

## Department of Counseling &amp; Human Services

## Reflections

## Welcome Dr. Berger!

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**Newsletter Staff:**

**Faculty Advisor:**  
Dr. Danica Hays

**Student Editor:**  
Madeline Clark, PhD Student

Dr. Christine Berger is an Assistant Professor in the Counseling Program. She joined the department in August of this year. Dr. Berger is a mental health counselor and comes to ODU from Loyola University Maryland where she studied spirituality and counseling and served as a clinical supervisor and adjunct faculty member.

Currently, Dr. Berger is focusing her research on complementary therapies (meditation, acupuncture, yoga, Reiki, EFT, etc.) and their impact on mental health treatment. She conducted research in this area at the University of Maryland School of Medicine in the Center for Integrative Medicine.

In previous years Dr. Berger has had a private counseling practice that used complementary therapies in a team-treatment approach and she has extensive experience with clinical issues such as anxiety, depression, domestic violence, sexual assault and other forms of trauma. Dr. Berger is originally from New England (still misses it!) and is married and has two sweet cats.



### Department of Counseling & Human Services

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## Human Services Students Participate in a Service Study Abroad to Costa Rica

By Joy Mwendi Maweu

The Counseling and Human Services department has participated in different study abroad experiences for many years. These tours have including trips to Ireland, Italy, Bhutan, and most recently, to Costa Rica. This past spring break, a team of 13 Human Services students participated in a study abroad tour to Costa Rica, Central America. This tour was an idea of Drs. Narketta Sparkman and Laurie Craigen. The two Human Services faculty submitted a proposal for a service learning tour to the Old Dominion University Office of Study Aboard at the beginning of the school year and it was approved. The Counseling and Human Service's chair, Dr. Danica Hays, recognized this accomplishment and further supported this tour with an underwriting of \$10,000 to lower cost for interested Human Service students. With support from the department, the tour was advertised to Human Services students through online announcements, postings in the Education building, and face-to-face discussion in Human Service's residential classes. Students responded and registered for this study abroad tour.

Unlike many study abroad trips, this 9-day trip to Costa Rica was especially designed for Human Services students. The study abroad program to Costa Rica was part of the Methods in Human Services (HMSV 343) course and the Topics in Human Services course (HMSV 495) where each student was required to complete pre-and-post course work as part of earning 3 credits for the course. The main objectives for the course were to foster diverse learning and to offer an opportunity for registered students to apply theoretical knowledge learned in the course. The students completed different service missions in San Jose, the capital city of Costa Rica. This city houses Afro-Caribbean, European, Asian, North American and Mestizo populations. It is the country's largest city and depends on volunteers to aid their social system.

Befitting this need and coinciding with the course objectives the students participated in three service learning projects at a Catholic orphanage, a retirement community, and a palliative clinic - a facility for terminally ill children. In all three places, students got an opportunity to interact directly with the different residents. Alice Ober stated that for her, "the Catholic orphanage was my favorite service project because we [got] to play with all of the kids and inter-

act with them in different ways." For Jessica Romero, her experience at the palliative clinic was life changing. She had been nervous about this visit but she was instantly calmed when she saw a little vibrant girl who met the team with open arms when they walked into the clinic. The girl reminded her of her cousin with Down's Syndrome and she connected with this girl. In addition to the team completing the serving learning projects, the team also enjoyed sightseeing and an overnight beach excursion at Manuel Antonia, a stunning blue water and white sandy beach. While at the beach, the team participated in a zip line adventure activity that was strategically set up early in the trip. Some of the students were apprehensive of this activity at first but soon, they conquered the challenge and bonded

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HMSV Students served at the Catholic Orphanage where they did crafts, read with the children, and helped in the kitchen.

## Student Accomplishments

### Presentations

Brookshear, A., & Clark, M. (2014, July). *Multicultural strategies for empowering students in poverty*. American School Counseling Association (ASCA) Annual Conference, Orlando, Florida.

Brookshear, A., & Clark, M. (2014, July). *Making it meaningful and quick: Promoting student success through solution focused and cognitive behavioral strategies*. American School Counseling Association (ASCA) Annual Conference, Orlando, Florida.

Carlisle, K. L., Carlisle, R. M., & Snow, K. (2014, October). *The social experience of internet gamers*. Poster session at the conference of the Southeastern Association for Counselor Education and Supervision, Birmingham, Alabama.

Carlisle, K. L., Carrington, C. (November, 2014). *The social experience of internet gamers: A pilot study*. Education Session conducted at the Virginia Counselors Association Conference, Williamsburg, Virginia.

Carlisle, R. M. (2014, October). *What All School Counselors Should Know About Anti-Bullying Laws*. Education session conducted at the Virginia Counselors Association Conference, Richmond, Virginia.

Carlisle, R. M. (2014, October). *Distance Supervision: Legal, Ethical, and Professional Compliance*. Poster session conducted at the Virginia Counselors Association Conference, Richmond, Virginia.

Carlisle, R. M. (2014, October). *Resources and tips for school counseling graduate students*. Education session conducted at the Virginia Counselors Association Conference, Richmond, Virginia.

Clark, M. (2014, June). *Social justice career counseling with women experiencing poverty: Increasing client access*

*to career resources*. National Career Development Association (NCDA) Annual Conference. Long Beach, California.

Clark, M. & Bower, J.D. (September 2014). *Using photography as a data source in qualitative research*. Association for Assessment and Research in Counseling (AARC) Annual Conference, Quad Cities, Illinois.

Clark, M., Bower, J.D., & Nixon, K. (November 2014). *Implementing social justice principles in counseling supervision*. Virginia Counseling Association (VCA) Annual Conference, Williamsburg, Virginia.

Clark, M., Nixon, K., & Bower, J.D. (November 2014). *Tips for beginning counselors in community agencies*. Virginia Counseling Association (VCA) Annual Conference, Williamsburg, Virginia.

Kirk-Jenkins, A.J. (2014, November). *A qualitative study examining disordered eating experiences among sorority members*. Virginia Counselors Association (VCA Williamsburg, Virginia)

Kirk-Jenkins, A.J. & Polychronopoulos, G. B. (2014, October). *Dieting or diagnosis: Exploring eating disorders in the DSM-5*. Southern Association for Counselor Education and Supervision (SACES) Birmingham, Alabama

Roberts, M. (July, 2014). *Art therapy a part of the regular school day*, Presenter: 34<sup>th</sup> Annual American Art Therapy Association Conference, San Antonio, TX.

Roberts, M. (July, 2014). *Art and music therapy integrated into public school*. Presenter: 34<sup>th</sup> Annual American Art Therapy Association Conference, San Antonio, TX.

Roberts, M. (2014 May). *Art Therapy and Counseling*. Invited presenters to Italy Institute: Cultural Issues in Counseling, Old Dominion University Study Abroad, Reggello, Italy.

Snow, K.C., & Bertolet, C. (September 2014). *Sexual orientation and spirituality*

*with LGBTQ college students: An integration model and guidelines for campus inclusion*. (Poster). ALGBTIC inaugural conference, New Orleans, LA.

Snow, K.C., Carlisle, R.M., & Carlisle, K.L. (October 2014). *Advocacy as a daily practice: Teaching the advocacy competencies in counselor education*. SACES annual conference, Birmingham, AL.

Williman, H. (2014 October). *Trailblazing to promote a safe school climate for LGBTQ students*. (Poster) Virginia School Counselor Association Conference Annual Conference, Richmond, VA.

### Books and Book Chapters

Polychronopoulos, G. B. (in press). Writing therapy. In E. Neukrug (Ed.), *The Sage Encyclopedia of Theory in Counseling and Psychotherapy*. Thousand Oaks, CA: Sage.

### Journal Articles

Polychronopoulos, G. B., Carlisle, K. L., Carlisle, R. M., & Kirk-Jenkins, A. J. (in press). The emergence of behavioral addiction in DSM-5. *Journal of Human Services*, Special Topics Issue.

### Awards

Robert Carlisle awarded VACES Doctoral Research Grant

### Passed Comprehensive Exams

Amanda Brookshear  
Gina Polychropoulos

### Passed Dissertation Proposals

Robert Carlisle  
Heather Dahl  
Krystal Freeman  
Brett Gleason  
Andrea Kirk-Jenkins



## Human Services Students Participate in a Service Study Abroad to Costa Rica (cont.)

(Continued from page 2)

Each student took away something from their time in Costa Rica. Katherine Desborough reported that she gained a lot of insight about non-profit organizations and learned more about the impact of language barriers on helping services. In their reflections about the trip, a number of students shared two common observations: the simplicity of lifestyle among the people in Costa Rica, and the appreciation of life. Julianne Jones and Tyler Rhodes agreed that Americans could learn a lot about happiness and social interaction from the Ticos. As the team returned back to the United States, it was evident that one of the key course objectives had been met since many of the team members reported that their sense of cultural awareness had increased. Alicia Ober reflected from her experience that, “as a future human service professional, this experience has taught me that regardless of the barriers involved when working with diverse clients, it is important to be empathetic to each individual’s circumstance and to continually strive towards being culturally competent.” Many of the students who were part of this study abroad tour discussed how they would continue travelling since they had such a great experience on this

trip. For example, when Taylor Gara returned home, she realized that she had been bypassing many amazing opportunities even right here in the USA! She has planned to travel more in the summer.

The team that returned from Costa Rica highly recommends this trip to other Human Services students. Alicia Austin liked how the tour was set up since they got to visit different parts of the country including the city, the rural areas and the tourists’ areas. For Karen Brown, Costa Rica is a beautiful country and it has something to offer everyone including the beautiful rainforest, mountains, wildlife, delicious food, art, religion, markets, and its friendly people.

Upcoming study abroad trips in the Counseling and Human Services department are announced to all Counseling and Human Services students via email, on the department’s website, the Study Abroad website, and through personal announcements in the residential courses.



**HMSV Students visited and danced with the Residents at the Retirement Community**

**Human Service Students and Faculty Toured Costa Rica in Spring Break 2014**



## ODU Counseling Faculty and Students at VSCA

Several ODU Faculty and Students attended the Virginia School Counselor Association conference in October. Doctoral students Tracy Jackson organized the conference and Robert Carlisle organized graduate student posters and networking opportunities. Several of our faculty and students presented at the conference including Robert Carlisle, Rebecca Pierre-Louis, Holly Williman, Melanie Evans, and Drs. Tim Grothaus and Emily Goodman-Scott. Next year's conference will be in Hampton and we hope to have a strong ODU presence there, too.



Robert Carlisle, Melanie Evans, Holly Williman, Rebecca Pierre-Louis, & Dr. Goodman-Scott at

## Doctoral Students Heather Dahl & Kevin Snow Selected as SACES Emerging Leaders



Heather & Kevin at SACES

On October 9, 2014, Heather D. Dahl and Kevin C. Snow, doctoral candidates in counselor education and supervision at ODU, had the honor of attending the Southern Association of Counselor Education and Supervision Emerging Leaders Fellowship Training. The competitive fellowship program aims to foster leadership and service in honorees within the state, regional, and national level in counseling and counselor education. The training featured a diversity and leadership workshop and meeting the current leadership of SACES and many of the national ACES leaders, including ACA president Dr. Robert L. Smith. The fellowship program was a wonderful opportunity to network with other future leaders in the counselor education field. Please consider applying to the program next year, if you are a second or third year doctoral student or new faculty member, and most importantly be willing to take on leadership and service needs within our profession when duty calls or when you see a problem in need of a solution.

## Clinical Coord Updates

By Dr. Jill Krahwinkel

A site directory was recently emailed out to give students a working guide as they secure their practicum and internship placements. This guide will be helpful for both master's and doctoral students. However, this guide is not all-inclusive. If you are interested in completed your practicum or internship at a site that is not listed, feel free to request an appointment with me to ensure your site meets all the requirements.

A friendly reminder, that all (Master's and Doctoral) students MUST completed their background checks at least 8 week prior to the start of their practicum semester. If your background check results are not successfully returned and updated in the Leo system by the start of the semester you will not be able to continue with practicum and internship that semester. Completing your background checks once fulfills this requirement. Please visit the TES website for more information: <https://www.odu.edu/success/academic/teacher-education/placement/background-checks>.

Supervision logs must be completed starting this semester; on these logs you should document all supervision you give or receive (individual, site, group etc.).

School Counseling students are highly encouraged to complete their practicums at a Mental Health site to obtain direct clinical experience and enhance their overall scope of practice.

Don't forget your deadlines! Fall 2015 applications are due 1/15 and Spring 2016 applications are due 7/15!

Thank you for your patience during the transition. Lastly, I want to hear from you. Please don't hesitate to email me or stop by my office with your suggestions.

Happy Fall,  
Dr. Krahwinkel

## Masters Counseling Students Present at TCC

Late this summer, master's counseling students Adam Hanson and Sharee Meredith were invited to present on the topic of Conflict Management at Tidewater Community College. The college's Learning Resource Center requested a fun approach to conflict management skill and the pair exceeded expectations. As the final presenters at the full-day conference, Adam and Sharee took a relaxed and playful approach, gaining full participation from the 60 attendees. By incorporating information regarding basic counseling skills, such as, non-verbal communication, listening, attending, asking open questions, and perception checks, they set a foundation for the audience to describe sources of conflict. After outlining one popular model of conflict response, Adam and Sharee guided the participants through small "experiments" that invited them to identify and utilize positive conflict management skills. The presentation was well-received and Adam and Sheree enjoyed the learning experience!

## Faculty Accolades

### Regional and National Presentations

Horton-Parker, R., & Horton-Parker, S. (2014, July). *Postmortem therapies: A religious and theological consideration of possibilities for continued growth and development after death*. Paper presented at the Association for Adult Development and Aging Annual Conference, Arlington, VA.

Goodman-Scott, E. (2014, October). *Utilizing school counselors in SWPBIS implementation*. [poster presentation]. 2014 National PBIS Leadership Forum, Rosemont, IL.

Levingston, K.. (2014, October). *Revisions to the ethical standards for human services professionals*. National Organization for Human Services Annual Conference (NOHS), Las Vegas, NV.

Levingston, K.. (2014, October). *Bridging the military and civilian divide with strategic interventions*. National Organization for Human Services Annual Conference (NOHS). Las Vegas, NV.

Levingston, K. & Dustin, J. (2014, June). *From forces to courses and beyond: Ensuring success for military-connected students*. National Career Development Association Annual Conference (NCDA) Long Beach, CA.

Krahwinkel, J.M. (2014, October). *Beyond the rainbow: The path to LGBTQIQA experiential learning*. Southeastern Association for Counselor Education and Supervision (SACES) Birmingham, AL.

Moe, J. (2014, September). *Foundations of counseling LGBT youth in school & community settings*. The Inaugural ALGBTIC National Conference, New Orleans, LA.

### Books and Book Chapters

Grothaus, T., Crum, K.S., & James, A. B. (in press). Effective leadership in a culturally diverse learning environment. In J. S. Brooks & M. Brooks (Eds.), *Urban Educational Leadership*

*for Social Justice: International Perspectives*.

Sparkman, N. & Woodrow, K. (2014). Family Services Overview. In Linwood H. Cousins and J. Geoffrey Golson (Ed.), *Encyclopedia of Human Service and Diversity*. Sage Publications.

Sparkman, N. & Boston, Q. (2014). LGBT Clients and Special Needs. In Linwood H. Cousins and J. Geoffrey Golson (Ed.), *Encyclopedia of Human Service and Diversity*. United States: Sage Publications.

Sparkman, N. (2014). Pregnancy and Parenting Services. In Linwood H. Cousins and J. Geoffrey Golson (Ed.), *Encyclopedia of Human Services and Diversity*. Sage Publications.

Sparkman, N. (2014). Families "Non-Traditional". In Linwood H. Cousins and J. Geoffrey Golson (Ed.), *Encyclopedia of Human Service and Diversity*. Sage Publications

### Journal Articles

Cole, R. F., & Grothaus, T. (2014). A phenomenological study of urban school counselors' perceptions of low-income families. *Journal of School Counseling, 12*(5).

Craigen, L., Sparkman, N. (2014). International Human Service Study Abroad. *Journal of Human Services*.

Goodman-Scott, E. (2014). Maximizing school counselors' efforts by implementing school-wide positive behavioral interventions and supports: A case study from the field. *Professional School Counseling, 17*, 111-119.

Goodman-Scott, E., Doyle, B., & Brott, P. (2014). An action research project to determine the utility of bully prevention in positive behavior support for elementary school bullying prevention. *Professional School Counseling, 17*, 120-129.

Moe, J., Autry, L., Olson, J., & Johnson, K. (2014). Teaching group work with *The Great Debaters*. *Counselor Education & Supervision, 53*, 204-218.

Moe, J., Perera-Diltz, D., Sepulveda, V., & Finnerty, P. (2014). Salience, valence, context, and integration: A collaborative consultation model for promoting wellness and resiliency in LGBTQ Youth. *Journal of Homosexuality, 61*, 435-451. doi:10.1080/00918369.2013.842437

Sparkman, N., Neukrug, E. (2014). Views of the HS-BCP. *Journal of Human Services*.

Sparkman, N., Lott, T. (2014). HS—BCP: A review of current state. *Journal of Human Service*.

### New Service Positions

Dr. Levingston was appointed to the Virginia Veterans Services Foundation by Governor McAuliffe.

Dr. Moe has been appointed treasurer for the Association of Child & Adolescent Counseling.

Dr. Moe has been appointed as an editorial Board Review Member for the *Journal of Child & Adolescent Counseling*, first issue to be published March of 2015.

Dr. Moe has been appointed as an editorial Board Review Member for the *Journal of LGBT Issues in Counseling*.

Dr. Schwitzer has been appointed to the Editorial Board of the *Journal of College Student Development*, the tier 1 research journal of the American College Personnel Association.

Dr. Schwitzer has been appointed Associate Editor, *About Campus Magazine*, the American College Personnel Association student learning magazine.

### Recognitions

In October Dr. Sparkman was awarded the 2014 National Organization for Human Service Howard Harris Professional Development Award.

## Welcome New Doctoral Students!

### Eric Brown

Not Profiled: Zach Scully



Eric moved to Virginia from Gainesville, Florida where he lived for eleven years. Eric is an alumni of Texas A&M, where he received his B.S. in Psychology. Eric is an Aggie, but also has a loyalty to the Gators where he completed his masters in Counseling. Eric was born and raised in Wichita Falls, Texas. Before moving to Norfolk he spent a number of years as a minister of a multicultural church in Gainesville, as well as a Counselor and adjunct instructor at Santa Fe College, a feeder school into the University of Florida.

Eric's research interests include minority first generation college students and he is excited about beginning research this Fall with the local organization ForKids, that works with homeless families and children. Eric is a self-proclaimed movie buff and is excited to go to the Naro theater in Norfolk. Eric also loves going to football and basketball games with others, so if you are a Monarch fan please connect with him!

### Kristy Carlisle



Kristy Carlisle is a first year doctoral student in Counseling, specializing in clinical mental health. She obtained a B.A. in French and International Studies & Economics from Middlebury College in 2002. She embarked on a career in education, teaching French for 10 years in the New Jersey public school system. She achieved a Master's degree in French from Middlebury College in 2007 and a Master's degree in Counseling from Rider University in 2009. She served as a school counselor in New Jersey public schools for two years.

Upon moving to Norfolk in 2012, Ms. Carlisle aspired to work in clinical mental health and became a Resident in Counseling in Virginia. She worked in Mental Health Skill Building and Intensive In-Home counseling as a clinician and a supervisor. She endeavors to become full-time faculty upon completion of her PhD.

Ms. Carlisle's research interests focus on the population of children and adolescents. In the area of behavioral addiction, she has researched food addiction, Internet addiction, and Internet Gaming Disorder. In the realm of school counseling, she is conducting research on school anti-bullying law in the 50 states.



## Renee Guynn



Renee Fensom Guynn is a first year Ph.D. student in the Counselor Education and Supervision program at Old Dominion University. Renee received a bachelor's degree in Health Education with an emphasis in Community Wellness from Virginia Commonwealth University. She worked at Peninsula Behavioral Center before becoming a Research Coordinator at Hampton University. In 2001 she earned a master's degree in Counseling from Hampton University. Her most recent academic accomplishment was receiving an Education Specialist degree from Old Dominion University in Counseling. Renee has over thirteen years of experience as a professional school counselor with Hampton City Schools in Hampton, VA. After completing the Ph.D. program, Renee plans to teach future school counselors about the career she is passionate about. Aside from work and school, Renee enjoys running and spending time at the beach with her two sons. Renee's research interests include: wellness and self-care of professional school counselors and the prevention and intervention practices to prevent burn out of school counselors.

KC is currently a Lecturer in Human Services and the HMSV Internship Coordinator in the Department of Counseling and Human Services. She has been working at ODU since 2006 as an adjunct and has been a full-time lecturer for one year. KC has two children in college and is originally from New Orleans.

KC started her doctoral studies at William & Mary, but needed to take a break for health reasons (cancer survivor). KC is now back and excited to complete her studies here at ODU. KC's primary interest areas: productive parenting from a developmental focus, relationships between parent and child as adult children and parents, the development of human self-esteem through the study of parenting influences, and adolescent development.

## KC Joachim



## Amber Jolley

Amber Jolley grew up in Warrenton, Virginia and moved to Smithfield, Virginia at the age of 15. She received her B.S. in Psychology from the College of William and Mary in 2012 and her M.A. from Wake Forest University this past spring. Throughout her undergraduate career, Amber worked with at-risk middle schoolers to help prepare them for high school. She has also worked on an children and adolescent inpatient psychiatric unit and completed her internship at a university counseling center. She is a GTA, teaching Career development and appraisal and currently works in the Career and Academic Resource Center (CARC) advising health and human services students. Her research interests include trauma and minority college student development. In her spare time, Amber enjoys working out, cooking, and spending time with her partner, Ivan, and her family, especially her four nieces. She loves music and anything related to being outdoors.



## Mike Kalkbrenner



Mike is originally from upstate New York and is excited to begin his experience here at ODU! He completed his master's degree in mental health counseling at Brockport college which is located in upstate New York. Mike has lived in New York his entire life so moving to Virginia has been a big change for himself and his girlfriend, but ODU and Virginia are already starting to feel like home.

Mike's long-term career goal is to become a university professor in counselor education. His research interests include: college counseling, in particular, the impacts that mental health issues have on students' college experiences. In his leisure time, Mike enjoys playing cards with his girlfriend and going fishing. Mike is also interested in going hiking in the Virginia Beach state parks.

## Marina Kuzmina

Marina Kuzmina is from Siberia, Russia. She received a B.A. in Legal Studies from Kemerovo State University in 2006 and M.A. in Community Counseling from Regent University in 2010. Marina served as a co-founder and a director of Women's center of Freedom House Residential Substance Abuse Treatment Program in Prokop'evsk, Russia in 2003-2007. Marina had an honor of being a co-founder and an associate at Renewal Counseling and Neurotherapy in Virginia Beach, VA in 2010-2011. For the last three years, Marina provided Outpatient therapy and Intensive In-Home Counseling services at Compass Youth and Family Services in Hampton Roads specializing in family therapy with cross-cultural adoptive and foster care families, providing individual therapy for second-culture adopted youth struggling with Reactive Attachment Disorder and Post Traumatic Stress Disorder. Marina is passionate about volunteer work overseas and has been involved with counselor education and supervision in Kherson, Ukraine since 2013.

Since moving from Siberia, Marina loves the beach and enjoys boating, jet-skiing, tubing, kayaking, and pretty much all water related activities that go with the name "Marina." She also loves Latin and ballroom dancing, walking, taking pictures and naps! Marina is a person of deep faith and an active member of her church where she participates with leading worship and adult Bible study. Marina is looking forward to meeting everyone, and she is excited to become a part of the graduate community at Old Dominion University.

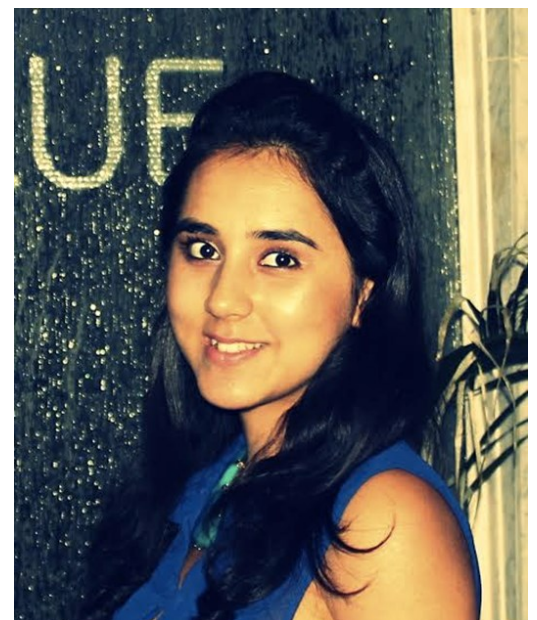


## Sonia Ramrakhiani

My name is Sonia Ramrakhiani and I am from Mumbai, India. I moved to the United States in 2011 to pursue my masters degree in Clinical Mental Health Counseling at Syracuse University, NY.

I have had a keen interest in Psychology since I was 13 and have continued to develop as a counselor over the past decade. I want to teach as a counselor educator in my country, India, where counseling is still developing as a profession. Other than counseling, I also enjoy photography, dancing, and fashion!

I am excited to continue my journey as a doctoral student at ODU!



## Traci Richards



Traci Richards is a Licensed Professional Counselor in the state of Virginia. Traci completed her Master's in Clinical Mental Health Counseling at Old Dominion University in 2011. Since that time she has gained experience working with a broad range of mental health issues and has worked in outpatient, in-home, and inpatient settings providing individual, family, and group therapy. She has served as a therapist at the Western Tidewater Community Services Board, the Institute for Family Centered Services, and at Harbor Point Behavioral Health Center. She also has contracted with the Department of Defense to provide therapy for deploying and returning forces and their families.

Prior to completing her master's, Traci completed with high distinction a Bachelor of Psychology from Indiana University. Before this, she served six years in the United States Navy as an Information Systems Technician. Traci is looking forward to beginning the Ph.D. program in Counseling and more thoroughly exploring her many areas of interest, including leadership in clinical settings and military mental health issues.

## Human Services Class Raises \$4907

By Dr. Helen Runyan

In this spring's HMSV 446, taught by Dr. Helen Runyan, students raised \$4907 for various charities and non-profit organizations of their choice. Students raised money via fundraising efforts or grant writing.

Dr. Runyan shares "While teaching this class I was amazing at the students' determination and efforts to donate time and energy to help the agencies that they chose for the culminating projects. I was blown away by the amount of funds raised for community agencies as a result of their efforts.

The organizations that students donated these funds to are the Susan G. Komen foundation, The Special Olympics, The Virginia Wounded Warrior Program, Relay for Life, Park Place Elementary School and Soup Kitchen, The Cerebral Palsy Foundation, and Operation Smile.

## Human Services Association Fall Update

By: Tyresha McCoy, Human Services Association, Public Relations Chair

Old Dominion University's Human Services Association (HSA) is the student organization for Human Services majors and majors in related fields, but ANY major is welcome! We hold bi-weekly meetings that provide information related to the Human Services field, participate in campus events, and support the community by participating in community service projects.

Over the past year, the Human Services Association has participated in various fundraising events and community service events. Some opportunities offered in HSA include volunteering at the Out of the Darkness Community Walk, a walk dedicated to raise awareness and prevent suicide. Another main event is Relay for Life, which is a national event that raises much-needed awareness and funds to save lives from cancer. Relating to cancer awareness, earlier in the semester HSA joined with TUA to sponsor Ellie's Hat Drive in honor of child cancer awareness month.

Our active members within our organization generously give their time to help out at the Soup Kitchen, Park Place Child Life Center, and make meals for the residents at the Ronald McDonald House. The mission of the Ronald McDonald House Charities of Norfolk (RMHC-Norfolk) is to provide a "home away from home" for families with children facing medical challenges and to also support programs that directly improve the health and well-being of children.

In recent years, the Human Services Association has become more involved with the H.E.R Shelter. The H.E.R Shelter is an agency that provides safe, emergency housing for women and their children in cases of domestic violence. The Human Services Association has hosted multiple movie nights for the children who stay at the shelter.

Early in September, we took part in a Kid's Fun Run at the Heart of Ghent. The race started and finished on Colley Avenue in Ghent across from Blair Middle School. This was a great volunteer opportunity where we got to help set-up, support, and run with the children.



The Human Services Association is a great way to network with faculty and staff, make contacts for internship opportunities, get more involved in the community, and increase camaraderie with peers. Our goal is to generate an overall atmosphere of support and fun amongst members!

If you are pursuing an education in human services or a related field, the Human Services Association represents those students who strive to help those in need! We encourage you to be yourself and we support any ideas you may have for the organization. Our meetings are held on the 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of each month, from 12:30pm to 1:15pm in the Education Building, room 158A!



## CSI Omega Delta Chapter Fall Update

By Gina Polychronopoulos, Chapter President

Dear Counseling and Human Services community,

It is a privilege to serve as the President of the Omega Delta chapter of Chi Sigma Iota, as I have the honor of working closely with our faculty advisors, committee chairpersons, and chapter members for another academic year!

The year is already off to a great start! We had our first social event in September, complete with ice cream and homemade baked goods. A special thanks to our Events chairperson, Cory Gerwe, for organizing this fun event, and to our Membership chairperson, Heather Mullaly for baking delicious cookies and brownies! We enjoyed spending time with current and prospective CSI members.

CSI Omega Delta has many more events and activities in the works. Our mission for this year is social justice and advocacy, and we are currently collaborating with ODU Counselors for Social Action & Responsibility to support community members in Ferguson, Missouri. Other events that our chapter members have facilitated and participated in this semester are the Out of the Darkness Suicide Walk and the National Eating Disorders Awareness Walk.

Some events that we have coming up are an open board meeting in November (date/time TBA) and the 2nd annual CSI Omega Delta Tailgate, which will take place at Kaufman Mall on November 8th from 11:30a-3:00p before the football game against Florida International. We hope you can join us! Also, CSI will host the Evening of Achievement for all counseling graduates and CSI chapter award winners on December 12th in



the Lynnhaven River Room in Webb Center (contact our President-Elect, Madeline Clark, for more details or to RSVP).

Our board members and chairpersons are exceptional and have shown great dedication and commitment to CSI Omega Delta, and I cannot thank them enough for their hard work! Here is a list of our esteemed chapter leaders:

President-Elect: Madeline Clark  
 Treasurer: Zach Scully  
 Secretary: Jamie Bower  
 Membership: Heather Mullaly  
 Events: Cory Gerwe  
 Professional Development: Hope Comer and Sonja Lund  
 Community Engagement: Marcela Osorio  
 Awards: Chuck Carrington  
 Fundraising: Brittney Cambridge and Megan Malacaria  
 University Liaison: Mandy Brookshear

Finally, I would also like to express my gratitude to our chapter faculty advisors, Drs. Chris Wood and Emily Goodman-Scott, for their continual support and guidance. I am looking forward to what lies ahead for the rest of the 2014-2015 academic year!

If you are interested in joining, or would like to get involved, please feel free to contact me directly: [gbond002@odu.edu](mailto:gbond002@odu.edu).

## Program Information and Upcoming Events

### December Graduation

Application due to the Office of the Registrar by **June 30th, 2014**.

<http://www.odu.edu/content/dam/odu/offices/university-registrar1/docs/gradappl.pdf>

Admissions applications deadline for the **Fall 2015** is **November 1st, 2014** for the PhD program and **November 1st for Spring 2015 and March 1st for Summer 2015** master's program.

For information on supervision, practicum, and internship contact the **clinical coordinator** at [clinicalcoord@odu.edu](mailto:clinicalcoord@odu.edu).

If you would like to contribute to the Spring Newsletter, please contact newsletter editors.



## Congratulations to our December 2014 HMSV Grads!

Pamela Agnew	Tanisha Cuffee	Whittany Honeycutt	Sarah Melton	Brytani Schott
Yordanose Amanuel	Lauren Curtis	Keith Hudson	Onaida Moreno	Blanchard Sigmon
Shannon Amos	Lana D'Ambrosio	Montana Hyde	Dominique Muldrow	Adam Smith
Jennifer Ardita	Dorothy Dailey	Raquel Jefferson	Deatria Muse	Krystal Smith
Arisha Assaf	Chalsy Douglas	Stacy Jenkins	Dasha Newsome	Tamara Smith
Rosa Avant	Cornelia Douglas	Eric Johnston	Rebecca Newton	Keaira Stanley
Terry Bates	Teresa Dunivan-	Camesha Jones	Andrew Notto	Keana Steward
Erin Benton	Monique Eppes	Tammy Jones-	Johnnie Parker	Brooke Summerville
Lavenia Beverly	Rebecca Felton	Wilson	Melissa Parsons	Christopher Thies
Alley Blevins	Carolina Garcia	Bianca Killins	Ryan Pierpoint	Tanya Trammel
Nathan Bowman	Danielle Goodman	Teresa King	Pat Pitman	Kayla Truett
Barbara Boyd	Damen Graham	Tamara Lebrew	Teresa Poe	Tashara Vanalstyne
Nicole Branch	Morgan Grant	Kasi Loney	Chasity Poe	Daniel Vickery
Yevonne Britt	Ciara Green	Brittnie Lovisek	Kayla Reid	Alma Villarreal
Karen Brown	De'Marcus Greene	Amy Lucas	Keauna Richmond	Sharisse Wells
Jessica Bullion	Michelle Hanson	Jonathon Luzama	Brianna Rivera	Heather Wilson
Rachael Cannon	Hart	Ryan Maddux	Keeyada Robinson	Joy Wright
Tora Cezard-Palmer	Leighann Harrison	Gabrielle Major	Dorothy Rogers	Chelsea Young
Hannah Childrey	Sabina Haydu	Roxanna Martin	Kimberly Root	
Sasha Cochran	James Hightower	Florence Martus	Gabriella Rosa	
Aubrey Connor	Susan Hill	Monique Matthews	Tiffany Ruggs	
Kimberly Crowder	Jasmine Hobson	Ariel McCarter		



## Congrats COUN MEd & PhD Graduates!

### MSEd

Barbara T. Beatty  
 Elizabeth Brooks  
 Brianna Clark  
 Sarah Cochran  
 Hope Comer  
 Karli Coverdale  
 Arielle Davisson  
 Xavier Duckett  
 Karenia Ferguson

Janell Freeman  
 Cory Gerwe  
 Anisa Glowczak  
 Michele Haynam  
 Jamelle Johnson  
 William Key  
 Jamie Lumsden  
 Michelle Medley  
 Alejandra Rangel  
 Jamie Ridolphi

Ashley Spanfelner  
 Grant Tomey  
 William Tucker  
 David Wisenauer

### PhD

Tracy Jackson  
 Joy Maweu Mwendwa

## ODU Counselors for Social Action and Responsibility

By Madeline Clark, ODUCSAR Service Chair

This has been a very exciting first semester for ODU Counselors for Social Action and Responsibility. We are new student organization that seeks to promote social justice within the CHS department and to provide opportunities for CHS students to engage in community advocacy.

In September we had our first meeting where we met with interested students and faculty to discuss the social justice interests and goals of our membership. At this meeting we planned our successful supply drive for a counseling program serving families in Ferguson, Missouri, and various other upcoming events. In the spring semester we are planning a service event at a local homeless shelter and hosting a speaker.

Right now ODUCSAR has 30 students members and continues to grow. If you are interested in joining, please email Rebecca Garber, Membership Chair, at [rgarb003@odu.edu](mailto:rgarb003@odu.edu).



**ODUCSAR leadership: Jamie Bower, Madeline Clark, Rebecca Garber, & Brittney Cambridge**



## Tau Sigma Upsilon Fall Update

By Karen Brown, Chapter President

Tau Upsilon Alpha (TUA) National Human Services Honor Society Beta Gamma Chapter at Old Dominion University is an honor society for human services students. TUA is an extension of the National Organization of Human Services (NOHS) and our mission is to honor academic excellence; to foster lifelong learning, leadership, and development; and to promote excellence in service to humanity. Our members demonstrate their dedication to learning and the human services field as our society provides ways to get more involved with our department and in the community through advocacy, education, and service. As president of Old Dominion University's TUA chapter I am proud to say since the beginning of the Fall 2014 semester we have participated in the annual Out of the Darkness Community Walk to promote suicide awareness and prevention, the Darden College of Education Annual Cookout to support our department and our field, Larchmont Elementary Schools RATRACE in support of education, and the annual Day of Unity, Night of Remembrance Candlelight Vigil in support of domestic violence awareness and prevention. We also served as co-sponsors in hosting a hat drive for the children in the oncology unit at CHKD in support of Ellie's Hats, a Virginia based



non-profit, to raise awareness about childhood cancer and provided volunteers for Park Place Child Life Center's after-school and Saturday programs for children in the Park Place Community which is a service commitment our members will continue throughout the year. We also have additional activities planned this semester including our participation in Hampton Roads Night Out in support of The Dwelling Place and homelessness awareness and prevention, a food drive in support of C.H.I.P. to feed families in need for the holidays, and our new member induction and graduating member honors event with more exciting event ideas in progress.



## Three Counseling Doctoral Students Awarded Darden College of Education Fellowship



The Darden College of Education Dissertation Fellowship is a competitive, college-wide opportunity for doctoral students to have their third year funded. This year, four fellowships were awarded within the college, three of them going to doctoral students in the Counseling department. Winners of the fellowship have their tuition paid for by the Dean of the college and are awarded a stipend of \$15,000 to complete their dissertation. No additional duties are attached to the fellowship. Applications entail detailed descriptions of research methodology for the proposed dissertation and support from a faculty reference in addition to CV information describing the applicants' qualifications and accomplishments. This year Robert Carlisle (An Examination of Supervisory Working Alliance, Supervisee Demographics, and Delivery Methods in Distance Supervision), Andrea Kirk-Jenkins (Examining Eating Behaviors Among Sorority Women), and Kevin Snow (A Mixed Methods Study of the Intersection of Minority Sexual Orientation and Spiritual Development in the College Experience) won the fellowship.

## Doctoral Student Kurt Hooks Awarded NBCC Fellowship

Doctoral student Kurt Hooks was awarded the NBCC dissertation fellowship. In order to be considered for the fellowship, a student must be currently enrolled and in good standing in a CACREP doctoral program, have demonstrated past, current and/or future planned academic, clinical, and/or leadership endeavors to improve services for minority or under-served, or otherwise challenged mental health consumer populations. One must also be or be applying to be a NCC.

Kurt has a hand in developing and implementing a unique jail diversion mental health crisis intervention program (C.I.T.) in Virginia Beach. Additionally he has completed research with the region that assisted in developing Crisis Stabilization units (now 3 in the region) for indigent mental health consumers in crisis, especially for individuals with co-occurring diagnosis. In Kurt's day to day work, he has done collaborative crisis work with individuals who are lower SES, minority or non-dominant statuses, and/or suffering with chronic and severe forms of mental illness.

NBCC fellows were required to attend a 4 day training and orientation this past May. Fellows are required to identify two overarching objectives related to the fellowship and break down a timeline for objectives. Kurt's first objective is work across disciplines to expand access to services for under-served individuals in crisis, in Chesapeake. His second objective was to submit for publication in a peer reviewed journal and to present at a conference on a related topic between now and May 2015.

Kurt's potential dissertation topics include social justice implications of interdisciplinary, mental health community jail diversion programs, and, empowerment through peer supported community mental health programs.



## Upcoming Conferences & Calls for Proposals

**ACA Conference & Expo**, March 12-15 Orlando, FL.

**ACES**, October 7-11th 2015, Philadelphia, PA.

**ACES 2015**. Call for proposals opening December 1st and closing January 31st.

**VACES 2015**, February 21st, 2015, Harrisonburg, VA

**AHC 2015 National Conference**. June 5-6, 2014. Cleveland, OH.

**AHC 2015**. Call for proposals due December 31st.

**AMHCA Annual Conference**, July 9-11, 2014, Philadelphia, PA.

**ASCA Annual Conference**, June 28-July 1, Phoenix, AZ.

**NCDA National Conference**, June 30-July 2, Denver, CO.

**AARC National Conference**, September 18th, 2015, Memphis, TN.

**NOHS National Conference**, October 21st-24th 2-15, Charlotte, NC.

**NOHS 2015**. Call for proposals closes January 23rd, 2015.

## Counseling Students Advocate for Healthy Relationships

By Sonia Ramrakhiani

Recently, the topic of sexual assault on campus is receiving a large amount of media and political attention. Students from the counseling department include Sonia Ramrakhiani, Cory Gerwe, Blair Owens, Tiffany Pope, and Madeline Clark. The students sought to find out what students on campus were experiencing in their dating relationships, not only in terms of sexual abuse/violence but also emotional and physical abuse/ violence, which usually co-occur.

We administered a 27 item checklist, called *Rate Your Relationship* to students on our campus in collaboration with the Women's center. After administering the screening, the Masters and Doctoral students played a crucial role in helping students make sense of the results and providing them with the necessary resources in the community, on campus and off.

We carried out the data collection over the duration of a month, using activity hour in the Webb center and The Big Blue Take Back Event on campus. They were very successful events as we were able to gather data and provide students with resources. During each of the events which lasted for about an hour we were able to reach out to approximately 40 students. So in the duration of one counseling session, we were able to reach out to not one but several students and create awareness on the issue of dating violence.

