

# ODU

DEPARTMENT OF COUNSELING  
AND HUMAN SERVICES

## SPECIAL POINTS OF INTEREST:

- Staff & Student Spotlight
- Counseling in Italy
- Diversity Institute in Ireland

## INSIDE THIS ISSUE:

Summer Institutes	2-4
Conferences	5
New Doctoral Students	6-10
New Adjunct Faculty	11
Italian Sabbatical	12
Faculty Accolades	13
Student Awards	14
Announcements	15
Student article	16-20
Staff Spotlight	21
Student article	22-23
CSI	24
Big Splash	25
Grants and Scholarships	26
Calendar	27

# Reflections

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## Counseling and Human Services Program Highlights

By LaShauna Dean, Doctoral Candidate

We are so fortunate to have amazing leaders in the field of counseling among our faculty! Dr. Danica Hays won the Outstanding Teacher Award at the Southern Association for Counselor Education and Supervision (SACES), which acknowledges educators who “rise above and beyond regular teaching expectations” in several courses. Anyone who has taken Dr. Hays’ courses can attest to how engaging, challenging, and growth-enhancing her classes are! Dr. Garrett McAuliffe was also recognized by the Darden College of Education as the 2012 Diversity Champion for his long-standing efforts at increasing diversity and multicultural initiatives in the field of counseling. Last but definitely not least, our very own Saysha Malbon was nominated as the Customer Relations Employee of the Year at ODU!

In continuing our tradition of reaching out to the international community, our doctoral program has three new international students this semester, Davide Mariotti from Italy, Ugyen Wangmo from Bhutan, and Kee Pau from Malaysia. The Human Services program officially kicked off its Distance Learning–Online undergraduate Human Services degree!

## Specialized Counseling Institutes in Italy

### Play Therapy Italy Institute

The ODU counseling program is proud to offer an International Play Therapy Study Institute set in a picturesque 15th century villa on a mountainside in Tuscany. The program is sponsored by the Counseling Graduate Programs at Old Dominion University in Norfolk, Virginia and Regis University in Denver, Colorado. Dr. Ted Remley is the Institute Director, and Dr. Teresa Christensen is an Institute Faculty member for the program. The Play Therapy Italy Institute will be from March 7-16, 2013.

As part of the experience, graduate students and mental health professionals learn about play therapy from American and Italian mental health professionals. They also are able to visit ancient Italian cities on day trips including Florence, Pisa, Assisi, Siena, and Lucca. Participants are offered three credit options for the Institute: 3 graduate credits in counseling, 3 undergraduate credits in human services, or 30 continuing education hours.

For more information please visit [http://education.odu.edu/pcl/counselor/italy\\_play/](http://education.odu.edu/pcl/counselor/italy_play/)



### Italy Career Counseling Institute

Attend a 12-day study institute set in a picturesque 14th century villa on a mountainside in Tuscany. Learn about the counseling profession and career counseling programs in Italy from Italian mental health professionals PLUS study with nationally known U.S. career counseling professors. Visit ancient Italian cities on day trips. Meet other graduate students, counseling professors, and counselors from throughout the United States and Italy. The Career Counseling Institute will be from September 27– October 8, 2013. Dr. Ted Remley is the Institute Director.

For more information please visit <http://education.odu.edu/pcl/counselor/institute/index.shtml>

## Summer Institutes



***Diversity and Counseling Institute in Ireland*** held in August 4-15, 2013 in historic Dublin, Ireland. \$2785

A ten-day institute set in the beautiful city of Dublin at the mouth of the river Liffey. The institute will be located at a college campus in Dublin, with on-site housing. Those in attendance will learn about the counseling profession in Ireland from local mental health professionals while studying with nationally known counseling professors. Places of interest will include some of the following: Belfast sectarian neighborhoods, Northern Ireland school integration project, the Books of Kells, Dublin Castle, Hill of Tara, Passage Graves at Loughrea, Glendalough monastery ruins, Guinness Brewery, and Trim Castle. Registration for the 2011 institute will begin in November. Participants may receive 3 graduate credits in counseling (multicultural counseling or elective), 3 undergraduate credits in human services, or 45 continuing education hours. The four-week on-line dimension of the course begins in July, followed by the trip and post-trip assignments. For more information contact **Dr. Ted Remley** or **Dr. Garrett McAuliffe**. Website at <http://education.odu.edu/pcl/counselor/Ireland/index.shtml>

***A Counselor's View of Italy*** scheduled for May 16-31, 2013 in the beautiful mountains of Tuscany. \$2745

Attend a two-week study institute set in a picturesque 14th century villa on a mountainside in Tuscany. Learn about the counseling profession in Italy from Italian mental health professionals PLUS study with nationally known counseling professors. Learn as counseling practices in Italy are compared and contrasted to counseling in the United States. Visit ancient Italian cities on day trips including Florence, Pisa, Assisi, Siena, Greve, Lucca, and San Gimignano. Meet other graduate students and counselors from throughout the United States and Italy. Earn 3 graduate credit hours or 45 continuing education hours. Down payment for this trip must be made by January 15th, 2013. There is limited space, so apply soon! For more information about this institute, please contact **Dr. Ted Remley** or visit [http://education.odu.edu/pcl/counselor/italy\\_conf/](http://education.odu.edu/pcl/counselor/italy_conf/)



# My Observations of Irish Passion, Art, and Humor

By Joy Maweu, Doctoral Candidate

Celebrating diversity takes on a different rhythm when you see it in a foreign setting. Old Dominion University's international counseling institutes can be a realm where growth and learning can take place for an individual who wishes to take this cultural plunge for multicultural development and competency.

My trip to Ireland this past summer was one of my favorite classes in my entire college career! The reasons behind this are trifold. One, part of my learning style is experiential and visual. Two, I am sincerely interested in foreigners and learning in foreign settings since part of my academic and life history is colored with foreign influence. Lastly, the facilitators and participants of the institute were committed to being present while in Ireland. This brief reflection will highlight my observations of Irish passion, art, and humor.

The passion of the Irish people is hard to describe on paper! The professional presenters that came to our class, our bus drivers, our tour guides and even the Irish 2012 Olympic team who I saw during a homecoming ceremony in Dublin, all portrayed an unparalleled patriotism in being Irish. This passion extended into art forms that I saw via the murals in Belfast. The technical hand involved in this work is immaculate. The choice of mural location, the use of color, the sequence of different murals and the dimensions used to display various portraits, are part of a courageous strategy to communicate diverse views about domestic and international conflicts. As we moved from one mural to the next, I noticed that the murals were not only raw revelations of actual historical and current hurts but they also represented the voice of many who have suffered or are presently suffering around the world.

I observed that the Irish people have a different way of using humor in their songs. Some of the songs I heard displayed a unique blend of seriousness and at times morbid moments that were soon followed with laughter. This was clearly seen one evening at the literary pub-crawl, when the two presenters who were acting and singing about Irish history talked about a fatal accident and immediately followed that with a joke! This is a different way of engaging with life's difficulties. It perhaps speaks about the resilience of the Irish people who have kept their song and laughter even through deep tragedies of their country's history. Overall, I observed that the Irish keep singing, learning, and growing regardless of all their differences in religion, politics and economic status.



2012 Ireland Institute

## Summer Institutes Continued

By Katey Heimsch, Doctoral Student

In August 2012, I had the experience of a lifetime by traveling to Dublin, Ireland as a part of ODU's International Counselor Institutes. My participation in this event also counted as my Multicultural Perspectives in Counselor Education course requirement for the doctoral program. In the weeks leading up to this experience, I prepared myself for multicultural exploration by participating in our class discussion board, learning about current issues in Ireland and Europe, and reading Dr. McAuliffe's *Culturally Alert Counseling* text. I opened my mind and anticipated exciting new experiences with the Irish people, places, and culture. What I was not prepared for was the multicultural learning that would happen within our group of travelers. After nearly two weeks of studying and discovering the beautiful Irish cities and countryside with our group of graduate and undergraduate students, Drs. Jill Dustin and Suzan Thompson, and our gracious Irish hosts, I found that my greatest learning experience came not from the place I traveled to, but from the people I traveled with.



Katey Heimsch, Cassandra Pusateri, and Drena Gwin

The ODU Counselor Institutes are open to students from other programs and universities, and our group welcomed students from Chicago to Louisiana, Arizona, and even Hawaii. Within our department, individuals from

different regions of the U.S., Taiwan, and Africa participated. These were people I might have seen every day but had never really gotten to know on a personal level. Together, we stayed in the dorms at Trinity College in Dublin, traveled on the longest and bumpiest bus ride ever to Johnny Fox's pub in Glencullen, hiked around centuries old monastic ruins at Glendalough, attended a Riverdance performance, visited sites of conflict in Belfast, Northern Ireland, and tried Bulmer's Irish Cider and fresh Guinness on an amazing literary pub crawl. It was a phenomenal journey! But through it all, what I will remember most is how each traveler interpreted these experiences differently. Even at the same time, these events left us inspired, tired, surprised, sad, proud, lonely, joyous, outraged, thankful, and speechless. While I thought we were there to learn about others, I really learned a lot about myself and about our group. This inspired me to engage more with the people around me, to take time away from my busy doctoral student schedule to embrace the here and now, and to appreciate the ride – whether I am across an ocean, or right here at ODU. I highly recommend others to participate in these Institutes.

# Upcoming Conferences

## Call for proposals\*

**American Counseling Association** in Cincinnati, OH from March 20-29, 2012. Please visit: <http://www.counseling.org/Convention/>

**Association for Assessment and Research in Counseling (formerly AACE)** in Atlanta, GA September 2013. Please visit: <http://www.theaaceonline.com/conference.htm>.

\***American College Counseling Association** in New Orleans, LA from September 25-28, 2013. Please visit: <http://www.collegecounseling.org/conference>. Proposal submission deadline is March 1, 2013.

\***Association for Counselor Education & Supervision** in Denver, CO from October 17-20, 2013. Please visit: <http://aces.lfhosting.com/conference/>. Proposal submissions due January 31, 2013.

\***American Mental Health Counselors Association** in Washington DC from July 18-20, 2013. Please visit: [http://www.amhca.org/member/annual\\_conference.aspx/](http://www.amhca.org/member/annual_conference.aspx/). Proposal submissions due December 16, 2012.

**American School Counselor Association** in Philadelphia, PA from June 30- July 3, 201. Please visit <http://www.schoolcounselor.org/content.asp?pl=325&sl=129&contentid=182>.

**Association for Specialists in Group Work** in Orlando, FL from February 6-9, 2014. Please visit: [http://www.asgw.org/current\\_events.htm](http://www.asgw.org/current_events.htm).

**National Career Development Association** in Boston, MA from July 8-10, 2013. Please visit: [http://ncda.org/aws/NCDA/pt/sp/conference\\_home](http://ncda.org/aws/NCDA/pt/sp/conference_home).

**National Organization for Human Services** in Baltimore, MD from October 23-26, 2013. Please visit: <http://www.nationalhumanservices.org/conferences>.

**American Education Research Association** in San Francisco, CA from April 27- May 1, 2013. Please visit: <http://www.aera.net/default.asp>



## New Doctoral Students



Heather Dahl comes to Old Dominion University's doctoral program in Counseling from Selah, Washington. For the last eight years, Heather worked as the office manager of a company at the Yakima, Washington airport where she worked in the private and corporate aircraft industry. During this time, she graduated from Central Washington University with her bachelor's degree in Psychology with minors in Sociology and Business (BA, 2010) and her master's degree in Mental Health Counseling (MS, 2012). Internship and practicum experience include outpatient individual and group therapy in a local community mental health center and Central Washington University's in-house counseling center. Heather's research interests include areas such as adult suicidal ideation and behaviors, gender studies, perceived emotional support, counseling master's students' training practices and multiculturalism. When not in classes, Heather loves spending time with her boyfriend Paul, her family, and her 12-year-old Golden Retriever Penny, who happens to be the most perfect dog in the world.



Davide Mariotti is the director of the Komidè School of Counseling located in Pesaro, Italy. The school educates professional counselors. In Italy, counselors are prepared in private schools rather than in universities. He has also been a counselor for 10 years and is currently the director of the Centro per Minori e la Famiglia "Lucignolo," a Cooperativa L'Imprevisto. This agency is a crises and rehabilitation center for at-risk adolescents. He is a Professional Counselor and Counselor Supervisor (number A0117) recognized by Assocounseling in Italy (A0117) and a Certified Counselor Trainer (number 573) recognized by the Italian Federation of Psychotherapy and Counseling (FAIP). Mr. Mariotti holds bachelor's and master's degrees in sociology from the University of Urbino. Mr. Mariotti also completed a three-year counseling preparation program after completing his master's degree at the European School of Professional Counseling located in Italy. Mr. Mariotti is a first-year Ph.D. student in the CACREP-accredited Counselor Education and Supervision program at Old Dominion University in Norfolk, Virginia where he has been awarded a graduate assistantship.

Krystal L. Freeman, M.S.Ed. is from Chesapeake, Va. She received her Bachelor of Arts in Psychology from the University of Virginia and her Masters of Science in Education in School Counseling from Old Dominion University. She is a licensed professional school counselor in the Commonwealth of Virginia. Krystal is one of the first members of the Omega Delta chapter of Chi Sigma Iota. She worked as a professional school counselor in the DC public charter school system and Prince William County Public Schools for four years as an elementary and secondary school counselor. Krystal is serving as a graduate teaching assistant and is the admissions co-coordinator for the graduate department of Counseling and Human Services. Her research interests include African Americans and counseling, and creative school counseling.



## New Doctoral Students

Debbie Lewis-Clark is the Director at CARE NOW, an ODU project in cooperation with Norfolk Public Schools, where she supervises and trains graduate and human service students in training to work with children in the schools as well as personally providing direct counseling to sixth grade. She is also working as an adjunct instructor for Old Dominion University in the Human Services department. Ms. Lewis-Clark has 11 years of experience working at a local collegiate school in various roles. She has worked with Brooks/Cole Publishing Company to design testing materials related to psychology and counseling theories. Ms. Lewis-Clark holds a bachelor's degree in Nursing with a concentration in maternal and family care from the University of Alabama. She also has a master's in Nursing from the University of Pennsylvania in women's health. She is a first-year Ph.D. student in the CACREP-accredited Counselor Education and Supervision program at Old Dominion University in Norfolk, Virginia and will continue to direct the CARE NOW program while working as an adjunct instructor in the HMSV program.



Robert Carlisle holds a bachelor's degree in Criminal Justice, with a minor in Psychology from Rutgers University. He also has a master's degree in Counseling Services from Rider University in New Jersey. Mr. Carlisle has worked as research assistant during his graduate degree and conducted research on various topics including bullying laws in the United States. Robert Carlisle has worked in a teaching role in the N.J. School system for four years, including working with children diagnosed with autism. He also served as a program administrator and head coach for a Junior Olympic Diving program, where he promoted a healthy lifestyle for student athletes. Mr. Carlisle has been a professional high diver since 2004 and has served in a coaching capacity at the university level. He has also volunteered with a juvenile aftercare program in Melbourne, Australia that offered emotional support to children and prepared them to succeed after being released from treatment programs. He is a first-year Ph.D. student in the CACREP-accredited Counselor Education and Supervision program at Old Dominion University in Norfolk, Virginia where he has been awarded a graduate assistantship.



Marquis A. Norton, M.A., NCC, is originally from Bronx, NY. He prefers to be addressed as "Norton". He graduated from Hampton University in 2009 with a Bachelor of Arts in Psychology. He immediately pursued his Master of Arts in Community Based Counseling at Regent University. He is a National Certified Counselor and currently works as the day treatment program supervisor at First Home Care (Portsmouth, VA). In the future, he hopes to work as an agency administrator in a private counseling agency. In his spare time, Marquis enjoys spending time running, exercising, and watching sports. He is grateful and feels blessed to have the opportunity to pursue a PhD at Old Dominion University. His research interests include effective techniques to increase revenue in counseling agencies, defining success among clinicians and administrators, and client retention. He would be distressed if he did not conclude his summary by stating GOOO GIANTS!!!!!!



## New Doctoral Students



Kee Pau, M.Ed., comes to ODU from a multi-ethnic, multicultural, and multilingual country called Malaysia. She began her career in counseling as a secondary school counselor in Sibul, Sarawak after completing a Bachelor's degree in Guidance and Counseling at Sultan Idris Education University, Malaysia. She spent one year in the school working with the students from different backgrounds. She also has two years of experience teaching primary and secondary school students in Malaysia prior to becoming a counselor. In 2008, she joined the Department of Psychology and Counseling at Sultan Idris Education University, Malaysia as a faculty member, while also working on a master's degree in Counseling at University Sains Malaysia, which was completed in 2011. She is interested in research related to mental health issues such as depression, suicidal behavior, domestic violence; self-concept, Cognitive Behavioral Therapy (CBT), perfectionism, and mental health well-being. Kee can speak fluently in five languages: English, Mandarin, Bahasa Malaysia, Foochow, Cantonese, and Hokkien and also speaks Iban and Hakka. Aside from the counseling profession, she loves to spend time with her family and traveling around the US to gain more experience in multicultural context.

Andrea Kirk is originally from Kinnelon, New Jersey. She came to Old Dominion University, where she received her B.S. in Psychology and Master's in Education with a concentration in Mental Health Counseling. During her master's program she worked with counseling people with various mental health diagnoses. She also worked with sexual assault and domestic violence survivors at a local rape crisis agency, where she still volunteers her time. In addition to her studies in the PhD program, she serves as a graduate teaching assistant. Her research and counseling interests include eating disorders, mental health diagnosing, and counselor education. She enjoys spending time with her husband and their pug Gizmo, catching up with friends and traveling.



Kevin C. Snow was born in South Central Pennsylvania and spent the majority of his life living around the central part of that state with a brief detour to the wilds of Western Pa. He is a man of many academic and job pursuits, having been in the Counseling field in one capacity or another for the past twelve years, working in prison settings, substance abuse counseling, outpatient settings, and doing mobile family therapy, to name a few. He holds a B.A. in Sociology ('98) with a Minor in Anthropology from Shippensburg University of Pa, an M.S. in Community Counseling ('05), also from S.U., an M.A. in American Studies ('04) from Penn State Harrisburg and has advanced graduate training in School Counseling and English Literature and Criticism from Indiana University of Pa ('10). Kevin arrived in Norfolk in August of 2012 to begin doctoral studies and currently works as the Assistant Director at the ODU Training Clinic, as well as teaching in the HMSV program. His research interests are broad, like his background, but he has strong interests in diversity issues in Counseling and Counselor Education, domestic violence and sexual assault, pedagogical uses of film and literature in Counselor Education, spirituality in Counseling, and labor issues and "sick agencies" as they impact professional Counselors. In his free time, he enjoys consuming mass quantities of film, reading fiction, finding the better places to eat around town and spending time back in PA with his family, especially his favorite nephew.

## New Doctoral Students

Gina M. Bondi Polychronopoulos was born and raised in Virginia Beach, VA and attended James Madison University for her undergraduate degree in Psychology and Criminal Justice. She received a Master's degree in Psychology and a Master's degree in Counseling, both at Old Dominion University, and is a Nationally Certified Counselor. Gina most recently worked as a Research Associate at Eastern Virginia Medical School, facilitating clinical research studies on anxiety and depression, heart rate variability, diaphragmatic breathing, and autism spectrum disorders. In 2010-2011, she lived in Athens, Greece and worked at the Athens Institute for Education and Research, collaborating with researchers across multiple disciplines from all over the world. Prior to that, she worked in various clinical settings as a mental health counselor, including Virginia Beach Psychiatric Center, The Recovery Place (Detox), and



Green Door in Washington, DC. Gina has presented various research projects at state, national, and international conferences on topics including dating violence, relaxation training, addictions and disordered eating. She also published her Master's thesis on predictors of sexual aggression and recently co-authored a book chapter on autism and sexuality. Her main research interests include interpersonal violence, diagnosis, addictions, and eating disorders. Gina currently has a graduate research assistantship at The Center for Educational Partnerships. In her free time, she enjoys singing, playing the piano and guitar, traveling to other countries, going on random adventures, and being silly.

Miriam Lyde holds a bachelor's degree in Human Development and Family Studies with a concentration on Adolescent Development from the University of North Carolina at Greensboro. She also earned a master's degree in Mental Health (Rehabilitation) Counseling from North Carolina Agricultural and Technical State University. Ms. Lyde received a certificate in Rehabilitation Counseling and Behavioral Addiction as a part of the master's program. Before beginning her career as a counselor she worked with children and adults who have development disabilities providing direct care services such as psychoeducation and community inclusion activities. While in the master's program Ms. Lyde coauthored a textbook chapter with the book, "Substance Abuse: Treatment and Rehabilitation." She has presented in the area of addictions and disabilities at several conferences. She is active in several organizations including Chi Sigma Iota and the Rehabilitation Counseling Association. Miriam Lyde also served as a graduate research/teaching assistant at North Carolina A&T State University for two and a half years where she conducted research about attitudes toward sex and sexual conduct among undergraduate students for the Psychology Department. Ms. Lyde also worked for a short time as a Substance Abuse Counselor and Crisis Unit Intake Counselor after completing her master's degree.



Ugyen Wangmo holds a bachelor's degree in Psychology from the University of Calcutta in India and a master's degree in Counseling Psychology from Assumption University in Thailand. She also holds a Post Graduate Diploma in Education from the National Institute of Education in the Royal University of Bhutan. She has received higher education grants and fellowships from the following organizations: the World Health Organization (WHO); the United Nations Population Fund; the Royal Government of Bhutan; the Columbo Plan; and the United Nations International Children's Fund (UNICEF). She is a registered health professional with the Bhutan Health and Medical Council. Ugyen has been a lecturer for the last seven years at the Royal Institute of Health Science at the Royal University of Bhutan in Thimphu, Bhutan. She previously taught health care providers at the university and also counseled cancer patients at the National Referral Hospital. She was also a volunteer counselor for the Bangkok Refugee Center in Thimphu, Bhutan and the World Health Organization (WHO) that provides counseling services to refugees in Bhutan from Africa, Iran, India, Sri Lanka, and refugees from Southeast Asian countries including the Hlamongs, Nepalis, and Burmese.

## New Doctoral Students



Sara Young was born and raised in Virginia Beach, VA. Sara graduated from Old Dominion University with a Bachelor's of Fine Art specializing in painting with extensive studies in psychology and graphic design. Sara graduated with her MS in Art Therapy and Counseling from Eastern Virginia Medical School in May 2012 and was awarded Thesis Honors as well as Academic Honors. Sara began the doctoral program in counseling and graduate teaching assistantship at ODU summer semester 2012. Sara currently holds the position of graduate student chair for the Association of Adult Development and Aging. Sara has worked with child, adolescent, and adult clinical populations and continues to volunteer at a local residential, day treatment, and out patient program for children ages 5-12 and their families. Sara's research interests include the supervisory relationship, art therapy, trauma, psychosis, and more indulgently the connection between neuroscience and quantum mechanics with a healthy heaping of art. Sara was a touring musician in a hardcore band as a bass guitarist and still plays electric bass and guitar in her spare time. Sara has exhibited her artwork and photography locally and is a professional artist in addition to art therapist, and counselor. Sara is married to Josh Young, who graciously and lovingly puts up with her never-ending academic pursuits. Together they are raising an impressive and intelligent young lady named Kaylee.



Rebecca Pierre-Louis spent her early years in California but has lived in Virginia Beach for the past 15 years. She received a Bachelor's of Arts degree in Psychology from George Mason University in 2008 and her Master's Science in Education Counseling (School Counseling concentration) degree from Old Dominion University in 2010. She has a passion for working with children, adolescents and their parents/guardians and has most recently spent the past two years working as the full-time school counselor at a local elementary school. Her research interests include mental health concerns of children and adolescents, family counseling, and professional issues within school counseling. In her free time, Rebecca enjoys reading, watching movies, and spending quality time with her family and friends.

## New Faculty



Dr. Cheryl L. Fulton received her doctorate in Counselor Education from The University of North Carolina at Greensboro in 2012. She also received a Master's degree in Business Administration from the University of Colorado at Denver. She is a National Certified Counselor and a Licensed Professional Counselor Associate in North Carolina with more than a decade of experience counseling individuals, families, and groups in a variety of settings. She has a long history of professional and community service including 3 years as a volunteer suicide and crisis-line trainer and 2 years providing mental health education to newly resettled refugees from Bhutan, Burma, and Vietnam. She is an active member of many professional organizations and presents at regional and national conferences. Currently, Cheryl teaches master's level counseling courses for Old Dominion University and The University of North Carolina at Pembroke and Greensboro. Dr. Fulton's research interests include mind-

fulness, women's and gender issues, counselor community engagement, spirituality and religion in counseling, and counselor entrepreneurship. She enjoys reading, travel, outdoor activities, and spending time with her family.



# My Italian Sabbatical

By Dr. Ted Remley

Say the word, “sabbatical,” and university professors who hope for one someday get dreamy eyed, graduate students and colleagues turn green with envy, university administrators scowl, and members of the general public say, “What’s that?” Sabbaticals are a university tradition and are rarely found outside of academe (however Roman Catholic priests and nuns are known to take sabbaticals as well). Sabbaticals are granted to faculty members as an investment in the future. The belief is that if faculty members have an extended time away from their usual responsibilities of research, teaching, service, and perhaps administration, they will return to their jobs renewed and hopefully invigorated and will therefore provide a higher level of productivity in the future for the universities that employ them.

Most universities in the United States allow faculty members to apply for sabbaticals after they have worked a minimum of six years. Most universities provide full pay to faculty members who take one semester sabbaticals and half-pay to those who take two semester sabbaticals. As a result, the norm is for faculty members to apply for one semester sabbatical leaves. Sabbaticals are not guaranteed and usually faculty members are granted sabbaticals only if they are able to demonstrate they have earned the privilege and if the university has the financial resources needed to support their leave of absence.

I have been a college or university student, employee, or faculty member for 43 years. As a result, I’ve seen faculty members treat sabbaticals in a variety of ways. Some faculty members see sabbaticals as a paid four month or year-long vacation. They stop everything they’re doing professionally and just relax (and hopefully rejuvenate). On the other extreme, some faculty members are so accustomed to working hard, they just keep going at the same pace through their sabbaticals and it would be difficult for outside observers to distinguish between their sabbatical semester or year and what they usually do as professors. The vast majority of faculty members who have sabbaticals complete professional projects during their sabbaticals that they don’t have the time to complete when they are doing their regular duties of research, teaching, and service. Indeed, most universities today require faculty members to describe a professional project they will complete during their sabbaticals and then hold them accountable for demonstrating they completed their projects when they return to their regular university duties.

This is my second sabbatical during my 31 year career as a university faculty member. So I guess I’ve passed up three other opportunities if they’re available every six years. But that’s not unusual. Many faculty members have never had a sabbatical and most likely never will take one. Why is that? For some, proposing a professional project and actually doing it is probably more stressful than just doing their regular jobs each semester. Some faculty members have professional university responsibilities or family obligations that would just not allow them to be gone from their jobs for a semester or year. For others, it may just not make sense to take a sabbatical when they would just stay and home and pretty much do whatever it is they were doing when they weren’t on sabbatical. And for others, well they might not be awarded a sabbatical if they applied, so...

I worked too hard my first sabbatical. I spent it at a university in the U.S. different from the one where I was employed. While I was at the other university, I taught a course, supervised internship students, wrote a textbook, and edited a special edition of a refereed professional journal. I worked too hard. I was exhausted when it was over and was happy to get back to my job.

This time I’m spending my sabbatical in Italy. Talk about envy. When I tell other professors I’m doing a sabbatical in Italy, they can’t believe it. Maybe something like I’m doing is every faculty member’s dream. I suppose those who hear about my sabbatical in Italy have images of me eating fantastic food, soaking up the culture of a creative ancient civilization, drinking vintage wine, and essentially leading “la dolce vita,” (the good life). Well if you add that I’m also completing an interesting professional project along the way, those are the things I am doing.

I think I’ll return to ODU in January renewed and ready to take on new professional challenges. So, if that’s what sabbaticals are supposed to do for faculty members, I believe mine will be successful. At the end of my sabbatical, I’ll be more fluent in Italian, I’ll be more rested than I would have been if I hadn’t had a sabbatical, I’ll have my professional project completed, and I’ll definitely be very thankful to my students, colleagues, and administrators at ODU who supported me having this great opportunity.

# Faculty Accolades



Batten Endowed  
Chair in Counseling,  
Dr. Ted Remley

## Regional and National Presentations

**Dustin, J. C.** (2012, October). *Designing and implementing collaborative group projects for online courses*. Presented at teachFAIR. Old Dominion University, Norfolk, VA.

**Dustin, J. C.** (2012, July). *Redesigning life: Pathways to new careers for the older worker*. Presented at the Association for Adult Development and Aging Annual Conference. Williamsburg, VA.

**Horton-Parker, R. J., & Fawcett, R. C.** (2012, July). *Staying sane and remaining humane: An Adlerian approach for understanding and caring for aging relatives*. Association for Adult Development and Aging Conference, Williamsburg, VA.

**Horton-Parker, R. J., & Paiva, I. R.** (2012, July). *Posttraumatic growth: Developing wisdom in the aftermath of trauma*. Association for Adult Development and Aging Conference, Williamsburg, VA.

**McAuliffe, G., & Smith, J.** *What do students learn from a period of study abroad? A qualitative study*. Annual conference of the Southern Association of Counselor Education and Supervision, September, 2012.

**Remley, T.** (2012, May). *Professional advocacy: What supervisors and supervisees need to know about the law*. Chi Sigma Iota National Webinar.

**Remley, T.** (2012, May). "Abitare la Felicta." *In English: "Living a happy life."* Komidè School of Counseling International Conference, Pesaro, Italy.

## Books and Book Chapters

**Dustin, J. C.** (2012). *Grant writing and fundraising tool kit for human services*. Boston, MA: Pearson Education, Inc. Allyn & Bacon

**Dustin, J. C.** (2012). *Instructor's manual and test bank for grant writing and fundraising tool kit for human services*. Boston, MA: Pearson Education, Inc./Allyn & Bacon.

**Grothaus, T., & Johnson, K. F.** (2012). *Making diversity work: Creating culturally competent school counseling programs*. Alexandria, VA: American School Counselor Association.

**Neukrug, E.** (2013). *Theory, practice, and trends in human services: An introduction* (5th ed.). Belmont, CA: Cengage.

**Neukrug, E.** (2014). *A brief orientation to counseling: Professional identity, history, and standards*. Belmont, CA: Cengage.

## Journal Articles

**Craigén, L. & Cole, R.** (2012). Self-injury and eating disorders in minors: When should the human service professional break confidentiality? *Journal of Human Services*, 32(1), 56-71.



Dr. Edward Neukrug

**Schwitzer, A. M.** (2012). Diagnosing, conceptualizing, and treating eating disorders not otherwise specified: A comprehensive treatment approach. *Journal of Counseling & Development*, 90, 281-289.

## Awards

**Hays, D.** (2012). Outstanding Teacher Award. Southern Association for Counselor Education and Supervision (SACES).

**McAuliffe, G.** (2012). Diversity Champion Award. Darden College of Education, Old Dominion University.

## New Service Positions

**Craigén, L.** (2012). Journal Reviewer, PLOS ONE.

**Craigén, L.** (2012). Re-Elected Vice President of Regional Development, National Organization of Human Services (term, 2012-2014).

**Dustin, J. C.** (2012). Undergraduate Student Academic Policies and Procedures Committee, Old Dominion University

**Dustin, J. C.** (2012). Faculty Governance Bylaws Ad Hoc Committee. Old Dominion University.

**Hays, D. G.** (2012). Outstanding Teaching Award. Southern Association of Counselor Education and Supervision.

**Horton-Parker, R. J.** (2012). President, Association for Adult Development and Aging, a division of the American Counseling Association.

**Johnson, K.F.** (2012-2015). Associate Editor of Research, *Journal of College Counseling*.

**Johnson, K.F.** (2012-2015). Reviewer, *The Professional School Counselor*.

**Johnson, K.F.** (2012). Awarded a \$1.05 Million award along with Professors Carolyn Rutledge, Christianne Fowler, Karen Kott, Margaret Lemaster, and Michelle Renaud for their work on "Interprofessional collaboration amongst helping professionals."

**Neukrug, E.** (2012). Faculty Diversity Leader for the Darden College of Education.

**Neukrug, E.** (2012). Vice Chair of Faculty Governance for the Darden College of Education.

**Remley, T.** (2012). Editorial board member for the refereed journal, *The Professional Counselor: Research and Practice*.



Dr. Nina Brown



Dr. Tim Grothaus



Dr. Danica Hays



Dr. Garrett  
McAuliffe



Dr. Jill Dustin



Dr. Radha Horton-Parker



Dr. Mark Refhuss



Dr. Laurie Craigén



Dr. Alan "Woody"  
Schwitzer



Dr. Suzan Thompson



Dr. Christine Ward



Dr. Kaprea Johnson



Dr. Tammi Milliken



Dr. Chris Wood



Dr. Tara Hill



Dr. Kathleen  
Levingston

# Student Accomplishments

Due to the vast talent of our Master's and Doctoral students, the student accomplishments showcase **SELECTED WORKS.**

“The real voyage of discovery consists not in seeking new lands but seeing with new eyes.”

—Marcel Proust

## Regional and National Presentations

Mills, C. J., Neumann, S., Ciccone, A., & Bondi, G. (2012). *A comparison of relaxation techniques on blood pressure reactivity and recovery, assessing the role of anger coping style*. Presented at the 70th Annual Meeting of the American Psychosomatic Society, Athens, Greece.

Bonner, M., Ford, D., & Maweu, J. (2012, August). *Out and in of Ireland: Exploring emigration and immigration in Ireland through a counselor's perspective*. Diversity and Counseling Summer Institute in Ireland, Dublin, Ireland.

Bonner, M. (2012, November). *When religion and ethics collide*. Virginia Counselor Association, Fredericksburg, Virginia.

Jackson, T. (2012, August). *Slave and sex trade in Ireland: A call for counseling*. Diversity and Counseling Summer Institute, Dublin, Ireland.

Grothaus, T., Jackson, T., & Thompson, S. (2012, September). *Partnering to promote professional development: A site supervisor training program for school counselors*. Southern Association of Counselor Educators, Savannah, Georgia.

Maalouf, K.J. & Stafford, C. (2012, October). *Meeting the diverse needs of today's community college students*. The American College Counseling Association Conference. Orlando, FL.

Moreno, M. (2012, July). *Using visual journaling and expressive techniques for positive coping in adult development*. Association for Adult Development and Aging Conference. Williamsburg, VA.

Parks-Savage, A., & Moreno, M. (2012, October). *Counseling considerations for Filipino-Americans [invited]*. Eastern Virginia Medical School Multicultural Seminar Series. Norfolk, VA.

Pusateri, C. (2012, September). *Using qualitative research to enhance scale development*. Association for Assessment in Counseling and Education (AACE) Conference, Orlando, FL.

Pusateri, C., & Dean-Nganga, L. (2012, November). *Historical antecedents to and current practice of advanced empathy*. Virginia Counseling Association (VCA) Conference, Fredericksburg, VA.

Pusateri, C. (2012, November). *Perceptions of rurality among counseling students and professionals*. Virginia Counseling Association (VCA) Conference, Fredericksburg, VA.

Smith, J.E., & Dean, L. (2012, September). *Cultural conversations, Microaggressions—What really works?* Southern Association for Counselor Education and Supervision (SACES) Conference, Savannah, GA.

Smith, J. E., & Garner, J. K. (2013, April). *Negotiating new territory: Job embeddedness describes integrating new specialist counselors in established school settings*. AERA Annual Meeting, San Francisco, CA.

Tang, H., & Braun, E. (2012, November). *Challenges and suggestions for training Chinese supervisors*. Virginia Counselors Association Convention Conference, Fredericksburg, Vir-

ginia.

Tang, H., & Braun, E. (2012, September). *Supervisory encounters between Chinese supervisees and American supervisors*. Presented North Atlantic Region Association for Counselor Education and Supervision Regional Conference, Niagara Falls, New York.

Remley, T., Tang, H., Wangmo, U., Pau, K., & Mariotti, D. (2012, March). *Counseling in America: Perspectives from International Doctoral Students from Bhutan, Taiwan, Malaysia, and Italy*. Panel Presentation at the American Counseling Association Conference, Cincinnati, Ohio.

## Books and Book Chapters

Sheperis, C., Smith, J. E., Bullock, M. (2013). Client assessment and diagnosis. In C. Sheperis & D. Sheperis (Eds.), *Clinical Mental Health Counseling: Fundamentals in Applied Practice* (1st ed.). Columbus, OH: Pearson. (In press)

## Journal Articles

Bondi, G. M., & Kelly, M. L. (2012). Authoritarianism, hostility toward women, attitudes toward violence, rape myth acceptance, and sexual aggression. In T. Patelis (Ed.), *Research Studies, Literature Reviews, and Perspectives in Psychological Science* (253-268). Athens, Greece: ATINER.

Jackson, T. (2012, July/August). What works. *ASCA School Counselor*. American School Counselor Association.

Urbano, M.R., Hartmann, K., Deutsch, S. I., Polychronopoulos, G. M., Dorbin, V. (October, 2012). Relationships, sexuality, and intimacy in Autism Spectrum Disorders. In *Modified Dialectical Behavior Therapy to Improve Emotion Regulation in Autism Spectrum Disorders*. Retrieved from <http://www.intechopen.com>.

Bayne, H., Pusateri, C. & Dean-Nganga, L. (in press). The use of empathy in human services: Strategies for diverse professional roles. *Journal of Human Services*.

Hill, T. M., Pusateri, C., Braun, E., & Maweu, M. (in press). Technological innovations for the human services profession. *Journal of Human Services*.

Neukrug, N., Bayne, H., Dean-Nganga, L., & Pusateri, C. (in press). Creative and novel approaches to empathy: A neo-Rogerian perspective. *Journal of Mental Health Counseling*.

## New Service Positions

Moreno, M. (2012). Newsletter Editor, Association for Adult Development and Aging.

Polychronopoulos, G. (2012). Awards Committee Chair, Association for Adult Development and Aging.

Polychronopoulos, G. (2012). Research Grants Committee Chair, Association for Adult Development and Aging.

Tang, H. (2012). Hampton Roads Counselors Association Scholarship.

Young, S. (2012). Graduate Student Representative, Association for Adult Development and Aging.

# Program Information and Upcoming Events



**Messenger Owl**

**May 2013 Graduation** Application due to the Office of the Registrar by November 30, 2012

<http://www.odu.edu/ao/registrar/graduation/index.shtml>

For information on supervision, practicum, and internship contact **Hannah Bayne** at [hbayne@odu.edu](mailto:hbayne@odu.edu).

**The Graduation Brunch** will be held in honor of our December 2012 master's and doctoral graduates and CSI award winners on Thursday, December 14, 2012 from 10-am-12pm in the River rooms of Webb Center. RSVP by through doctoral student coordinator and CSI chapter president-elect, **Katey Heimsch** at [kheim002@odu.edu](mailto:kheim002@odu.edu)

If you would like to contribute to the Spring Newsletter, please contact Editor **Miranda Johnson-Parries** [mjohn039@odu.edu](mailto:mjohn039@odu.edu)

for more information.

Admissions applications deadline for the spring 2013 semester are **October 1st** for the PhD program and **November 1st** for the master's program. Interviews of the PhD applicants will take place in October and November.

## Student Announcements

**REMINDER** to check your ODU e-mail regularly for program opportunities and announcements. Kathy Maalouf

**Doctoral Written and Oral Candidacy: Proposal Defenses:** **Good Luck to Upcoming Dissertation Defenses!**

- Kate Bender
- Laurie Bonjo
- Cassandra Pusateri
- Erik Braun
- LaShauna Dean

- Dissertation Defenses:**
- Sean Hall
  - Helen Runyan
  - Mary Sanderfer



### CONGRATULATIONS TO

**Cassandra Pusateri**, received the 2012-2013 Presidential Fellow for ACES and was a 2012 SACES Emerging Leader.

**LaShauna Dean**, recognized as a 2012 SACES Emerging Leader and received a Hampton Roads Counselors Association Scholarship.

**Penny Makris**— Appointed as a FT Clinician at Eastern Shore Community Service Board Behavioral Healthcare Center in Parkersley, VA.

**Hsin-Ya Tang**, received a Hampton Roads Counselors Association Scholarship.

**Tracy Jackson**, recognized as the 2012 Counselor of the Year for the Virginia Counselor Association and Hampton Roads Counselor Association.

## Congratulations to our December 2012 Counseling Graduates

**Master's Students**

- Crystal Bland
- Lindsay Bolster
- Shannon Brehm
- Nicole Brown
- Paula Elkin
- Stephanie Filio
- Victor Font
- Amber Forehand- Hughes

- Lauren Gleichman
- Stephanie Green
- Ryan Hatch
- Vicki Holden
- Jamie Hurd
- Michaela Jamieson
- Keesha Kerns
- Ashley Kulnis
- Nicole Levitt

- Jessie Markowitz
- Lavonna Martin
- Erin McNair
- Jenna Parker
- Gabrielle Pennington
- Alicia Ramey
- Leigh Sayre
- Jessica Schladt
- Alena Scigliano

- Kesha Smith
- Stacie Smith
- Anna Taylor
- Rocco Vallecorsa
- Christina Washington
- Christina Wells

**Doctoral Students**

- Kathy Maalouf
- Arleezah Marrah
- Helen Runyan
- Mary Sanderfer
- Amy Upton



## Saying vs. Doing

By Staci Butler, Public Relations Chair, Human Services Association

We all know the saying that “actions speak louder than words.” I’d heard this many times while growing up and always felt that in many cases people would use this saying, but that not many would actually do it. I’d always felt that I was one of those *sayers*, and not a *doer*. Before I chose to minor in Human Services I didn’t know much about the field and felt that it was one of those philanthropic career paths for those who did not need to earn money to live. After working with many individuals in my community service experiences and seeing the type of people who get involved and do what needs to be done to help others I have changed my entire perspective.

Now I know that it isn’t about who you are; it isn’t about where you live; and it certainly isn’t about what you say. It’s your actions that define what kind of person you are. You can say as many wonderful and supportive things as you want, but until you have to figure out how to feed one hundred and thirty hungry (and sometimes homeless) individuals after the power has gone out and you can’t finish cooking what you had planned, you’ll never understand that those things that you do mean so much more. Smile at the man begging on the side of the road, even if you have nothing to offer him. Always give change to the charity buckets. But most importantly: do *something*.

The things that I have learned through the Human Services field and through my participation with the Human Services Association have not only changed my outlook, they’ve changed my goals. And while I know that I may not be able to help everyone, at least I’ll have tried to help those I could. I’ll never forget the people that I’ve worked with, both in the HSA and as a volunteer. Every life that you touch, touches you in return. The ripples that your actions make will in turn touch many others. And remember, that while charitable thoughts are nice, charitable deeds actually make an impact.



## HMSV Association!



By Lauren Shifrin, Vice President, HMSV Association

My name is Lauren Shifrin and I am the Vice President of the Human Services Association. This is my third year and officer position with HSA. HSA is my favorite club not just because it is my major, but also because you get the opportunity to volunteer with so many different people and places. Everyone in the association works like a team and I have formed a lot of great friendships while doing service. My favorite volunteer opportunities include, cooking at the Ronald McDonald House, doing co-sponsorships with other organizations such as In Support of Children and Women's Center, project purple and I also enjoy volunteering at races such as March of Dimes.

My favorite opportunity so far this year was volunteering at Larchmont Elementary School's Annual Rat Race. Rat Race is a race for the children of Larchmont funded by the PTA (Parent Teacher Association) to raise money for the school. At the Rat Race new and old members of HSA did face paint and color hair spray for the kids. This was a great event to meet the new members and help children! I love the Human Services program at ODU because all the teachers have great experience and care for the students. Whenever I need help all the professors are always willing to talk with me during office hours or on email. Since a lot of them hold Doctorate degrees, they know much more information and I get excited to learn in class.

I have learned a lot so far during my undergraduate years and plan to take my skills I have learned in the Human Services program and continue my studies in graduate school for Social Work or Mental Health Counseling. With the support of the ODU Human Services faculty and my experience with the Human Services Association, I have confidence that I will fulfill my future Human Service Profession successfully!

\*\*\*\*\*

By Christina Murray, Director of Accredited Financial Counselor,  
Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society, a private non-profit volunteer based organization, provides financial education and interest free loans and grants primarily to active duty and retired Navy and Marine Corps personnel and their eligible family members. With the culmination of Joint Basing, the Office also provides services on behalf of Army Emergency Relief to active duty Army assigned to JEBLCFS and Army retirees and widows living in the local area. During 2011, the JEBLCFS office provided over 2900 service families with over 1.6 million dollars in financial assistance, distributed 210 new baby layettes and told the NMCRS story to over 6800 eligible beneficiaries.

For the past 22 years, first as a Volunteer herself and then as the paid Director, Mrs. Murray has been actively involved in the recruiting, training and maintaining the Volunteer staff who provide NMCRS services. Mrs. Murray and the Navy-Marine Corps Relief Society foster a unique partnership with Old Dominion University, Virginia Wesleyan and Norfolk State to provide internship opportunities to Human Services, Psychology, Finance and Business majors. Twenty-seven students have successfully completed her internship program.

Mrs. Murray is a product of the Military Education Partnership Program graduating in 1984 from Little Creek's St. Leo (College) University with a B.A., Psychology and accounting concentration. She holds an Accredited Financial Counselor Certification from AFCPE.

## HSA-Not Just for Human Services Majors



By: Patricia Blackshaw

Many people are shocked to find that the current president of the *Human Services Association* (HSA) is a pre-med biology major. They may be thinking, “what is a biology major doing running this group,” but the fact that the president is a biology major truly represents the purpose of this organization. HSA is known on campus as an organization for students with a human service major or minor or a course of study that is in a related field. The common misconception about this group is that you have to be in the human services field. Truth is, if one decides to work with people in any way in the future, this group would be great for them.

As the president of this association, I am shocked to hear how many people have not heard about it or its benefits. Although this is a community service based group, the benefits of being a member go far beyond service hours. This organization provides students with the opportunity to network with faculty, local businesses and build a professional profile by participating in events both on and off campus that allow them the opportunity to get their name out to the community.

I am very glad to have an active role in this organization. Although I volunteered a lot on my own, the friendships I have made and the professional relationships I have created with the individuals who acted as guests at meetings is something I could not get through just volunteer work. I have no doubt that the doors this organization has opened for me will be beneficial to me in the future. I have gained a sense of responsibility and professionalism and valued the time I have spent in this organization because I feel like it is going to help my career in the long run. Thus, as a pre-med biology major, being a part of this organization has proven to be beneficial.

### **Kendra Ramos** was a great asset to the Human Services Association

last year. We want to recognize her for her great achievements with funding for Hampton Roads Night Out and Relay for Life. She helped raise a tremendous amount of money for both events and always held a strong, positive attitude, which helped the association get through the year. One event she hosted for Relay included, Purple Passion Dinner, where we went to a Chinese restaurant buffet in Norfolk and had Cancer survivors and patients of the Human Services Department come speak to the students. She also hosted a fun night of line dancing, with her line-dancing group in Newport News. Both events were wonderful and all the members who attended had a lot of fun. Because of Kendra’s efforts the Human Services Association placed second as the most money to be raised for Relay for Life. Along with her tangible contributions, we could never forget her fun spirit and burst of energy. Thank you Kendra, we will never forget your role in HSA!



## HMSV Student Spotlight: Briana-Allyn Ellison

Greetings. I am Briana-Allyn Ellison, a senior in Old Dominion University's fabulous Human Services program. As a high school student, I would often hear about a university's awesome "you fill in the blank" program. It was not until my spring semester sophomore year that I had the opportunity to experience an awesome university-level program- the Human Services program.

Life before I became a human services major was very interesting to say the least. I was a biology major, like most first year ODU students, with the goal of becoming an Ophthalmologist. I had this growing passion to help others and deep fear of being financially deprived. As a result, I decided to pursue an occupation that helps others in the most expensive method I was familiar with- becoming a doctor. See, I had my plan all figured out. I would pursue a degree in biology, minor in communications to strengthen my people skills and join ODU's Naval ROTC because many Ophthalmologists had to retire due to very expensive, unaffordable malpractice insurance. The navy would cover my insurance. Luckily, I had a few very frustrating moments before I signed my life away to the United States Navy.

The most frustrating moments of my life were caused by one class, The Foundations of Chemistry. Homework has never been such a hassle. I mean, who gets so frustrated that tears become a regular element of homework? Such defeating moments caused me to reflect on why exactly I wanted to pursue a career in medicine. The answer was terribly simple. I wanted to be an Ophthalmologist for the money. What a poor excuse! No wonder chemistry was such a struggle. But, the story gets better. After two weeks of self-reflection and major exploration I committed myself to Human Services.

Courses such as Interpersonal Skills and Methods made me feel very welcomed and accepted. I felt accepted because there were many other students who liked to verbally participate in class, as I did. Here, it was good to participate and engage in discussion; whereas, in other departments the student who answered the professor's question was nonverbally shunned by the class. This level of engagement offered by all professors in the Human Services department made me value my new major. It feels good to know that a professor is interested in a student's perspective and opinion.

Life after declaring myself as a Human Services major has been more organized and enjoyable. I am a founding member of Tau Upsilon Alpha Honor Society, and I have discovered my population- college students. Through job experiences as a Resident Assistant, I have lined up a new plan. I hope to attend graduate school Fall 2013 earning a degree in Higher Education Administration/Student Affairs. By volunteering with the leadership department of Old Dominion's Student Activities office I have discovered my passion in student development and leadership. Programs such as Leadershape Institute, Freshman Summer Institute and the Emerging Monarchs leadership retreat assisted with this wonderful discovery. I am thankful to be a part of the Human Services program and I look forward to use everything I've learned to assist students and evaluate and improve programs.

# Camp Cope

By Teresa Bass (HMSV Student)

My husband was Army for 21 years, and I wish that I would have had some of these skills for my daughter when her dad was gone. What Camp COPE is doing is so very important and helps remind military parents that kids serve too and need extra support during these difficult times. Volunteering for this camp reminded me how important children are and was a awe-inspiring experience for me.



By Winona Pearson (HMSV Student)

Last week-end I participated in Camp COPE at Fort Belvoir, in Alexandria, Virginia. There were over 150 children enrolled in the camp, aged 5 to 17. I was an assistant counselor assigned to a classroom with thirteen 7 and 8 year old children. Camp COPE works with children whose parents are serving in the armed forces and have been deployed or have sustained injuries in combat. The counselors at Camp COPE focus on emotional and behavioral issues that the children may have. Their goal is to teach the children coping skills to deal with the trauma and transitions in their lives. It was a very rewarding experience, and I would very much like to become more involved with their work.

## Upcoming Events: Human Services Association

### November

- March of Dimes
- H.E.R. Shelter Food Drive
- Hampton Roads Night Out
- International Children's Day

### December

- Angel Tree

### January

- Planning for Relay
- Planning for Monroe Elementary
- Planning for Young Terrace Elementary

### February

- Planning for Relay
- Activities with elementary schools listed above
- Ronald McDonald House projects

### March

- Shamrock Marathon
- Relay for Life

### April

- Internship Fair

## STAFF APPRECIATION SPOTLIGHT INTERVIEW

By Jayne Smith, Doctoral Candidate



**Saysha Malbon** is the Office Manager for the Counseling and Human Services department (CHS). Since October of 2009 she has greeted new and returning undergraduate, master's, and doctoral students; provided assistance to over 50 faculty; and corresponded with parents, alumni, and representatives from the community that partners with CHS. She manages student workers who increase office coverage, assist on projects, and help answer questions of anyone who walks into 110 Education Building. Selecting Saysha Malbon for the Staff Appreciation Spotlight Interview was easy because she truly supports every single last person connected to CHS. Below Saysha shares about her experience working in the department and offers a glimpse into her life outside the university.

1. *Describe your day at work in the CHS department.* Wow, where do I start. I get here usually by 7:15am, open all doors, grab coffee, sit down and start with emails. I try to get all the easy emails out the way and then I go with the ones that involve investigating. There are so many projects I am working on that I feel like I am all over the place during work. I shuffle between meetings, paperwork, phone calls, student walk ins, faculty issues, etc. But I love what I do, I always have a smile on my face because my job brings me a lot of joy.
2. *How has the department grown since you started?* When I started I did all the advising appointments for Human Services (undergraduate program), now we have our own center called Career and Academic Resource Center (CARC). We didn't have any type of marketing and I created the Facebook page and now we also have twitter, too! We didn't have potlucks and now we do! There are tons of things we didn't have and then we started.
3. *What do you like most about working here?* The number one thing that I love the most about my job is my students. I develop great relationships with them, and even shed tears when they leave.
4. *What was one of your most favorite experiences in this position?* Honestly, I don't have a favorite experience. I really love my job and what makes it more special is the fact that all the students and faculty show their appreciation for me every day. I get cards, emails, nominations, gifts, and vanilla cokes! Just something as simple as a student coming in my office and saying, "I appreciate you" makes my day.
5. *What could we all do to make your job better?* Nothing. The students make my job wonderful. It's what I love about my job.
6. *Tell us about something that we don't know about you.* Something you don't know about me. Well, not many people know that I used to work on jets. Build them that is! I love the smell of hydraulic fuel! I know, it's weird. Lol.
7. *What are your hobbies?* My hobbies are crafts, truck pulls, consignment shopping, school, video games, gardening, painting, and fishing.
8. *What do you hope for your future?* My hopes are to graduate, get my kids in a daycare that teaches them, and for my husband to finish some of his personal goals in life.
9. *Anything else you want to share with us.* I take a lot of pride in what I do for the department. I love the students, faculty and staff that I work for. I think I finally found my calling here. But I do want to say, Thank you to every single one of the students, faculty and staff that have supported me through the good times and the bad times. You all have shown me the most amazing support that anyone could ask for and I am greatly appreciative of it.

# East Meets West: Intellectual Fusion



By Ugyen Wangmo and Kee Pau , Doctoral Students

The counseling profession has increasingly expanded its global existence thereby overcoming obstacles and merging the Eastern and Western scheme of counseling.

Ugyen Wangmo and Kee Pau journeyed from two different countries in the far east, Bhutan and Malaysia to greet warm heartedly, our western counterparts in the well-known Old Dominion University, the core of intellectual fusion for counselor education. Both these countries are undergoing progress at a rapid pace, cramming into less than 10 years what other countries accomplished across a span of 50 to 100 years. As experienced in other countries, it is causing significant lifestyle changes together with health problems associated with rapid changes such as stress, depression, anxiety and related problems. Growing urbanization accompanied by its related problems is also rising at a fairly rapid rate, creating the demands for blending different perspectives of counseling approaches to benefit clients.

Hence, both armed with an attitude that individual culture has something significant to proffer to another society and equally importantly learn and absorb from another culture. A concoction of cultures is likely to lead to an enhancement of one's intellectual, emotional, artistic, spiritual, humanitarian and moral visions invariably providing to the clients an effective professional counseling service globally.

“East is East and West is West and never shall the twain meet” was truly said by Rudyard Kipling, but we believe finally EAST meets WEST in Counseling Department, ODU, Norfolk, Virginia. Here we exchange our counseling ideologies and concepts of eastern philosophy, which primarily focus on achieving optimal human development through leading an ethical life. Whereas western counseling approaches place more focus on psychopathology and rely on medical model of alleviating symptoms.

To make a long story short, the counseling department at ODU has given us this opportunity to learn, practice theories and models, and realize that eastern and western counseling approaches do have similarities, and they both focus on relieving human sufferings and helping people feel better.

Let's join hands in integrating eastern and western counseling practices into a globalized counseling profession for the well being of all the sentient beings.



# A window room with a view in Italy

By Davide Mariotti, Doctoral Student



I'm living a very beautiful experience in the ODU program as a PhD counseling student and Graduate Assistant. I live in Italy and at the same time I teach and study there in Norfolk !!! For me, sometimes it is very frustrating not to be physically there, but now I can say that Dr. Theodore Remley's idea works. Dr. Remley made this proposal to me two years ago when I brought some Italian counseling students from Komidè to Old Dominion University, thus starting the first exchange program in counseling in Italy. I'm the director of the Komidè School of Counseling located in Pesaro, Italy where we educate professional counselors. In Italy,

counselors are prepared in private schools rather than in universities. I have also been a counselor for 10 years and am currently the director of the Centro per Minori e la Famiglia "Lucignolo," a Cooperativa L'Imprevisto. This agency is a crises and rehabilitation center for at-risk adolescents.

Before I started this experience, I was not sure that being a distance student was a really good idea because as you can imagine it is like having two lives: one starts at 9 am in Italy as the director and counselor, and the other starts at 9 pm (3 pm your time) with the lessons and meetings from ODU. A very schizophrenic experience .... maybe too much for a man!!! Another point of concern was the actual possibility of participating in the ODU classes from Italy. But Dr. Remley insisted because according to him it was possible to participate at the ODU classes and do ODU's counseling program from Italy in this way.

He told me that my participation was a beautiful opportunity not only for me but in particular for ODU Doctoral Counseling Program because we share international topics and maybe thanks my "experiment" ODU will move in the future toward a distance learning program.

This idea was accepted by the institutions and I want to take this opportunity to say personally thank you to the College of Education's Dean, Dr. Linda Irwin-DeVitis, Department of Counseling and Human Services Chair, Dr. Danica Hays chair, and the Program Director for the Counseling Program, Dr. Tim Grothaus. Obviously thanks to Dr. Remley.

I'm at the very beginning of this experience and I can already say that I'm very impressed about the high level of the contents and I'm also impressed in the good ways I can participate and interact with my colleagues and the teacher in class. I can say like the Constructionists said that knowledge really comes from the class, and I've seen the ability of the teacher to promote this process using questions in a wonderful way. I can really be there and in the same time live in Italy and share my daily foreign experience with the class. Using a metaphor, the distance learning experience is like a window- my colleagues have a view in Italy and I have a view in Norfolk. I have seen my colleagues really appreciate it. It is a good experience for both. Don't you think?

## CSI Opportunity for Clinical Hours!!!



**The P.B. Young Elementary School Outreach Initiative**

- **Are you interested in gaining direct experience with students?**
- **Do you have a few hours a week to dedicate to working with students in a school setting?**
- **Are you interested in developing and implementing group interventions?**

If you answered yes to any of these questions, the Omega Delta Chapter of CSI has the perfect experience for you!!!

**P.B. Young Elementary School**, located at 543 East Olney Road nestled within an urban community, is partnering with ODU to bring much needed services to their students. We will be working with the Guidance Counselor at Young Elementary, Tonya Evans to offer:

- Anger Management and Bullying Prevention groups
- Communication Skills and Character Building groups
- Conflict mediation skills
- Parent concern meetings
- Career and College Days

To sign up please follow the below link: <http://www.surveymonkey.com/s/6WBL6DC>

\*\*\*We will also be holding an information session in JANUARY 2013 to provide more information.

# Big Splash Events



The Big Splash counseling seminar series is in full swing this year with a great new lineup of topics and presenters. The series features three seminars each fall and spring semester. The mission of the series is to provide high quality, affordable continuing education events that benefit students, faculty, and professionals in the community.

For more information visit: <http://education.odu.edu/pcl/counselor/BigSplash/index.shtml> or email [bigsplash@odu.edu](mailto:bigsplash@odu.edu).

**Saturday, February 9, 2013**  
**Constant Hall 1002**  
*Behavior Change Through Client Motivation*  
 Neal Gray, Ph.D., LPC-S, LICDC  
 Lenoir-Rhyne University, Hickory, NC

**Saturday, March 9, 2013**  
**Constant Hall 1002**  
*Enhancing Social Cognitive Development of Marginalized Groups Using Liberation Theory*  
 Kaprea Johnson, Ph.D.  
 Old Dominion University, Norfolk, VA

**Saturday, April 13, 2013**  
**Constant Hall 1002**  
*Youth at Risk: The Suicidal Child and Adolescent*  
 David Capuzzi, Ph.D., LPC, NCC  
 Walden University and Johns Hopkins University, Baltimore, MD

**Cost**  
*Professional Rate: \$49 prepaid / \$59 at door (CE credits available)*  
*Student Rate: \$19 prepaid / \$24 at door (Student ID required at door)*  
*ODU CSI: \$9 prepaid/ \$14 at door*



## Department of Counseling and Human Services

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OLD DOMINION UNIVERSITY is located in Norfolk, the hub of historic Eastern Virginia. A member of Virginia's prestigious public college and university systems, Old Dominion is one of the oldest and most rapidly growing institutions on the Atlantic seaboard. The 200-acre campus borders historical, recreational, cultural and military facilities. Nearby are Williamsburg and Yorktown, the Chesapeake Bay and the Atlantic Ocean beaches, the Chrysler Museum, and NASA-Langley, the birthplace of our space program. Old Dominion University has a student body of nearly 19,000, and offers baccalaureate degrees in 65 areas, master's degrees in 64 areas, two certificates of advanced study, and doctoral degrees in 21 areas. The University is composed of six colleges: Arts and Letters, Business and Public Administration, Education, Engineering and Technology, Health Sciences, and Sciences. Old Dominion's primary mission is to meet the educational and professional needs of Hampton Roads and the students who come to the University.

The Darden College of Education prepares students for work in the dynamic and challenging fields of professional education and counseling. The college trains general and special education teachers, administrators, librarians and counselors, and prepares students for work in such areas as career management, family life education and clinical speech-language pathology. The Darden College of Education is accredited by the National Council for Accreditation of Teacher Education (NCATE) and the Virginia Department of Education. The master's program in counseling is also accredited by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP). The University has initiated interstate certification contracts with 39 other states so Old Dominion graduates certified to teach in Virginia might gain reciprocal certification in such states as New York, New Jersey, Delaware, Pennsylvania, Connecticut, Maryland and North Carolina.

**For More Information about the Counseling Program, please contact Admissions assistant Becky Michel at 757-683-6132 or by e-mail at [rmichel@odu.edu](mailto:rmichel@odu.edu). You can also get information in Room 110 of the Education Building.**



## Available Student Grants and Scholarships

**2013 Make A Difference Grant**, Association for Humanistic Counseling, deadline January 10, 2013. <http://afhc.camp9.org/Default.aspx?pageId=833022>.

**ASGW Peg Carroll Scholarship**, Association for Specialists in Group Work, deadline January 31, 2013. <http://www.asgw.org/scholarships.htm>.

**Student Research Grants**, two \$500 awards, Association for Adult Development and Aging, deadline January 15, 2013. <http://www.aadaweb.org/page2/page17/page17.html>.

**Dr. Daya & Mrs. Usha K. Sandhu Multicultural Counseling/Diversity Student Research Award**, \$500, Association for Multicultural Counseling & Development, deadline January 31, 2013. [http://www.multiculturalcounseling.org/index.php?option=com\\_content&view=article&id=119&Itemid=119](http://www.multiculturalcounseling.org/index.php?option=com_content&view=article&id=119&Itemid=119).

### Graduation Brunch

THE ODU COUNSELING DEPARTMENT AND CSI  
OMEGA DELTA CORDIALLY INVITE YOU TO  
ATTEND THE 2012 GRADUATION BRUNCH TO  
HONOR OUR MASTERS AND DOCTORAL  
COUNSELING GRADUATES

When: Friday, December 14, 2012 from 10-12 p.m.

Where: Webb Center: River Room

Cost: \$20 for Family and Friends

Free for Graduates

Contact: Katey Heimsch at [kheim002@odu.edu](mailto:kheim002@odu.edu)

Online Registration:

<http://www.eventsbot.com/events/eb254380864>



Schedule of Events

# November/December 2012

- VCA is **November 15-17th**
- Registration for Spring classes begins **November 17th**
- Thanksgiving Break is **November 21-25th**
- CSI Graduation Brunch is **December 14th**
- Graduation: **December 15th**

SUN	MON	TU	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Thanksgiving	22 Thanksgiving	23 Thanksgiving	24 Thanksgiving
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14 CSI Brunch	15 Graduation



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