

DEPARTMENT OF COUNSELING AND HUMAN SERVICES

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Welcome Back!

We missed you!



Student Editors: Alexandra Johnston & Kevin Hernandez

A Letter From Dr. Neukrug



Dear Counseling and Human Services Community:

I'm so glad we're back together, and hopefully the pandemic will not rear its ugly head again. If you were like me, you spent a lot of time isolated, lonely, and bored. However, you also probably spent a fair amount of time reflecting on your life. For me, as an extrovert, I thought this was a good time to embrace the introvert in me. Carl Jung used to say that to become whole we should embrace that which we are not. So, I tried to become increasingly comfortable being alone and not having to have something in my life all the time.

I learned a lot about myself during this time. Mostly, I was reminded that the worse times in our lives can bring us wisdom, thoughtfulness, new ways of thinking, and wholeness. It's the yin yang of life—or the dialectics that reveal the mystery of life. When bad things happen, the good is around the corner. Sometimes you can't see it, but it's there, like the sun about to rise. If we tuck the thought in the back of our mind that the sun will rise and help us see the horizon in a new way, we might be able to get through that painful moment, hour, day, or even year.

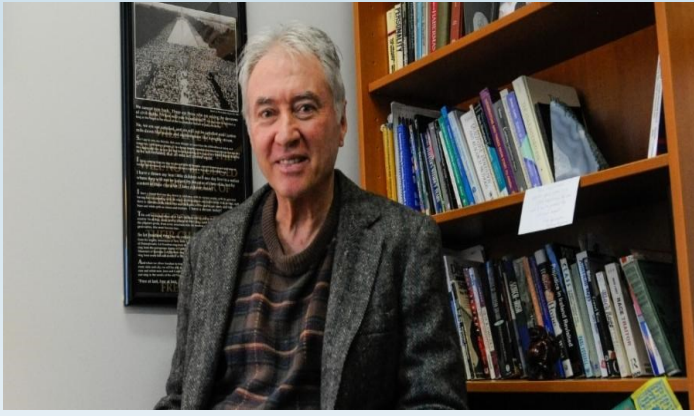
With my own life, my marriage ended and then the pandemic occurred. It was very painful and difficult to see the sun. But I had so many supports around me—colleagues, friends, and family that loved me. And, through this pain, I learned more about me and the sun did rise again.

Each of you has our own story, and stories don't always have happy endings. However, we certainly can learn and grow from them. And hopefully our story, with its twists and turns, will slowly move us toward a new way of understanding ourselves and maybe even give us some happiness and joy.

Peace, Love, and a bit of Happiness

Ed Neukrug, Chair
Counseling and Human Services

Garrett McAuliffe Farewell Address



It was 1973 when I met Julio Rodriguez and Reggie Williams. They were junior high school students in my “corrective reading” class at Public School 125 in New York City. It was then that I decided to trade myself from the English Teacher team to the Counseling team. And I have never looked back, for Julio and Reggie needed something more besides phonics and reading comprehension. On that occasion, I decided to become a counselor, so that the Julios and Reggies could believe in possibilities. I wanted to work with the felt life, to promote living well, so that individuals like Julio and Reggie might have a chance to thrive despite the disturbances of family discord and poverty.

I myself had come from a lower middle-class background, the grandson of the wave of Irish immigrants who left grinding poverty and oppression to seek possibility in Boston and New York. I was the beneficiary of growing up in a caring extended family full of grandparents, aunts, uncles, and cousins who lived in the same block, and even in the same house as my brother and I. Such a foundation, despite the trials of a rigid Catholic school education and the lure of gangs and alcohol that infused the neighborhood, launched me through a free public City University of New York education as a first-in-family college graduate.

The path from there to this year, in which I retire after 32 years of being a counselor educator at Old Dominion University, and before then a full-time counselor, is one that is that was full stops and starts, doubts and redoubts, challenge and support from models and mentors. In the process, I zigzagged through (another free) education in the form of a master’s program at the University at Albany, an internship at a community college in Western Massachusetts, and (again, another free!) doctorate at the University of Massachusetts. As you can see, I was the beneficiary of social supports of many kinds, including a hidden privilege of being a white, heterosexual male (of which I was, of course, oblivious at the time).

In the meanwhile, I raised three children (not alone!), coached youth sports, played community basketball, volleyball and softball, formed two musical bands, and was inspired by the Unitarian and Buddhist traditions as anchors for ways to live well.

I passed through many particular stops on the counseling train in this journey. I began my career with an initial commitment to career decision making. I then indulged to a passion for adult development and its possibility for a kinder, more inclusive personhood. I then turned to the work of cultural alertness in all of its forms (as expressed in my favorite endeavor, my “Hollywood moment” as producer, director, co-screenwriter, and actor in the *Culturally Alert Counseling* video series). In the process, I have infused constructivist, learner-centered teaching into my work. Most recently, I have incorporated the notion of positivity into counseling.

Along the way I have had many guides, both virtual and in-person, from my internship mentors Dave Patrick and (the late) Art Hannan, to my doctoral chair, the late Ron Fredrickson, to Jay Carey and the late Maurianne Adams of UMass. (Note how many “the lates” one accumulates on the passage.) The scholars and writers who have influenced my work are too numerous to mention. A few thinkers who stand out are Carl Rogers (of course), who helped us be more empathic, and Robert Kegan, who helped us to be more complex, and therefore also more empathic.

So here’s to my colleagues (particularly Ed Neukrug, who stuck with me through many times of trial) and former colleagues (here’s to you, Chris Lovell and Ted Remley) and my students and former students who have shared my passion and my efforts for doing this good work. May it continue at a restless pace as I write the next chapter of this life story, Parkinson’s disease and all the attendant infirmities of aging to be acknowledged. So, my former students and colleagues, I head into the sunset with great hope for the work that you will do, and have already done, to ensure that we continue to bring understanding and kindness for all the people we encounter.

**Garrett McAuliffe,
Professor Emeritus,
Counseling Program,
Old Dominion University**

Slan Abhaile (Farewell, literally “Good health on your journey”) (pronounced “Shlan Awhalya”)

P.S. Keep in touch! You can reach me at gmcaulif@odu.edu .

Coping With COVID

Hey everyone,

I am a behavioral health intern at Chesapeake Regional Medical Center and Masters student at Old Dominion University studying mental health counseling.

Even though my studies involve the importance of men-

tal health and self-care practices, it does not make me invulnerable to the effects of negative emotions and all the feelings that COVID-19 has brought about in us all.

Coping with a global pandemic was hard on all of us and continues to linger into our lives. Despite the challenges this event has been there are self-care practices that have made the unprecedented event more manageable for myself. Leaning on family and friends for social support, exercising, and spending time on nature have helped keep me grounded. In all honesty sometimes self-care is easier said than done and I can admit to having the occasional lazy day of watching movies and playing games for the duration of my day. I try to remind myself that time enjoyed is never time wasted...have fun, be you, and continue to grow in any way you can everyday.



Zack Todaro, *Mental Health Counseling*

Coping With COVID

When COVID hit, I was initially excited to spend more time at home with my dog and fiancé, but as days passed by, the fear and reality of the situation began to settle in. I think continuing to practice mindfulness through yoga and having fun through lots of video games helped me get through the uncomfortable feeling of being inside all of the time.



Katherina Nako, *Mental Health Counseling*

I didn't expect to complete a year of this program online and it was difficult to adjust to the "new normal" Zoom classroom. However, my peers and professors were all so supportive and understanding throughout this time that I can't imagine how I would have gotten this far without all of their help.

Coping with COVID this past year and a half has been challenging. Things I have found helpful are reaching out to friends via Zoom and Facetime and practicing mindfulness.

I have found that taking fifteen minutes out of my morning to meditate helps clear my head and prepare me for the day. I am looking forward to seeing everyone in person again.



Staci Richard, *School and Mental Health Counseling (Dual Track)*

Coping With COVID

Frank Scaringello



Frank's 6 tips for survival:

- Keep your routine intact (waking and bedtimes, work hours, social etc.)
- Exercise frequently and eat well (make the time,)
- Maintain high standards of appearance (Grooming, dress, etc. should remain at a high standard, as it builds the discipline needed to cope with stressful situations)
- Accept what you cannot control and surround yourself with positive people
- Trust your decisions, especially about wellness (Be an informed consumer regarding your mental, physical, and spiritual health)
- Don't look back, something might be gaining on you (I borrowed that from Satchel)"

Coping With COVID

Dr. Amber Pope



What I found most challenging about work during the pandemic was completing all my duties, instruction, and communication on my computer. The amount of emails increased, since students and faculty could no longer stop by my office or ask questions during breaks in class.

Two main strategies I implemented to cope with this increased use of technology were setting boundaries around electronic communication and investing in non-technological means of self-care. In terms of boundaries, I set my electronics to “do not disturb” mode while I worked, so I would not get distracted by notifications. Additionally, I set times to check email in the morning and afternoon. I would make to-do lists of items that needed responses, log off my email to complete these tasks and additional work, and log back on in the afternoon to send replies.

For self-care, I have always been active but I started doing more stretching and yoga to counteract the amount of time I was sitting during the day. I bought crossword puzzle books to do in the mornings with coffee, instead of playing iPad games, checking the news, or social media. Finally, I intentionally leave my phone at home several times a week, when my husband and I are out together or when I’m working out, to further limit technological distractions. These strategies have helped me feel more centered and present when working online, and assist in recovering from long days on the computer.

Student Information

HMSV Double Major- No Additional CREDITS!

Your HMSV Faculty have created an option for interested students to complete **two majors within the 120 credits** required for graduation. That means no extra hours! With our human service majors in mind, we developed **3** double major opportunities with fields that enrich and enhance both majors.

Combining your interest areas between two majors allows more versatility for your future through enhanced opportunities to pursue graduate school and strengthening your employability. In addition, several of these double major opportunities include specialized certificates to further demonstrate your commitment and leadership in your field of choice.

Beginning academic year 2021-2022, human services majors can elect to double major in the below double major tracks:

Human Services and Sociology

The Department of Counseling and Human Services and the Department of Sociology and Criminal Justice have created an opportunity for undergraduate students to major in both human services and sociology. Within this double major, students select a concentration in either addiction prevention and treatment or social welfare, allowing them to specialize in their area of interest. Students who select the addiction prevention and treatment concentration will graduate with a certificate in addiction prevention and treatment.

Human Services and Criminal Justice

The Department of Counseling and Human Services and the Department of Sociology and Criminal Justice have created an opportunity for undergraduate students to major in both human services and criminal justice. Within this double major, students have an opportunity to pursue a concentration in addiction prevention and treatment. Students who select the addiction prevention and treatment concentration will graduate with a certificate in addiction prevention and treatment.

Human Services and Interdisciplinary Studies- Leadership

The Department of Counseling and Human Services and the Department of Interdisciplinary Studies have created an opportunity for undergraduate students to major in both human services and interdisciplinary studies-leadership. Within this double major, students will be exposed to a number of fields of study to enhance their knowledge and skills in the area of leadership, professional writing, and technology, while engaging in human services coursework. In addition, students may pursue two specialized certificates within the double major – addiction prevention and treatment and professional leadership

** In order to pursue these options, please reach out to our HMSV Director for appointment, HMSVupd@odu.edu

Addiction Prevention and Treatment Certification

Overview

Prevention and Treatment is designed to increase the competency of behavioral health professionals within addiction practice settings. Graduates of this program will obtain the substance abuse education required for Virginia Certified Substance Abuse Counselor (CSAC) credentialing .

After completing this certificate, students will be prepared to begin the residency process required for Virginia CSAC credentialing. Students with prior learning and transfer courses may be eligible to waive up to 12 credits.

Course Sequence

The certification program consists of six courses in the human services program for a total of 18 credit hours. Students who wish to enroll in these courses are required to have a transcript analysis to ensure that the appropriate prerequisite requirements are met. Students prior coursework will be evaluated by an advisor at the time of the admission to the certification program

Requirements:

HMSV 341 Intro to human services

HMSV 343 Human services methods

HMSV 444 Psychoeducation groups

HMSV 447 Intro to Substance Abuse

HMSV 452 SA treatment & Research

HMSV 449 Crisis Intervention, Prevention & ethics

Complete the certificate in 6-18 credits: For completion students must have

2.0 overall GPA in all courses taken toward the certificate

A grade of C or better in all prerequisites courses

Completed at least six hours of required upper level course through Old Dominion University

Students with prior learning may be eligible to waive up to 12 credits. transfer courses require approval of the certificate coordinator. Transcript evaluation is available upon request

Departmental Honors

Students may earn the designation of departmental honors on their diplomas by completing the minimum university standards for honors designation in addition to the human services program standards. Specifically, the standards are:

1. Minimum cumulative GPA of 3.25. Minimum major GPA of 3.5.
2. Completion of at least two 300-400 level courses designated by the department to be honors courses.
3. Completion of at least 60 credit hours at ODU, 54 of which must be in grade-point graded courses.
4. AND completion of a scholarly experience such as a research project with a human services faculty mentor.

****HMSV 397 Independent Study: Guided Research in Human Services can be taken as an elective course and will qualify as a scholarly experience. Students enrolled in this course may conduct individual or group projects focused on research, literature review, or methodology development. All work is conducted under the supervision and evaluation of a program faculty member. Please contact Dr. Kristy Carlisle, kcarlisl@odu.edu, for more information regarding this course.***

Contact the program director, Jennifer Simons, jmsimmon@odu.edu, for more information about this opportunity.

TUA Human Services Honor Society News



By Carly Marcus, TUA President

Although this past year was a challenge for many people around the world, the TUA Human Services Honor Society still found a way to give back to the community and celebrate our members. Because the Spring 2020 semester was abruptly switched online, we were not sure what was in store for Fall 2020. However, TUA made the best of it. We began having online meetings and community service events. Many people have lost their jobs due to the pandemic which has forced families to adapt to a new way of life. One of the main goals of our organization is to promote excellence in service to humanity. As an organization, we decided to help people in need by collecting items for the local food bank, because we wanted to make sure families had food for Thanksgiving. We had a safe and COVID-cautious Thanksgiving Food Drive. Students that lived in the area dropped their items off at our ODU campus, while other members donated money to be used towards additional items because they were not able to attend. Our Thanks-

As we began the Spring 2021 semester, we continued to host virtual meetings, give back to the community, and figure out a way to honor our inductees and graduating members for Fall 2020 and Spring 2021. For our community service event this semester, we wanted to show our support for our frontline healthcare workers. These individuals have put in endless hours and have risked their lives to care for everyone in our community. TUA teamed up with the Pantry Box Project to provide an art therapy event for the frontline workers. The Pantry Box Project is a local nonprofit that provides nourishment and encouragement to frontline healthcare workers through food drop-offs to the hospitals, care packages, positive affirmations written on bananas, and a variety of other contributions. Our organization raised \$550 to provide 20 healthcare workers the chance to enroll in an art class at Board & Brush, a local creative arts studio. These classes were free for the healthcare workers and allowed them to relax, be creative, and take their mind off the things they experience at work.

TUA Human Services Honor Society News

Fortunately, we were able to honor our Fall 2020 and Spring 2021 inductees and graduating members during a virtual ceremony. At this ceremony, we were pleased to welcome the following Fall 2020 and Spring 2021 new inductees:

Jen Boulware
Ngawang Chostso
Zoey Coleman
Jenny Funes
Elizabeth “Lovie” Harden
Rachel Holley
Kaylee Kaznosky
Malissa Knight

During the ceremony, we also honored the following Fall 2020 and Spring 2021 graduating members:

Chevonne Colbert
Zoey Coleman
Elizabeth Harden
Rachel Holley
Malissa Knight
Carly Marcus
Paula Peterson

Family, friends, and colleagues were invited to honor and celebrate our inductees and graduating members over Zoom. We had a wonderful ceremony and were able to honor our members despite the changes. As this semester comes to an end, we look forward to safely gathering in person for the Fall 2021 semester to create more memories and continue to provide excellence in service to humanity.

HAS–Conducted Fundraising Activities

- Habitat for Humanity
- American Cancer Society
- FORKIDS
- Samaritan House

New Doc Students



Jasmine Griffith

"I was born in the smallest state in the USA, known as Rhode Island. However, I grew up in Virginia Beach, Virginia, for most of my life while traveling to visit relatives across the country, my hometown Providence, and the Atlantic Ocean. Throughout my life, I've always been passionate about writing poetry, public speaking, theatrical arts, making others smile, and helping others whenever I can. I've had the opportunity to acquire a B.S. in Psychology and an M.A. in Mental Health Counseling throughout my educational matriculation. Within the field of counseling, I've taken an interest in ACT, CBT, & REBT theoretical frameworks and the prevalence of anxiety and mood disorders within underserved and marginalized communities. What most don't know about me is I have two middle names. My second middle name is "Hawa." It comes from my Liberian heritage and pays homage to my great Aunt."



Nic Schmoyer

I grew up in central Pennsylvania, staying in that area until I finished my BA in Psychology from Messiah College. Afterwards, I moved to Philadelphia, PA for my MS in Mental Health Counseling, which I will be graduating from in early August! Professionally, I am interested in collaborative healthcare, behavioral medicine in primary care and hospital settings, trauma, and social anxiety. A fun fact about me is that I studied theatre in my undergrad, traveling to Ireland to study and learning stage combat. I am excited to join the counseling community!

New Doc Students



Chelsea Hillard

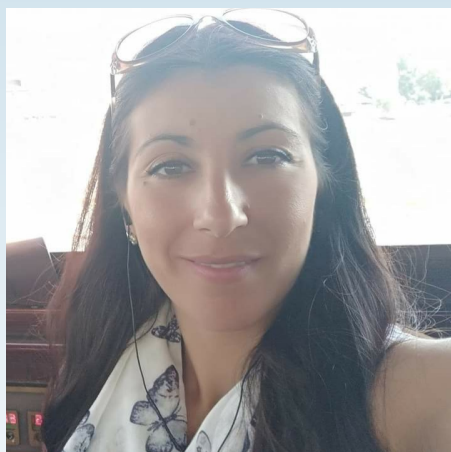
I was born and raised in Fresno, CA and moved to Norfolk, VA in 2013 to pursue my education. I received my Bachelor of Science in Psychology and my Master of Science in Education with concentrations in School Counseling and Clinical Mental Health Counseling from Old Dominion University. I currently live in Newport News, VA with my partner and our two English bulldogs. I love being a student and am looking forward to beginning this PhD program.



Vijay Paralkar

My background in international career counseling naturally evolved from my professional work at Nashik city near Mumbai in my home country, India. I studied Counseling with Student Affairs in Higher Education Practice concentration at the University of Nebraska, Omaha followed by a few months of work experience as Career Navigator at Metropolitan Community College at Omaha, Nebraska. I explored factors affecting wellness in international students through my educational journey at Miami University in Oxford, Ohio.

Highlighting Graduate Assistants



Suelle Micallef Marmara GTA highlighted by Dr. Moe



Jeanel Franklin GRA highlighted by Dr. Goodman-Scott



Allison Worth highlighted by Dr. Euirmanasignhe



Judith Preston, GA highlighted by Dr. Pope & Dr. Horton-Parker



Alex Gantt, GA highlighted by Dr. Goodman-Scott

Highlighting Adjuncts

Dr. Norris Robin

Dr. Robin Raniero Norris has been with ODU for seven years. As an active marriage and family therapist, she can be seen teaching Field Observation and Crisis Intervention, Prevention, and Ethics. Through Windward Optimal Health, she helps couples process both normative and traumatic emotions attached to finances. Multiple topics in the field of Financial Psychology became her research passions as she saw links between people's behavior with money in relationship to most of the decisions made in life. Recently she was a guest on the Most Hated F Word, a Canadian podcast. When not working, she enjoys reading, laughing with family and friends, and any activity water related.



Dr. Rebecca Cowan

I have been teaching in the human services program for 12 years. I am also a core faculty member at Walden University and own a small private practice in Virginia Beach. I have special clinical and research interests in mass casualty incidents (MCI). Through my volunteer work as a Disaster Mental Health supervisor with the American Red Cross, I have responded to several MCI's, including the Route 91 Harvest Festival and Parkland, Florida. I was also recently appointed by Governor Northam to the state commission to investigate the 2019 Virginia Beach mass shooting. I enjoy research and have numerous publications on various topics, including ethical and legal issues, trauma, perpetrators of mass violence, and the military population.



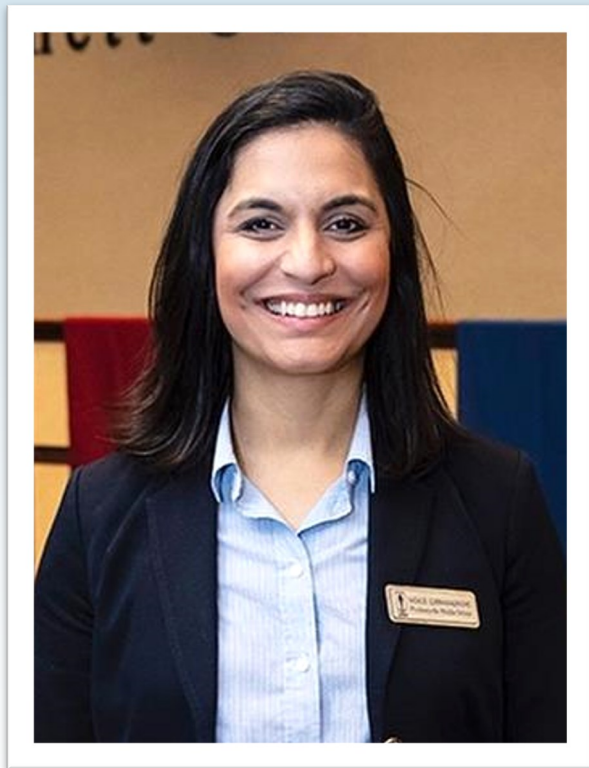
Dr. Crista Glover

Dr. Crista Glover is a licensed professional counselor and has practiced in various clinical settings since 2007, including community agencies, college and university campuses, and private practice. She has served as an adjunct for the department since 2013. Dr. Glover's passion is women and wellness and recently started Come Find Rest Wellness Group, offering telehealth and wellness consultation services. Dr. Glover became a first-time mom in April 2021. When she is not counseling, coaching, teaching, and supervising, she has her hands full with her baby boy.



Highlighting Faculty

Dr. Natalie Edirmanasinghe



Dr. Natalie Edirmanasinghe is an Assistant Professor in the school counseling program. Prior to joining ODU, she was a school counselor in Gwinnett County, GA while she pursued her doctorate. Originally from Palm Springs, CA, Dr. Edirmanasinghe received her Ph.D. in Counseling and Student Personnel Services from the University of Georgia and her M.S.Ed. in Counselor Education from the University of North Florida. She received her BA in Sociology from the University of California, Santa Barbara. Dr. Edirmanasinghe is a CES Editorial Fellow and, as an active member of SACES, she is a SACES Emerging Leader and currently serves as the co-chair for the SACES School Counseling Interest Network. Her publications are related to professional school counseling and working with multicultural individuals.

Dr. Edirmanasinghe is a Nationally Certified Counselor and a Licensed Professional School Counselor in the state of Georgia. Dr. Edirmanasinghe has been a school counselor for seven years and specializes in the areas of small group counseling with diverse populations in schools, multicultural and social justice school counseling, and school counselors' work with immigrant students and families. Most of her school counseling experience has been working with middle school students, but she has spent two years working as a school counselor in a K-8 school. Dr. Edirmanasinghe is trained in Relational Cultural Counseling and Strengths Based Counseling.

Highlighting Faculty

Dr. Naeem Saihk



Dr. Naeem Shaikh is an Assistant Professor in the Human Services program. Prior to joining ODU, he was the Intellectual Disabilities Case Manager at District 19 Community Services Board. Originally from Mumbai, India, he received his Ph.D. in Social Work from University of Maryland-Baltimore and his Masters in Social Work from Edinboro University of Pennsylvania. He also received his Bachelor of Science in Chemistry from Mumbai University.

Dr. Shaikh's professional experience includes work with adolescents and older adults with various physical, developmental, and mental health disabilities. He has working in a variety of settings including human services outpatient centers, in-home, group homes, university dorms, schools, psychiatric emergency rooms, short-term medical rehabilitation center, and inpatient mental health units. In addition to his work in the mental health field, Dr. Shaikh has collaborated with schools and volunteered with a non-profit organization in India to successfully plan and conduct HIV awareness lectures, Hepatitis-B and typhoid vaccination programs, and community-based general health, vision, and cataract detection camps.

Highlighting Faculty

Dr. Jason Sawyer



Jason Sawyer, PhD MSW is an Assistant Professor in the Department of Counseling and Human Services at Old Dominion University. His scholarship experience and interests lie in anti-oppressive practice, community development, positive youth development, and transformative arts in civic and community practice.

Dr. Sawyer's research encompasses studies on the use of the creative process in community organizing, youth arts-based program evaluation, community practice model development, and suicide prevention. In his practice career, he worked as a Program Manager in an Early Childhood Home Visiting Program at Family Lifeline. Spanning both micro and macro practice, he also worked as a community organizer at the Neighborhood Resource Center of Greater Fulton in the East End of Richmond, VA.

He served as an arts educator at the Governor's School for the Arts in Norfolk VA, taught English abroad, and worked as a Policy Fellow at the Virginia Interfaith Center of Public Policy in grassroots organizing and social advocacy.

"The core lessons in my upbringing revolve around community as a location of support, challenge, learning, and development. The greatest element of being a community social work practitioner and scholar is the perpetual process of learning and development. As a learner challenged in my early education to adapt to institutional education practices, I learned to read late from absorbing comic books and science fiction. I also found myself nurtured by a community of creative people throughout my developmental journey which helped me move from being a C student in high school to an A student in college. The arts led me to community social work and my work as a community practitioner brought me to teaching and scholarship with the hope of developing practice approaches relevant to community needs."

Highlighting Faculty

Jamie Hartfield



Jamie has over a decade of experience educating Human Service Professionals, in the roles of adjunct instructor and lecturer at Old Dominion University. She is a Licensed Professional Counselor (LPC) and Licensed Marriage & Family Therapist (LMFT) in Suffolk, Virginia and has experience working with people facing a myriad of challenges.

A native Texan, Jamie studied Psychology at Texas A&M University and then Marriage & Family Counseling at the College of William and Mary. Her experiences in the counseling and human services field include providing in-home counseling with struggling families, training and supporting foster parents, and providing counseling services in her private practice to individuals and families..

Jamie's areas of interests include families, adolescents, identifying and developing meaning, overcoming shame, and healing from the effects of trauma. She loves teaching and supporting eager students in their pursuit of a meaningful career in Human Services, and she is looking forward to working closely with interns in the role of Internship Coordinator.

Jamie lives in Suffolk with her family- a first-responder spouse, 3 lively kids, and her dog. Jamie loves camping, reading, and catching baseball games when she can.

Highlighting Faculty

Dr. Lauren Robins



Dr. Lauren B. Robins is a graduate of the Counselor Education and Supervision program at Regent University. Her dissertation was entitled: *Social Determinants of Health: A Quantitative Investigation on Adolescents Mental Health Using the National Survey of Children's Health Dataset*. Lauren is an alumni of Old Dominion University and is excited to return as a Visiting Assistant Professor this fall!

Lauren has been in the counselor educator role for over three years in various positions: teaching assistant, co-lecturer, and adjunct professor. Lauren has been a research associate for several research labs over the past nine years, conducting quantitative and qualitative research. Primarily, her research focuses on interprofessional collaboration, underserved populations, mental health equity, social justice, and social determinants of health. She realizes and emphasizes the importance of equity that is centered upon a social justice and anti-racist approach and framework.

Lauren is thrilled to collaborate with ODU faculty on research projects, building on the remarkable work she has done with Dr. Kaprea Johnson over the past eight years.

Highlighting Faculty

Dr. Vanessa Dominguez



Dr. Vanessa Dominguez serves as the Clinic Director for the CHS Counseling Center and is a Clinical Assistant Professor at ODU.

Her primary clinical and research interests include individual and relational stability in underserved populations, particularly for LGBTQ+ communities, transgender mental health, mindfulness stress reduction-based and trauma-informed approaches, social determinants of health impacting treatment adherence, as well as training counseling and other allied helping professionals in Integrated Behavioral Health (IBH) settings. She has served on federally-funded research grants examining the effectiveness of relationship education on lower-income, ethnically diverse couples and has dedicated her career to promoting safe, satisfying, and healthy relationships for all.

Dr. Dominguez received her Master's in Couples, Marriage, and Family Therapy and Mental Health Counseling from the University of Central Florida (UCF) and her PhD in Counseling at ODU. She is a Licensed Marriage and Family Therapist in Florida and Resident in Counseling in Virginia.

Accolades



Frank Scaringello

Promoted to senior lecturer; participated in the Miles for Smiles run to honor Micala Siler, an American murdered in the Ukraine; conducted fundraising activity for Here for the Girls, a non-profit organization that works with women who have been diagnosed with breast cancer; coached Tidewater Striders New Energy youth running program; HSA conducted fundraising activity for Habitat for Humanity, American Cancer Society, and FORKIDS. Frank also conducted A Memorial Mile for Bob at the Elizabeth River Run (coming this May 29th) to honor the life of an old friend who died unexpectedly a few weeks ago. Nine of my young runners are running the one-mile race to honor Bob.



Alyssa Reiter

Congratulations to Alyssa Reiter, who received the Virginia Association for Counselor Education and Supervision (VACES) Research Grant for her dissertation study titled as "Civility of coworker behaviors and minority firefighters' belongingness in the workplace."

Lateisha Wiggins

Congratulations to Lateisha Wiggins, a Master's student who was awarded the Virginia Counselors Association Foundation Pete Warren Fellows Scholarship.



Accolades

Bianca Augustine

Congratulations to Bianca Augustine on being awarded the Diversity, Equity, and Inclusion Committee Scholarship for this year's The Association for Contextual and Behavioral Science Conference (ACBS). ACBS is the flagship organization for Acceptance and Commitment Therapy, Bianca's primary modality. This is an international scholarship, so Bianca was chosen from among organization members from around the world. Awarded an Association for Counselor Education and Supervision (ACES) Graduate Student Scholarship.



Alex Gantt

Congratulations to Alex Gantt, who was awarded the 2021- 2022 Academic Year Darden College of Education and Professional Studies Dissertation Fellowship

Allison Worth

Congratulations to Allison Worth, who was awarded the 2021- 2022 Academic Year Darden College of Education and Professional Studies Dissertation Fellowship



Accolades

Dr. Kathleen Brown

Congratulations to Dr. Kathleen Brown on her interview with 13 News; recently being selected to serve on the Reentry committee for the International Association of Addiction and Offender Counselors; Psychology Associate at St. Bridges Correctional Center; She is an Adjunct in the Department of Counseling and Human Services at ODU.

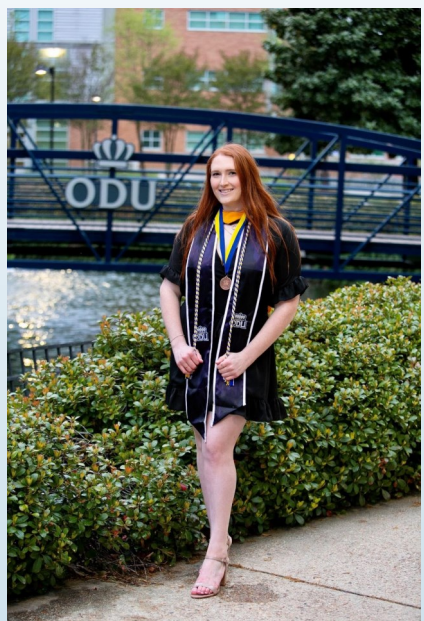


Tarnika Edmonds

Jill C. Dustin Excellence in Service and Leadership Award. This award recognizes the top Human Services student who displays outstanding leadership qualities, seeks out service to student organizations, ODU, and the local community, and consistently demonstrates good academic achievement and co-curricular excellence. We appreciate your outstanding service and leadership as one of our students.

Carly Marcus

Outstanding Human Services Student Award recipient. This award recognizes the top Human Services student who consistently demonstrates good academic achievement, commitment to service and the field of human services



Accolades

Dr. Alexis Wilkerson

Congratulations to Dr. Alexis Wilkerson on receiving the NBCC CCE Approved Clinical Supervisor (ACS) Training Award- \$500 award for the attainment of ACS credential; Strengthening the Heartland Repository; being selected to develop and record 6 modules and activities on Alcoholism and Dependency to contribute to South Dakota State University and North Dakota State University's online Addiction Recovery and Treatment repository.; Strengthening the Heartland Repository- and being selected to develop and record 3 modules and activities on Pregnancy/Motherhood to contribute to South Dakota State University and North Dakota State University's online Addiction recovery and Treatment repository.

Dr. Mark Rehfuss

Congratulations to Dr. Mark Rehfuss, who was approved to be Full Professor by the Provost.

Dr. Chaniece Winfield

Congratulations to Dr. Chaniece Winfield, who was elected President of the Virginia chapter of the International Reciprocity and Recruitment Consortium (VA Certification Board). This role will allow her to oversee and assist with international credentialing in Virginia and spearhead new initiatives regarding upcoming and emerging credentials in Virginia.

Dr. Garrett McAuliffe

Congratulations to Dr. Garrett McAuliffe, who was recently awarded as an ACA Fellow.

Dr. Emily Goodman-Scott

President (2020-2021), Association for Child and Adolescent Counseling (ACAC, division of ACA) Facilitator, Virginia School Counselor Technology Collaborative, August, 2020 partnered with school counselors and districts across Virginia to create, organize, and distribute video resources for practicing and pre-service school counselors on virtual school counseling tools to be used in the time of virtual school counseling due to COVID-19.

Publications

Goodman-Scott, E., Betters-Bubon, J., Olsen, J., & Donohue, P. (2020). *Making MTSS Work (1st ed.)*. American School Counselor Association.

Goodman-Scott, E., Upton, A., & Colburn, A. N. (2020). School counseling district supervisors' experiences and perceptions regarding school counselor preparation for practice. *Professional School Counseling, 24*, 1-11. <https://doi.org/10.1177/2156759X20965179> 29% acceptance rate, per managing journal editor, at time of acceptance

Goodman-Scott, E., & Eckhoff, A. (2020). School counselors' experiences with lockdown drills: A phenomenological investigation. *Journal of Counseling and Development, 98*, 435-445. doi: 10.1002/jcad.12345 10-15% acceptance rate, per journal editorial assistant, at time of acceptance.

Goodman-Scott, E. (2020, December). *School counselors and MTSS: How they support one another*. [interview for the Dr. Hudson's Counseling Corner international school counseling podcast]. Retrieved from <https://www.youtube.com/watch?v=-fdFcz5CZMc&t=116s>

Kalkbrenner, M., **Goodman-Scott, E.**, & **Neukrug, E.** (2020). Validation of high school students' scores on the Revised Fit, Stigma, and Value Scale: Implications for school counseling screening. *Professional School Counseling, 23* (1), 1-10. doi: 10.1177/2156759X20912750 29% acceptance rate, per managing journal editor, at time of acceptance

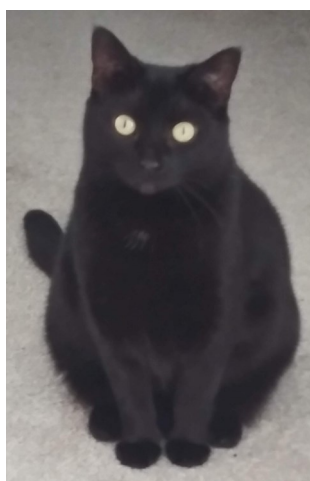
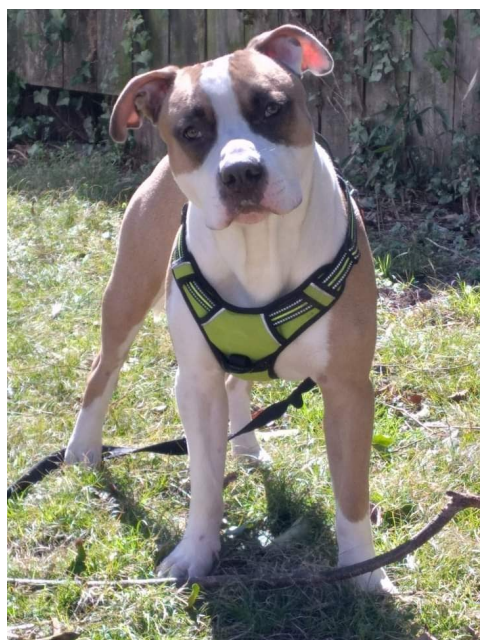
Meet our Office Manager, Darrella Wilson



Darrella has been working as the office manager for the Counseling and Human Services Department for six years, assisting faculty, adjuncts, and students with their various needs.

Darrella grew up in Yorktown, VA. She attended VCU School of the Arts for her undergraduate studies and eventually obtained her master's in business administration (MBA).

Outside of the office, Darrella is a freelance artist and enjoys visiting art galleries. She also loves attending concerts, going to the beach, and spending time with her beloved dog Meeko and cats TT and Monkee Moo.



***Stop by and say hello at the CHS front office in suite
2100 of the New Education Building.***