undergraduate Student Perceptions of Scholarship Application
Matthew Andres, Cydney Luke, Farai Sewera, & Cory Terwilliger

Examining Graduate Students’ Commitment to Self-Care and Wellness Practices
Tracey Bedford, Cathy Lucisano, Debbrah Schneider, & Sean Spooner

Identifying Diversity Skill-Set Needs for Counselor Education Students
Megan Dingler, Daniel Greenebaum, Shannon Martin, & Diana Tavelaris
Preparation to Integrate?

Students must apply for EDC 720 during the semester prior to enrolling. Faculty will then review the application and notify students of their decision during a mandatory meeting.

Prior to entering integration, each student must complete the following:

- Child Abuse Reporting Training: the New York State Mandated Reporter Training is available at http://nysmandatedreporter.org
- Six documented counseling sessions
- For students in the school counseling track: Schools Against Violence in Education (SAVE) training
- For students in the school counseling track: Harassment and Bullying Prevention and Certification Training (DASA)

Implementation I: Internship Site Placements

- Andrea Burns: Rochester Regional Health
- Erin Coffey: MCC, Educational Opportunity Program
- Michelle Contestable: Unity Mental Health
- Elizabeth Cenci: Genes Mental Health Center
- Kaleigh Dumigan: Clifford-Wise Middle School
- Amanda Dunn: RIT, Career Services
- Gianna Grosser: Unity Mental Health at Pinewild
- Eleanor Hilling: World of Inquiry School #58
- Amanda Horth: Trillium Health
- Michelle Infantolino: Wheatland-Chili High School
- Carina Ingoglia: Churchville-Chili Middle School
- Cara Johnson: Twelve Corners Middle School
- Frank Noll: The College at Brockport, Counseling Center
- Michael Pernot: UR Medicine Pediatric Behavioral Health
- Sarah Perri: Village Elementary, Hilton Central
- Larissa Pieper: Syracuse Behavioral Health
- Marquia Rivers: Canandaigua VA Medical Center
- Cameron Scharf: East Upper and Lower Schools
- Christine Wilson: Evelyn Brandon Health Center

Implementation II: Internship Site Placements

- Stephanie Borrelli: Victor Junior High School
- Kayla Cercone: The College at Brockport
- Diane Drake: Endeavor Health Services
- Jenna Eason: Caledonia-Mumford Middle School
- Joseph Feeney: Batavia Middle/High School
- Genesis Fillmore: Durand Eastman Intermediate School
- Elizabeth Fleche: Monroe County Correctional Facility
- Erin Hagan: Greece Arcadia High School
- Cathryn Hugunine: Batavia Middle/High School
- Kate Maher: Indian Landing Elementary School
- John McIntyre: Unity Park Ridge Campus
- Michael Morde: Department of Veterans Affairs
- Stephanie Specht: Webster Schroeder High School
- Nathaniel Van Hall: Hilton Central High School
Student Spotlight
College Counseling Emphasis

Name: Amanda Dunn

Emphasis: College

What brought you to the field of counseling?
As a sign language interpreter I felt extremely limited in my role with how I could impact people because my job was to facilitate communication but not engage in the communication. When I was working in a 5th grade classroom I saw the impact the school counselor was able to have on the students. That is what originally interested me in counseling. At first I was in school counseling but I switched to College Counseling after finding out it was a better fit for me through my graduate assistantships on campus.

Specific areas of interest?
I am interested in several different areas within the college setting. A few of them are career services/career counseling, working with underrepresented populations, working with students with disabilities and also working with international students.

What do you plan to do after you graduate?
I would love to get a job in the college setting somewhere. Most of my experience has been in career counseling, so I would like to continue with that pathway but am also open to other options. Another area of higher Ed I have also considered after graduating is working in a student success center or in retention.

What do you enjoy doing in your spare time?
I love to cuddle with my dog Oscar! After a stressful day it is nice to come home to my 60lb puppy. I also like to light candles and read a good book!

Anything personal about you that makes you who you are!
I am generally a very outgoing person and some people would refer to be as quirky! I love to laugh and also EAT 😊 During integration I think sometimes people would be surprised by the amount of food I brought to the counselor center with me!

Student Spotlight
Mental Health Counseling Emphasis

Name: John McIntyre

Emphasis: Mental Health

What brought you to the field of counseling?
I have been working with youth for over 20 years. I wanted to find a way to connect on a deeper individual level with people and be of support on their journey. I have had my own mental health and addiction struggles and I enjoy when I can be of service to others.

Specific areas of interest?
I like working with young people and I enjoy working with people to address substance addictions. I am also interested in mindfulness and spirituality.

What do you plan to do after you graduate?
1) spend time with my family 2) pay back my wife for supporting me for the past four years of school 3) go somewhere warm this winter 4) finish hiking the El Camino de Santiago

What do you enjoy doing in your spare time?
Playing soccer and basketball, listening to the Yankees and a variety of podcasts, being outdoors and in the woods, reading books to my sons (The Big Orange Spot, The Counting Rope)

Anything personal about you that makes you who you are!
My passion: www.campdaydreams.org, My favorite book: Shantaram
Name: Carina Ingoglia

Emphasis: School

What brought you to the field of counseling?
Since I was young, I have always had the natural tendency toward listening and helping others. I really enjoy hearing about other people’s life experiences and perceptions. I had a vast interest in psychology and why people think and act the way they do, which is why I decided to pursue an undergraduate degree majoring in Psychology with a minor in Sociology. During this time, I took an introduction to counseling course and felt completely drawn to what I was learning. At that point, I knew I wanted to go on and get my masters in school counseling. I chose the school track specifically because I have always had the desire to work in a school environment and want to help students achieve their full potential.

Specific areas of interest?
I am particularly interested in working with middle school students.

What do you plan to do after you graduate?
Ideally, I would love to work in a suburban middle school as a school counselor. I am hoping to stay within the Rochester area but would be willing to travel to surrounding areas for work.

What do you enjoy doing in your spare time?
I spend most of my free time with my boyfriend, close friends, and family. I love watching movies, TV, and YouTube. I also love the outdoors and enjoy taking walks, hiking, and exploring new places.

Anything personal about you that makes you who you are!
I am a huge animal lover and have been working part-time at a veterinary hospital for almost two years. I thrive off of helping others, whether it is toward animals or people.