

SPECIAL POINTS OF
INTEREST:

- Ireland & Italy Institutes
- Human Services Program
- Self-Care Tips
- VACES & ACA Conference Experiences

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Department Highlights

By: LaShauna Dean, Ph.D Student

Welcome to the Spring 2012 issue of *Reflections*! The ODU Counseling and Human Services community continues to grow! Several students have been acknowledged at national conferences for their contributions to the field. In addition, several faculty members and students have been appointed to leadership positions at numerous associations. The Counseling and Human Services program, in connection with Chi Sigma Iota and Tau Epsilon Alpha, continues to host the Big Splash Workshops providing continued education opportunities for the community at large. The Human Services program has successfully launched the distance learning program which offers the HMSV program completely online! As we end the spring semester, we look forward to congratulating the graduating undergraduate, masters, and doctoral students. Enjoy reading this issue of *Reflections* and remember that you can contribute to future



**Members of the ODU Counseling Department
Faculty and Students**



2010 Complementary Therapies
Institute Participants



*“If the day and the night
are such that you greet
them with joy,
and life emits a fragrance
like flowers and sweet-
scented herbs,
is more elastic, more
starry, more immortal, -
that is your success.”*

- Thoreau

Summer Institutes

Diversity and Counseling Institute in Ireland

August 5-16, 2012 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 Trinity College 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. 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 online dimension of the course begins in July, followed by the trip, and post-trip assignments. For more information contact Dr. Jill Dustin (jdustin@odu.edu), Dr. Ted Remley (tremley@odu.edu), or visit: <http://education.odu.edu/pcl/counselor/Ireland/index.shtml>.

A Counselor's View of Italy

May 10-25, 2012 in the beautiful mountains of Tuscany, Italy. \$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 in counseling, 3 undergraduate credit hours in human services, or 45 continuing education hours. This year's Institute is full, but check back for 2013. For more information contact Dr. Ted Remley or visit http://education.odu.edu/pcl/counselor/italy_conf/.

UPCOMING CONFERENCES

* Call For Proposals & ** Call For Volunteers

- * **American Counseling Association** in Cincinnati, OH from March 20-29, 2012. Please visit: <http://www.counseling.org/Convention/>. Proposal submission deadline is June 6, 2012.
- * **Association for Assessment in Counseling & Education** in Orlando, FL from September 14-15. Please visit: <http://www.theaceonline.com/conference.htm>. Proposal submission deadline is June 1, 2012.
- Association for Adult Development and Aging** in Williamsburg, VA on July 13, 2012. Please visit: <http://www.aadaweb.org/index.html>.
- American College Counseling Association** in Orlando, FL from October 3-6, 2012. Please visit: <http://www.collegecounseling.org/conference>.
- American Mental Health Counselors Association** in Orlando, FL from July 19-21, 2012. Please visit: http://www.amhca.org/member/annual_conference.aspx/.
- American School Counselor Association** in Minneapolis, MN from June 23-26, 2012. Please visit <http://www.schoolcounselor.org/content.asp?pl=325&sl=129&contentid=182>.
- ** **Association for Specialists in Group Work** in Albuquerque, NM from February 6-9, 2014. Please visit: http://www.asgw.org/current_events.htm.
- Association for Spiritual, Ethical, and Religious Values in counseling** in Santa Fe, NM from June 3-5, 2012. Please visit: <http://www.aservic.org/conference-info/>.
- * **International Association of Addictions & Offender Counselors** in New York City, NY from September 15-16, 2012. Please visit: <https://www.taskstream.com/ts/buser/Conference.html>. Proposal submission deadline is June 15, 2012.
- National Career Development Association** in Atlanta, GA from June 21-23, 2012. Please visit: http://associationdatabase.com/aws/NCDA/pt/sp/conference_info.
- National Organization for Human Services** in Milwaukee, WI from October 17-20, 2012. Please visit: <http://www.nationalhumanservices.org/conferences>.
- National Career Development Association** in Atlanta, GA from June 21-23, 2012. Please visit: http://associationdatabase.com/aws/NCDA/pt/sp/conference_info.
- Northern Association for Counselor Education & Supervision** in Niagara Falls, NY from September 27-30, 2012. Please visit: <http://www.naraces.org/events?eventId=404839&EventViewMode=EventDetails>.
- Rocky Mountain Association for Counselor Education & Supervision** in Park City, UT from October 4-7, 2012. Please visit: <http://rmafceas.onefireplace.com/Default.aspx?pageId=1178850>.
- Southern Association for Counselor Education & Supervision** in Savannah, GA from September 26-30, 2012. Please visit: http://www.saces.org/conference/saces_conference.asp.

New Doctoral Students

Kristi McCaskill completed her undergraduate and master's degree at the University of North Carolina at Chapel Hill. For nearly ten years, she worked as a middle school counselor in the Guilford County school system. She currently works as the Director of Professional Advocacy and Ethics for the National Board for Certified Counselors. Her work experience includes providing testimony regarding counseling and the Veterans Health Administration as well as presenting at domestic and international conferences. She has also contributed to written publications such as *Counselor Preparation* (13th ed.) and *Managing Your School Counseling Program* (3rd ed.).

Kristi is a National Certified Counselor (NCC) and a National Certified School Counselor (NCSC).



Danny Holland is a national speaker and author who has studied youth culture professionally for nearly two decades. He has traveled across the nation and world, talking to thousands of teenagers and training those who work with them. He is a former instructor for law enforcement officers in the Commonwealth of Virginia, and his presentations on youth culture, media influence, teen violence and drug use have been adopted by some of the nation's top law enforcement training organizations. He trains school police and security officers in Virginia, as well as many school counselors and administrators. His presentations have been endorsed by professionals from diversified backgrounds, including members of Congress, school administrators, and even the President of a national parenting group. Danny earned his Masters of Arts in Counseling from Regent University and is a Ph.D. student at Old Dominion University studying counselor education and supervision. When not working or studying, Danny can be found with wife and four children.



CSI's First Initiation!!!

Chi Sigma Iota, Omega Delta Chapter, had its first annual Initiation ceremony on Friday, April 20, 2012. The event was held at the Ghent Village clubhouse and was coordinated by Becky Michel (President), Dana Woerner (Events Chair), and Amanda Britton (Membership/Historian Chair). Several new and existing Chi Sigma Iota members were sworn in and "pinned" at the ceremony which highlights exemplary student achievements. Members are eligible to join CSI if they have completed at least one semester of coursework and have obtained a G.P.A. of 3.5 or better. Omega Delta will be holding an annual initiation ceremony every April! If you would like to become more involved in CSI, please contact ldean008@odu.edu.

Tips for Being a Successful Student in NCI

By: Jessica Markowitz, Master's Student

I am currently a master's degree seeking student for the Old Dominion University Counseling program at New College Institute. I am on the school counseling track and have found that the best thing to do, as a student in order to be successful, is to always challenge yourself. It is easy to sign up for classes and read the material provided for each course; but, when you seek out opportunities to apply the techniques or ideas from a text to a real-life situation you will find that you will learn more about the world around you and a lot about yourself. You will be successful because you can contribute to discussion from experience. It might not be that you participated in an activity and everything went exactly how you planned; however, that is how we learn. I also feel that to become a successful student and counselor, a person should make choices to experience life, appreciate culture, and constantly consider personal exploration as well as reflection. For example, last year I participated in an event at a local high school called *Challenge Day*. It was the best experience of my life. A group of one hundred teens and fifty adults came together for a day long workshop. Here, they participated in several different activities that provided opportunities for collaboration despite diversity. The event also provided a safe place to express the truth about each individual's life. I could utilize skills that I had been learning as a counseling student; such as, eye contact or attending behavior, asking open-ended questions, and encouraging others with reflections of feelings.



Through this experience, I learned about my own strengths and I was empowered to continue to pursue my degree to become more than a person that is an agent of change, but a person that is there in the present with a client and empathizes with his/her situation.

Through this experience, I learned about my own strengths and I was empowered to continue to pursue my degree to become more than a person that is an agent of change, but a person that is there in the present with a client and empathizes with his/her situation.

“YOUR VISION WILL BECOME CLEARER ONLY WHEN YOU LOOK INTO YOUR HEART. WHO LOOKS OUTSIDE, DREAMS. WHO LOOKS INSIDE, AWAKENS.” CARL JUNG

Psychoeducational Group Project: Self-Care

By: Alexandra Nichols, Human Services Student

The best way to fully understand something is by doing. The Introduction to Psychoeducational Groups course in the Human Services Program at Old Dominion University could not have prepared students better to enter the helping profession. Hands on activities and in class interaction allowed students to feel as though they were in a real life professional situation. Students did not just “role play” in a given scenario, but were able to discuss real issues important to them, issues that are relevant to the field. Students learned how to run different groups targeting a specific population, such as groups for children and adolescents, and grief- support groups, to name a few. Using the skills they learned, students were instructed to “apply concepts and theories learned in class to develop a potential real life group.” This would be the final project that students would present at the end of the semester. Working in groups of 3-4 students collaborated to complete the project, which included a literature review, group proposal, four detailed session outlines, ethical and multicultural considerations, and a thirty minute in-class presentation. Students choose their groups target population and content area based on their interests. The project was to be completed as if it would be actually implemented. The topics targeted children with incarcerated parents, parents of student-athletes and coaches, professionals in the foster care system, and teachers.

My group focused on self-care for human service professionals and students. Self-care stood out in our group because we believe everyone should incorporate it into their lives, yet it seemed as though none of us were successful in implementing self-care in our own lives. Anyone in the helping profession knows of the importance of self-care, but practicing self-care is oftentimes challenging. Self-care is essential to prevent compassion fatigue and burnout. There are a variety of ways to practice self-care, which can seem over-whelming. We used the four sessions required in the project to highlight four effective strategies for self-care based on the literature review. The four strategies build off one another, but can also be practiced individually.

Identifying stressors is the first step to successfully take care of one’s self. Knowing what is making one stressed is key to reduce that stress. Norcross & Brown (2000) state that the number one self-care strategy is to recognize the hazards of psychological practice, and accept the distress that comes along in helping others. Stressors can be issues at work such as; meeting deadlines, scheduling too many clients, or not getting along with coworkers. (“Self-care and stress,” 2007) recommends concentrating on the stressors that you can change and encourages looking for ways to limit needless daily stressors. Stressors at work can also stem from taking on your clients issues as your own, known as compassion fatigue. Money problems, relationship issues, demanding kids, and trying to keep up with family life can also identify as stressors. Once stressors are identified, the next step is to find ways to reduce them.

Another key to self-care is practicing time management. Making time for one’s self each day can reduce stress drastically. This can be done by prioritizing daily activities and planning your day and allowing time for yourself in between activities (“Self-care and stress,” 2007). This might mean having to cut parts of your daily routine out but an improved energy level and less stress will be worth the schedule change. If work is too busy and stressful talk to your supervisor about reducing your workload, such as limiting the number of clients you see each day (Maltzman, 2011). One way to make time for yourself at work could be making sure you take a lunch break and eat outside of the office.

An important aspect to caring for one’s self is to discover interests and hobbies. It’s ok to treat yourself every once and awhile, Maltzman (2011) says pampering oneself is a good practice especially to an “experience that holds special meaning or is particularly enjoyable” (p.312). Interests and hobbies can include; seeing a movie or play, getting a massage or manicure, eating at favorite restaurant, or going to a museum (Maltzman, 2011).

Finally the key to self-care and reducing stress is through relaxation techniques. Relaxation techniques are described as attending to physical, social, emotional, and spiritual needs as a way of ensuring high quality services to those who look to human service professionals for support (Williams, Richardson, Moore, Grambrel, & Keeling, 2010). Mindfulness is defined as maintaining awareness to prevent stress and burnout; meditation is a form of mindfulness meaning “paying attention in a particular way.” Mindfulness can increase empathic responses, ensuring nonjudgmental views from the human service professional, as well as increase clinical effectiveness (Williams et. al, 2010) .

Possibly the most popular way to relax is through music (Williams et. al, 2010, p. 324). Human service professionals have used music to relieve anxiety, relationship problems, and loneliness experienced while at work. Listening to music on a daily basis has shown to improve the human service professional’s mood and decrease fatigue.

Conclusion

I learned many key skills doing this project that will help me in my future as a human service professional. I learned how to connect research to the development of groups, through creating a purpose, goal the projected outcome direct to the group, increased awareness of ethical and multicultural considerations, and various facilitation techniques to lead a psychoeducational group. Working with three strong personalities on this project was very stressful, it can be challenging to compile everyone’s ideas into one project, and somehow we made it all work although it was not easy. Although our group hit some rough patches I gained an understanding of how important collaboration is in the field. During this project I was able to implement my own self-care techniques that I practice in my life. While self-care is just one specific topic, I feel confident in what I have learned to take the steps needed to create a program from an idea to implementation.

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Tau Upsilon Alpha

By: Tonia Thornburgh, Human Services Student

When thinking about my time as president of Tau Upsilon Alpha the first thing that comes to mind is... What can I say? I have LOVED every minute of it! We are the honor society of the Human Services Program at Old Dominion University. Someone once said, "To feel like you belong here, join an organization." I never realized how true this was until I joined TUA. While this group is still relatively small, I believe we have had a big impact on ODU. I know that the group has had a big impact on me personally.

Over the past two semesters the members of TUA have taken on numerous fundraising challenges. This has become the organizations passion and strongest asset! The group has not said "No" to any opportunity to show our desire to help a good cause. The members of this group make it a truly special organization to be included in. We each have different talents and everyone is given a chance to participate and use their skills to make our events spectacular. Even our t-shirts were designed by a member of the organization.

Our first big event was Hampton Roads Night Out, a fundraiser for The Dwelling Place hosted by Phi Beta Sigma. For this event the faculty and students were able to raise \$1,820.00, we all worked together to provide raffles and food at the event. After sleeping in a tent, in the COLD, it is one night I will not soon forget. We have also participated in Bagging Apples for the Homeless, which was a huge event for many on campus organizations. Our most recent event is our Relay for Life Team. The event is just a few days away and we have already reached and exceeded our goal of raising \$1,000.00, increasing our goal to \$1,200.00! To reach this goal we had a Chili Cook Off, Valentine's card sales, a dinner tribute and line dancing lessons. We haven't even participated in the actual Relay Event yet! I can't wait to see what we can do that night!

To get the semesters started we host the Human Services Program Meet and Greet, an evening for new students in the program to meet the professors outside of the classroom and ask any questions about the program and future goals. The culmination of our semester is always the Induction/ Graduation Ceremony. This is our night to celebrate our new members and congratulate our graduates. It is a fun and informative evening for all who attend!

Tau Upsilon Alpha is a great organization that is going places and doing things! We have participated in many events in the past and I know the organization will continue to do great things in the future. Work hard to earn the required GPA to be invited to join this group and you will not be disappointed!



Relay for Life

By: Amanda Fluharty, Human Services Student

Tau Upsilon Alpha is about to take part in their second Relay for Life as an honor society at Old Dominion University. In conjunction with the Human Services Association, a great amount of work has been and will continue to be put into this event. Relay for Life hits especially close to home for me due to several of my family members and friends who have battled and are still battling cancer today. As a member of both of these organizations, I am proud to be a participant in our Relay team this year.

Several fundraisers have taken place in efforts to raise the most money possible for this cause. Throughout the semester, our team has sold stars and moons to those wishing to donate. After obtaining one of these items, the person's name is placed on it and hung up for other students to see. Another fundraiser that we held was Have a Heart for the Cure. During this event, members of the two organizations made Valentine's Day Cards and sold them in the Education Building during activity hour on Valentine's Day. Along with these cards, assorted candies were also offered. The Chili Cook-Off was a third fundraiser held during one activity hour in the Education Building. Three volunteers made chili that day, and people donated their money to taste the three chilies and also to judge which one was their favorite. All of the proceeds of this event went to our Relay team. An event known as Line Dance for Life was also put on to raise money for Relay for Life. At this event, people bought tickets to line dance during one Saturday evening. For those who did not know how to line dance, instructors were available to teach the steps. Probably the most emotional fundraising event that took place was the Purple Passion for Life dinner. It was held at the No. 1 China Buffet located at Wards Corner in Norfolk. Individuals purchased tickets to attend. Half of the proceeds covered the dinner, while the other half was donated to our Relay team. Dr. Dustin, an advisor and professor at Old Dominion University, was the guest of honor. She spoke about her long and extremely trying experience with cancer. The room was moved to tears. Following her speech, other people volunteered to speak about how cancer had affected their lives. There was not a single person in the room who was not deeply touched on this particular night.

Tau Upsilon Alpha and the Human Services Association could not be more proud of themselves for all of their vast efforts to raise the amount of money that they did for Relay for Life. The dedication of the members of this team paid off greatly. Not only did we reach our goal, we significantly exceeded it and had to make a new goal twice. Our team is currently in the top ten Relay for Life teams throughout all of ODU. Due to all of our hard work, our team name will be printed on all of the Relay shirts distributed throughout the night of the event.

Although the actual Relay for Life event is only days away, there is still time to obtain even more money to benefit this cause. In addition to the numerous fundraisers noted above, we will continue to raise money throughout the entire night of the event. There are three ways we plan to do this. Two of these include offering cheese quesadillas and an assortment of drinks in exchange for donations from those attending the event. The third way we plan to raise money is by having a dog house where people can pay to have someone they know dress up like a dog and be put in our dog house. They can also choose to donate money to buy their "dog" an assortment of different treats. Our team is so excited for this night, and we have high expectations for what we will accomplish when all is said and done. Not only do we anticipate a night filled with laughter amongst fellow students, faculty, and friends, we also have faith that we will surpass our third fundraising goal for the 2012 Relay for Life event.



The Human Services Association Community

Outreach Efforts

By: Jasmine Smalls, Human Services Association, President

Old Dominion University's Human Services Association (HSA) is the student organization for Human Services majors and majors in related fields. The purpose of this Association to provide camaraderie and support for students with similar career aspirations, to make our counseling program and association known to the community, to acquaint local professionals in the counseling field with students in our counseling program and association, to stimulate pride in ourselves and the community for the counseling profession, and to promote personal and professional development.

Over the past year the Association has fulfilled its purpose through various fundraisers raising over \$5,000 along with TUA (the National Honors Society for Human Services), over 20 community service events per semester, and an Internship Fair. The opportunities offered in HSA included volunteering at the ODU Breastiville, a walk dedicated to breast cancer awareness, and Relay for Life an event dedicated raising funds for cancer awareness. HSA has also participated in Spooktacular, an event sponsored by the Black Student Alliance. This was a free event open to the public; the purpose was to provide the local children with Halloween related activities. HSA made monster cupcakes with the children at this event. The organization has also participated in co-sponsorships with the ODU Women's Center, 1,000 Homes for 1,000 Virginians, and much more. The members of the Association consistently make dinner for the Ronald McDonald House. The mission of Ronald McDonald House Charities (RMHC) is to create, find and support programs that directly improve the health and wellbeing of children. By making the dinner for the participants of the House it gives the participants more time to focus on their children and not day to day necessities.

Every year the Human Services Association puts on an Internship Fair to give students the opportunity to network with local organizations. This year the Internship Fair had vendors ranging from Wounded Wear, ODU Women's Center, Kaplan College, ForKids, the Help Emergency Response (H.E.R.) Shelter and many more. All Human Services majors are required to complete a 400-hour internship as their final graduation requirement. Finding an internship, let alone one that meets the course requirement is not an easy task. HSA brings local organizations that will give the students the opportunity to meet their final course requirement into one place. It is a great opportunity for the students to network and educate themselves on the many journeys that can be taken with a degree in Human Services.

If you are pursuing an education in Human Services or a related field, then you are most likely an individual concerned with the well-being of others!

Letter from A Member

By: Patricia Blackshaw, Human Services Student

The Human Services Association is a group like no other. I joined in Fall of 2011 because I was new to the Human Services field. This is one of my three minors, and I wanted to get familiar with my colleagues and some professors that are involved with this field. Volunteering is very important to me and was another reason I joined the group. This association provides many community based community service projects that allows me to get more involved activities on campus and around the Hampton Roads area. Being a part of this team is nothing short of beneficial and I am glad I joined.

Human Services Association at Spooktacular



The Beauty of Community Partnerships

By: Cassandra G. Pusateri, Ph.D Student

Maya Angelou has been quoted as saying, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” The students of the NCSB-ORCC ODU Counseling Center who have volunteered to facilitate the community workshops at the Salvation Army H.O.P.E. Village and Tidewater Community College (TCC)-Norfolk Campus have seen this quote manifest in people’s everyday lives. For the participants of these workshops, the three components of Maya Angelou’s quote are interwoven and actively interact with one another – words and actions produce feelings, which, above all, remain after the words have been said and actions have been taken.



“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
- Maya Angelou

The community partnerships between the NCSB-ORCC ODU Counseling Center and TCC began during the Fall 2010 semester, and the partnership with the H.O.P.E. Village started during the Summer 2011 semester. Since the creation of these two partnerships, various master’s and doctoral level practicum and internship students have facilitated the following workshops: Stress Management-Part One with an emphasis on relaxation techniques, Stress Management-Part Two focusing on anger management, Time Management, *Healthy Relationships-Part One emphasizing effective communication, and *Healthy Relationships-Part Two highlighting the cycle of violence. During each workshop, fruitful discussion has emerged between the facilitators and participants with a great amount of learning taking place by both.

Revisiting Maya Angelou’s quote stated at the beginning of this article, the participants, either during the workshop or afterward, typically stated how thankful they were to be offered the venue to discuss important topics such as these and learn new tools or skills for life. Each participant takes in the information provided by the facilitators (what the facilitators said) and the interactive activities provided (what the facilitators did) and then they process this information to fit their current lived experience. At the end, what remains is how they feel about the product of this processing and the effect on their lives. In my opinion, as facilitators, we couldn’t ask for a better outcome for both participants and facilitators. This is one of the rare opportunities where it appears that everyone benefits from what is taking place.

*Dr. Danica Hays and Becky Michel allowed the NCSB-ORCC ODU Student Training clinic to use the HEART curriculum for the Healthy Relationships Workshops.

ODU Faculty & Doctoral Students Partner to offer a Clinical Training Series at the CSB: Psychopharmacology, Brain & Behavior

By: Jayne E. Smith, Reflections co-editor, Ph.D Candidate

Dr. “Woody” Schwitzer worked with Jayne Smith, Sean Hall, and Kurt Hooks (doctoral students at ODU) to develop a clinical training series focused on psychopharmacology, brain and behavior, personality disorders, and schema-based cognitive therapy for the ODU Counseling Clinic at the CSB. The 5-week series was piloted during scheduled staff training and meeting times from January – March 2012. The first session provided a basic overview of personality disorders, etiology, and treatment, including medication, counseling, and a combination of both. The next session focused on schema-based cognitive therapy, an evidence-based counseling intervention. The third and fourth sessions focused on the functions of the brain, interaction between neurotransmitters, personality, and behavior, and psychopharmacological treatments for common mental health disorders. Special attention was paid to special populations, such as children, elderly, pregnant and breast-feeding women, and clients of color. The last session emphasized counselors’ role in treatment teams, advocacy, and assessment, and allowed time to break into small groups for case consultation.

Cassandra Pusateri, incoming director of the ODU Clinic at the CSB, played an instrumental role in implementing the clinical training series. One of her major functions included developing and collecting a program evaluation instrument based on the goals and objectives of each session. The instrument included open-ended questions for formative feedback, and Likert Scale items assessing participant learning. Results from the evaluation of the pilot series were positive with significant increases in participant learning. Common qualitative comments included “Appreciated the Nero-Sero love story,” “Definitely know how important it is to pay attention to medication treatment in the sessions,” and “It helped me better understand my clients.” Almost all of the participants agreed that this series filled a gap in their training. Feedback from these evaluations will be used to inform the development of the clinical training series. An additional session focused on co-morbidity will be added to the next series, as well.

On a personal note, this opportunity is another great example of the initiative, innovation, and creativity that underscores the ODU Counseling and Human Services faculty commitment to stay current and go above-and-beyond for student success. Big thanks to Dr. Schwitzer!

Please contact Jayne E. Smith (j5smith@odu.edu) for program evaluation information.

ODU at ACA 2012 Conference



Drs. Danica Hays & Ted Remley



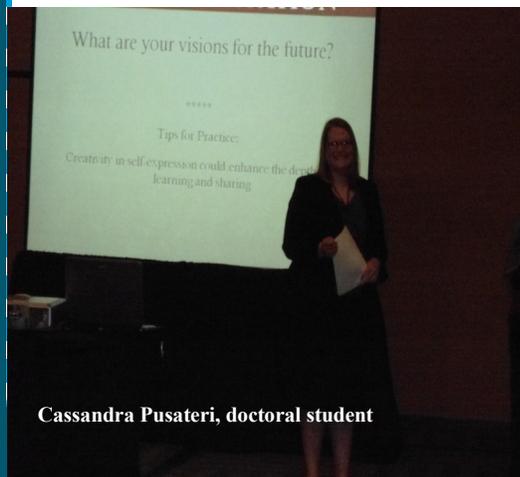
Dr. Ed Neukrug & Friend



Dr. Radha Horton-Parker



Becky Michel & Penny Makris,
doctoral students



Cassandra Pusateri, doctoral student



LaShauna Dean & Jayne Smith,
doctoral student

Selected Faculty Accolades

Faculty Accolades

Regional and National Presentations

Christensen, T. & Levingston, K. (2012, March). *Play in Family Therapy*. Italy Play Therapy Institute, Tuscany, Italy.

Horton-Parker, R., Lester, S., and Greer, C. (2012, March). *Women's issues at midlife and beyond: Spirituality, sexuality, and retirement*. American Counseling Association Convention, San Francisco, CA.

Johnson, K.F. (2012, April). *Using the liberation theory to enhance social cognitive career counseling for marginalized populations*. Virginia Career Development Association and Virginia Association for Multicultural Counseling and Development Conference, Petersburg, VA.

Johnson, K.F. & Elam, V. (2012, March). *Utilizing the art of coping and the self-determination theory for children of deployed parents*. Virginia School Counseling Association Conference, Newport News, Virginia.

Levingston, K. (2012, March). *Sandtray in Play Therapy*. Italy Play Therapy Institute, Tuscany, Italy.

Levingston, K. & Thompson, S. (2012, February). *Play therapy and creative interventions in therapy*. WCTV Chesapeake Television. [Invited 30 minute interview].

McAuliffe, G. J., Michel, R., & Conroy, K. (2012, March). *Counseling in Ireland: Past, Present, and Future*. American Counseling Association Annual Convention, San Francisco, CA.

Ward, C. & Levingston, K. (2012). *Assisting Military Families*. Hampton Roads School Counseling Leadership Team 6th Annual Professional Development Conference. Virginia Beach, VA.

Wood, C. (2012, March). *Free Informal and formal assessments for use in assisting with positive career development in children & adolescents*. American Counseling Association Annual Convention, San Francisco, CA.

Books and Book Chapters

Schwitzer, A. M., & Rubin, L. C. (2012). *Diagnosis and treatment planning skills for mental health professionals: A popular culture casebook approach*. Thousand Oaks, CA: Sage.

Journal Articles

Guth, L., McAuliffe, G. J., & Michalak, M. (2012). Beyond U.S. Borders: Impact of a Study Abroad Institute on Counselors' Multicultural Competencies. *VISTAS 2012*.

Hays, D. G., Michel, R. E., Cole, R. F., Emelianchik, K., Forman, J., Lorelle, S., McBride, S., & Sikes, A. (2012). Reflections on dating violence: A qualitative inquiry into the young adolescent female experience. *The Professional Counselor, 1*(3), 222-233.

McAuliffe, G., Grothaus, T., Jensen, M., & Michel, R. E. *Cultural relativism and moral development: Assessing readiness*. (In press). International Journal for the Advancement of Counseling.

Neukrug, N., Bayne, H., Nganga, L. D., & Pusateri, C. (under review). Empathy: Historical antecedents to advanced practices. Old Dominion University.

Wood, S. & Craigen, L. (2011). Self-injurious behavior in gifted and talented youth: What every educator should know. *Journal for the Education of the Gifted, 34*(6), 839-859. DOI: 10.1177/0162353211424989

Grants

Levingston, K. (PI) & Ward, C.A. *Military Parent Support Program*. Walmart Foundation: Community Blueprint grant in partnership with Give an Hour.

Ward, C., Levingston, K. & Craigen, L. (Jan, 2012). Implementation Plan for the Military Grant Program: *Boosting Students' Mathematics Achievement and Promoting Positive Social Connections for Military Connected Families at Targeted NNPS School*. Grant received from DODEA: 2.5 mil/ \$ 150,589 subaward).

Service

Craigen, L. (2012). External Reader, Council for Standards in Human Service Education.

Craigen, L. (2012). Pilot Study Participant, QEP Writing Workshop Series Participant, Old Dominion University.

Horton-Parker, R. (2011). Proposal Reviewer, American Counseling Association Annual Convention.

Levingston, K. (2012). HMSV Internship Coordinator, Old Dominion University.

Levingston, K. (2011). National Organization for Human Services Secretary.

Levingston, K. (2011). ODU Student Veterans Association Faculty Advisor.

Levingston, K. (2012). ODU Military Alliance Facilitator.

Levingston, K. (2012). Navy League of the United States Military Families Committee Member.

Levingston, K. (2011). Blue Star Families Assistant Research Analyst.

Wood, C. (2012). Head Editor, Professional School Counseling.



Batten Endowed
Chair in Counseling,
Dr. Ted Remley



Dr. Nina Brown



Dr. Tim Grothaus



Dr. Danica Hays



Dr. Garrett
McAuliffe



Dr. Jill Dustin



Dr. Radha Hor-
ton-Parker



Dr. Mark Rehffuss



Dr. Kathleen
Levingston



Dr. Laurie Craigen



Dr. Edward
Neukrug



Dr. Alan "Woody"
Schwitzer



Dr. Vivian McCollum



Dr. Suzan Thompson



Dr. Christine Ward



Dr. Kaprea Johnson



Dr. Tammi Milliken



Dr. Chris Wood



Dr. Tara Hill



Dr. Tara Hill



Dr. Tara Hill



Dr. Tara Hill

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

SELECTED WORKS.

"Dost thou love life? Then do not squander time, for that is the stuff life is made of."

- Franklin

Doctoral Student Accomplishments

Conference Presentations:

Bender, K. & Jackson, T. (2012, January). *Dedicated or disordered: Detecting eating disorders in student recreation center users*. Student Recreation Center Professional Development Training offered at Old Dominion University, Norfolk, Virginia.

Bonner, M. (2012, February). *Counseling students' perceptions of multicultural pedagogy*. Virginia Association for Counselor Education and Supervision, Lynchburg, VA.

Braun, Erik (2012, July). *Productivity-Focused Counseling: A bi-modal approach to decision-making during times of crisis and transition*. Association for Adult Development and Aging, Williamsburg, VA.

Brown, N. & Jackson, T. (2012, March). *Career readiness skills*. Lean Institute, Marine Technology Teacher Workshop offered at Old Dominion University, Norfolk, Virginia.

Brumage, N. & Jackson, T. (2011, November). *Collaboration at its best: The success of the Hampton roads school counseling leadership team*. Virginia Counselor Association Convention, Portsmouth, Virginia.

Dean, L. (2012, Feb.). *Increasing students' confidence and effectiveness in substance abuse assessment and evaluation*. Presented at Virginia Association for Counselor Education and Supervision Conference.

Dean, L., Hamilton, T., Jackson, T. (2011, November). *Self-esteem and female breast cancer survivors general*. Virginia Counselor Association Convention, Portsmouth, Virginia.

Dean, L., & Pusateri, C. (2012, February). *Increasing students' confidence and effectiveness in substance abuse assessment*. Virginia Association of Counseling Education and Supervision (VACES) Graduate Student Conference, Williamsburg, VA.

Doolin, H., Bienert, A., Heimsch, K. A., Hopkins, J., & Spicer, H. (2012, March). *The graduate experience: Perspectives of developing professionals*. Hampton Roads Practitioner-Scholar Conference, Virginia Beach, VA.

Grothaus, T., Jackson, T. & Thompson, S. (2012, March). *Partnering to Promote Professional Development: A Site Supervisor Training Program for School Counselors*. American Counselor Association, San Francisco, California.

Grothaus, T., Jackson, T. & Thompson, S. (2011, November). *Sites supervision training for school counselors supervision*. Virginia Counselor Association Convention, Portsmouth, Virginia.

Jackson, T. (2012, April). *Tailoring NOSCA's Transformative Process Training for Your School Division*. National Office for School Counselor Advocacy Conference, National Harbor, Maryland.

Pusateri, C., Dean, L., & Rhodes, J. (2012, February). *The three R's: A supervisor's model for addressing and responding to sexual harassment*. Virginia Association of Counseling Education and Supervision (VACES) Graduate Student Conference, Williamsburg, VA.

Pusateri, C. G., & Smith, J. E. (2012, March). *Teaching social and cultural issues from multiple perspectives: A practical guide*. American Counseling Association (ACA) Conference, San Francisco, CA.

Smith, J. E., Thomas, D., & Adams, L. (2012, April). *Collaboration, advocacy, and organizational change through participatory action research: A project review*. 9th Annual Action Research Conference, San Diego, CA.

St. John, D. J. & Maweu J. (2012, February). *Applying to graduate school: Preparing a successful admissions packet*. Virginia Association for Counselor Education and Supervi-

sion Graduate Counseling Student Conference, Lynchburg, Virginia.

Tang, Hsin-Ya & Braun, Erik (2012, February). *Supervisory encounters between Chinese supervisees and American supervisors*. Virginia Association for Counselor Education and Supervision Conference, Lynchburg, VA.

Awards:

Dean, L. Old Dominion University, Darden College of Education, Dissertation Fellowship 2012-2013 Recipient (\$15,000).

Dean, L. Winner of the 2012 Graduate Student Scholarship for IAAOC.

Jackson, T. L. Hampton Roads Counselor Association – 2011-2012 Counselor of the Year Award

Michel, B. Outstanding Doctoral Student, 2012, Chi Sigma Iota International (CSI).

Michel, B. Outstanding Doctoral Graduate, 2012, ODU Counseling and Human Services Program.

Michel, B. Outstanding Doctoral Student, 2011-2012, Omega Delta Chapter of CSI.

Michel, B. AADA Journal Excellence Award, 2012, Adultspan Journal.

Publications:

Grothaus, T. & Jackson, T. (2012). *School Counseling Site Supervisor Consultation*.

Hays, D. G., Michel, R. E., Cole, R. F., Emelianchik, K., Forman, J., Lorelle, S., McBride, S., & Sikes, A. (2012). Reflections on dating violence: A qualitative inquiry into the young adolescent female experience. *The Professional Counselor*, 1(3), 222-233.

Jackson, T. & Ward, C. (2012). *A Survey of Virginia School Counselors*.

Jackson, T. (2011, Fall). A New Look at Professional Development. *VSCA VOICE*. Virginia School Counselor Association.

McAuliffe, G., Grothaus, T., Jensen, M., & Michel, R. E. *Cultural relativism and moral development: Assessing readiness*. (In press). International Journal for the Advancement of Counseling.

Neuer-Colburn, A. A., Neal-McFall, C., Michel, R. E. & Bayne, H. (In press). *Counseling Supervision: Exploring the Impact of Temperament on Supervisee Satisfaction*. Vistas Journal.

Neukrug, N., Bayne, H., Nganga, L. D., & Pusateri, C. (under review). Empathy: Historical antecedents to advanced practices. Old Dominion University.

New Service Positions

Jackson, T. (2012). President-Elect, Virginia School Counselor Association.

Kramer, J. (2012). Webmaster, Association for Adult Development and Aging.

Makris, P. (2012). Awards Committee Chair, Association for Adult Development and Aging.

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

Program Information and Upcoming Events



Messenger Owl

December 2012 Graduation Application due to the Office of the Registrar by June 30, 2012

<http://www.odu.edu/ao/registrar/about/forms.shtml>

Admissions applications deadline for the spring 2012 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.

Dr. Tim Grothaus will be transitioning to the Graduate Program Director of the Norfolk Counseling Program as of July 25, 2012.

Dr. Chris Wood will be transitioning to the Graduate Program Director of the Distance Learning (NCI) Program as of July 25, 2012.

Thank you to Dr. Ted Remley and Dr. Vivian McCollum for their service in those roles!

The Diversity and Counseling Institute in Italy is currently filled up. The Ireland Institute is still open for registration. Participants will be coming from all over the U.S. to learn about counseling and social services from an international perspective, including seminars given by Irish counseling leaders and visits to Irish counseling settings.

The Bachelor Degree in Human Services program is being offered online. For more information, please visit the website at <http://dl.odu.edu/programs/human-services>.

Student & Alumni Milestones

Compiled by Jayne E. Smith

Doctoral Written and Oral Candidacy:

Erik Braun Jayne Smith
 Jennifer Bridges Kate Bender
 LaShauna Dean Mary Sanderfer
 Michael Keefer Aaron Shames
 Melody Moreno

Proposal Defenses:

Amy Upton Arleezah Marrah
 Becky Michel Helen Runyan
 Jennifer Bridges Mary Sanderfer
 Jayne Smith Erik Braun

Dissertation Defenses:

Becky Michel Ryan Hancock
 Tamekia Bell



Alumni Success

Anita N. Colburn, PhD alumni 2011, new CSI Faculty Advisor at Regent University

Cheryl Neale-McFall, PhD alumni 2011, accepted a faculty position at West hester University in West Chester, PA

Sabrina Scott, M.S.Ed. alumni 2011, will begin the Counseling Psychology Doctoral Program at Howard University in Fall 2012

Tamekia Bell, PhD alumni 2012, accepted a tenure-track Assistant Professor of Counseling in the Department of Advanced Educational Studies at California State University, Bakersfield.

Tiosha Macklin, M.S.Ed. alumni, accepted the Interim Educational Assistant position with the Office of Educational Accessibility at ODU.

Please email Jayne Smith (j5smith@odu.edu) and LaShauna Dean (ldean008@odu.edu) with your milestone accomplishments to be included in the next issue.

Congratulations to our May and August 2012 Counseling Graduates

Master's Students

Alston, Annette
 Cardona, Elicia
 Cerula, Stephanie
 Clark, Joseph
 Combs, Allison
 Crawford, Sarah
 Elkin, Paula
 Elliott, Marjorie Handy
 Francis, Kimberly
 Green, Christina
 Johnson, Melvin
 Jones, Ashley
 Jordan, Jenay
 Kuenzli, Julie
 Miller, Heather
 Nguyen, Jordana
 Parker, Jenna
 Portner, Matthew
 Rhodes, Jenna

Samuels, Claudia

Scott, Chanda
 Simpkins, Kristina
 Stith, Brenton
 Strickland, Selina
 Tormey, Kelly
 White, Sara
 Young, Markeia

Doctoral Students

Bell, Tamekia
 Hamilton, Tiffinee
 Hancock, Ryan
 Marrah, Arleezah
 Michel, Rebecca



Helpful Tips in Search for Counselor Education

Positions

The Chronicle of
Higher Education

 CESNET



AMERICAN COUNSELING ASSOCIATION

 HigherEdJobs
.com®

By Tamekia Bell, Ph.D. Candidate

Searching for the ideal counselor educator position can be a long and overwhelming process, especially if you are not sure where to start. Over my seven months of job searching, below are some things I learned along the way.

- 1.** Search for positions on various websites. Counselor education positions can be found on various websites, such as The Chronicle of Higher Education, HigherEdJobs.com, and CESNET. Most positions are posted on one or more of these sites. In order to review many job positions announcements, search all these websites to find counselor educator job announcements.
- 2.** Research the department, university, and area before you apply. Before you apply for a position, make sure this is somewhere you can see yourself working. You could potentially be working with the faculty and living in the area. Be sure it is a good fit for you.
- 3.** Tailor your cover letter to the specific qualifications of each position. Search committees receive a lot of vitae and cover letters. They always look to make sure prospective candidates are meeting the minimum (and sometimes preferred) qualifications. Make it easy for them to spot your qualifications for the position.
- 4.** Unfortunately, there are some schools you will never hear from. As frustrating as this is, it definitely can happen. There are some schools that will never let you know about your application status or even if they received your application. These schools may have too many prospective candidates and simply may not have the time to contact you regarding your application status. I never contacted schools about my application status. If they want you, they will contact you.
- 5.** Prepare for telephone interviews. When preparing for the telephone interview, have a compelling reason for wanting to join their faculty, review the mission statement of the university, college, and department, review the vitae of the faculty (if available), and always have at least one question to ask.
- 6.** Always have at least one question to ask. During both a telephone interview and campus visit, you will be asked if you have questions. Always, always ask questions. Some examples of questions I asked include inquiry about the research agenda of faculty, their ideal candidate, tenure expectations (only for campus visits) and strengths and weaknesses of the department.
- 7.** Campus visits are an all day process. You will be “on” as soon as you are picked up from the airport or hotel and it can be draining. Usually these interviews last until 7pm with very few breaks. Ask for breaks and bring snacks periodically. You want to continue to give 100% in every part of the interview.
- 8.** When invited for a campus interview, it means they like you and they want to see if you are a good fit for their program. Generally, you will meet with the department chair, Dean of the college, the search committee, department faculty, staff, and students. Continue to prep as you would a telephone interview, but also prepare for presentations on topics of your choice. As part of the interview process, you will be asked to either do a teaching presentation, research presentation, or both. These presentations will be open to faculty, students, and staff within the department and sometimes the college. Be sure to tailor your presentations to the audience.
- 9.** When given an offer, always ask for time to think about it. It can be very easy to say “yes” immediately when presented with an offer. Don’t do it! Tell them you need time to think about it and ask when you will have to provide them with an answer. Consult with your advisor, faculty, and colleagues about negotiation. You want to make sure you are given a good package. You worked hard for it so you deserve it!
- 10.** This is a long process. Don’t lose hope! I learned there are a lot of hoops that search committees have to go through in order to select a candidate, even for a telephone interview. Be patient and continue to apply for jobs until you accept an offer.



Joy of Understanding and Being Understood – My VACES Conference Experience

By: Hsin-Ya Tang, Ph.D. Student

Studying abroad is not a usual experience to most individuals; neither is presenting at a professional conference in English as the third language. However, I had the opportunity to go for my Ph.D. in this country since August 2011 and to present with an American cohort, Erik Braun, at the 2012 VACES conference this past February. These experiences contributed to my understanding of differences and similarities and contributed to the diversity that helped me to put things into perspective, not only in terms of gender and race, but in terms of the breadth and depth of life experiences.

Although I drew widely from a range of research and provided research results for the audience, the presentation was inevitably personal. My presentation's goals were to address my supervision experience in this country and suggest ways of supervising Chinese. Erik made a lot of efforts to understand what I would like to say before our presentation. In the very beginning, he could not understand my unique circumstances, but he finally gave my experience a name "minimizing the difficulties Hsin-Ya was having" which advocated for me. Even if two people were born and raised in the same cultural context, it was not easy for them to understand each other well, not to mention the situation that it was cross-cultural understanding. Nevertheless, I have learned from him that, as long as you have the heart to view the world with different frames of reference, language and cultural barriers will not always exist between you and the person whose first language is different from yours.

In addition, I was honored that our session attracted doctoral students who conducted supervision and wanted to know more about multicultural supervision. The audience listened to our presentation, asked us questions, and gave us gracious feedback which encouraged us to present at future conferences. When the audience did not understand what I was saying, they were willing to clarify with me in a supportive and cooperative manner. Also, the audience bravely shared with us their struggles of managing language barriers. They were such courageous counselors and supervisors because they dared to know. They dared to know my supervision experience in this country and dared to know how to validate the difficulties Chinese supervisees had and how to support their supervisees overcome language barriers instead of saying that it's not a difficulty. I was amazed to find our shared ability to contain uncertainty, and I accepted the fact that everyone has his or her own limits and so does a counselor or a supervisor. The whole process was a revealing journey.

This presentation was not only a bridge between Chinese supervisees and American supervisors, but a bridge used to build upon what I already knew to arrive at something I did not know. I am thankful that I had courage to share my feelings and thoughts in supervisory relationships at the VACES conference, which came from my belief that the personal is political. Also, I am grateful that Erik discussed with me and presented with me. Along this path, I've known more about myself and this new country.

Big Splash Events



**Big Splash
Professional
Development
Events**

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

dents, faculty, and professionals in the community. This Spring we had a visit from Dr. Tom Clawson, who led a workshop on the challenges of leadership and the vision of the counseling profession. In March, Dr. Katie Moore visited and presented on counseling children and adolescents. In April, we will have Dr. Jim Whitlege present on ethics.

Please check our website for information regarding the Fall 2012 Big

Splash speakers and dates. <http://education.odu.edu/pcl/counselor/BigSplash/index.shtml>

Preregister rates for the seminars are \$49 for professionals and \$19 for students. Rates for registration at the event are \$59 for professionals and \$24 for students. ODU CSI members pay \$9. For more information visit our web site at <http://education.odu.edu/pcl/counselor/BigSplash/index.shtml> or contact the event coordinator, David Ford, at dford018@odu.edu.



Department of Counseling and Human Services

110 Education Building, Norfolk, VA 23529

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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 Joy Maweu or Dan St. John at 757-683-6132 or by e-mail at jmaweu001@odu.edu or dstxj002@odu.edu. You can also get information in Room 110 of the Education Building.

The Career and Academic Resource Center (CARC)

By Erik Braun, Ph.D. Student

At the Career and Academic Resource Center (CARC), we provide academic advising for undergraduate students in the Darden College of Education. Additionally, we provide several workshops throughout each semester. These workshops include topics such as stress management for college students, career-seeking strategies, study skills, and other issues important to the academic success and professional development of undergraduate students.

In the context of the Counseling program, master's and doctoral students will benefit from the awareness of this program.

As counselors, supervisors, and educators of Human Services Undergraduates, making students aware of CARC workshops will encourage further development for students, particularly those who are interested in professional development.

CARC office hours are 9am-4pm weekdays. For additional information, email us at carc@odu.edu.



ODU COUNSELING DEPARTMENT AND
CHI SIGMA IOTA CORDIALLY INVITE
YOU TO ATTEND OUR EVENING OF
ACHIEVEMENT TO HONOR OUR
MASTERS AND DOCTORAL
COUNSELING GRADUATES

When: Friday, May 4, 2012 at 6pm
Hors d'oeuvres at 6pm. Program starts at 6:40pm.

Where: The Murray Center, 455 E. Brambelton Ave., Norfolk, VA

Cost: \$20 for Family, Friends, and Guests
Free for Graduates and Award Winners

Questions Contact: LaShauna Dean at ldean008@odu.edu
RSVP: <http://2012eveningofachievement.eventsbot.com/>



Counseling Advocacy and The Entertainment Industry

By: Kate Bender, Ph.D Student

On April 19, 2012, the 16th annual Prism Awards were presented to television shows and movies that accurately portray mental health and substance abuse issues. The Entertainment Industries Council (EIC) accepts nominations from the entertainment industry each year, the nominations are then rated on accuracy, accessibility, and entertainment value. Decisions are made based on rulings from a panel of judges comprised of mental health professionals as well as representatives from the entertainment profession. Producers and actors are rewarded for bringing issues that often carry a social stigma to light in an accurate and accessible fashion.

This year, I was asked to be a part of the nomination review committee. During the January weekend, I was asked for input on mental health and substance abuse issues in feature films and prime time comedy series. While the entertainment industry can often be dismissed as base, unrealistic, and at times demoralizing, I was inspired by the work I did as a judge. Issues of advocacy and accessibility of services as well as accuracy of mental health conditions, treatment plans, and ethics all surfaced throughout the weekend. No matter how many years I work to reduce the stigma of mental health issues as a clinician or as a counselor educator, I will NEVER reach as many people as the entertainment industry does and I was motivated by the attempts of the nominations to send important messages to the viewing audience.

When done viewing each nomination, the panel evaluated the piece with a quantitative scaling measure as well as with some qualitative discussion. Often, at the end of a clip, representatives from the entertainment industry would ask specifically for the mental health professionals to speak out – often stating something like “I was entertained, but can that really happen? Does that really happen?” The nominations and award winners may be found at www.prismawards.com. I can say that some of us may feel less guilty watching *Private Practice*, *Grey’s Anatomy*, and even *Entourage* and that perhaps Dr. Neukrug could consider a trip to the movies for a viewing of *A Dangerous Method*, as a complement assignment to reading his chapters on Jung and Freud. As clinicians and counselor educators, we talk about the Advocacy Competencies, and my January weekend in LA allowed me to rethink the “public arena” domain.



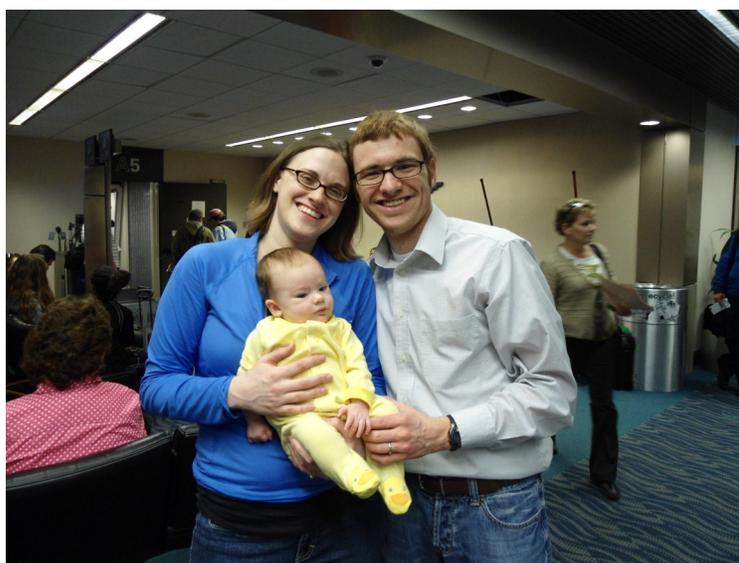
Schedule of Events

April/May 2012

- Big Splash: Ethics: The Foundation in Addressing Challenges & Issues in Counseling: **April 21st**
- NCE Exam: **April 21st**
- Evening of Achievement: **May 4th**
- Graduation: **May 5th**

SUN	MO	TUE	WE	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 NCE Exam & Big Splash
22	23	24	25	26	27	28
29	30	1	2	3	4 Evening of Achievement	5 Graduation
6	7	8	9	10	11	12
13	14	15	16	17	18	19

Congratulations!



Raney Michel, newest addition to the ODU Counseling & Human Services community! Also pictured, mom, Becky Michel (doctoral graduate May 2012), and dad, Eric Michel.