

# DEPARTMENT OF COUNSELING

**The Communicator** | April 2016

[coe.unomaha.edu/coun](http://coe.unomaha.edu/coun)



## A Message from the Chair

Our spring semester is quickly winding down, but not without a range of news and happenings to report. First, congratulations to our spring graduates—we're proud of you and wish you the best as you begin your careers! A full list of graduates is included in this newsletter. In addition, we are pleased to announce that over 40 new students will be joining us for the Fall 2016 semester. We're also proud to highlight CMHC student Margo Botkin, who received both the Counseling Department's Student of the year award and the College of Education's Graduate Student Award. Her profile is also found in this edition.

The department also continues to work on our curriculum design set for Fall 2017. Several changes include integrating 1 and 2 credit courses, so please contact your advisor to ensure you take the courses prior to the changes taking effect in Fall of 2017. These changes involve all specialization areas. In addition, a second summer group experience is being planned and will be announced asap on the listserv. Finally, be aware that the next Nebraska Counseling Association conference, scheduled for October 6-7 here in Omaha, is accepting submissions for presentations. A meeting will be

announced shortly via the listserv for students interested in submitting a proposal for the conference. We encourage anyone interested in presenting at the conference to attend and learn more about the submission process. On a final note, be sure to look into joining our department's Upsilon Nu Omicron chapter of Chi Sigma Iota when you have the appropriate credentials (9 credits/3.5 gpa). Our chapter membership is on the upswing. Check out our newly inducted officers and members—and be sure to contact Dr. Blount to get information on becoming a member and joining us as soon as you are eligible.

On behalf of the Counseling Department faculty and staff, we hope the end of the semester goes smoothly. And remember, feel free to contact me at any time if you have questions or concerns.

Sincerely,

Dr. Kissinger  
Department Chair

## Announcements

- **Need a study break?? Happy hour anyone?**  
Contact Maddie Moore for info on Happy Hour on Friday, May 6th from 4-6pm.
- **Join the book club!** The book: *The Doctor and the Soul* by Victor Frankl. Email Dr. Carter.
- Join **Chi Sigma Iota!** See page 4 for information on how to join.
- **NCA conference** will be taking research submission for the conference in Omaha this fall
- **ACA is seeking proposals** for their conferences in 2017. Deadline for submission is June 1. For more info: <https://www.counseling.org/conference/nashville/about-conference/call-for-proposals>
- Continue to check the listserv for the next **group experience** dates / times

## Congrats to our Spring Graduates!!



Alice Allrich  
Sandra Andres  
Barbara Becker  
Elizabeth Blake  
Mary Botkin  
Taliesha Goodwin  
Robin Greiner  
Amy Hernbloom  
Racheal Machaka

BreAnn Marshall  
Matthew Nolan  
Aimee Pryor  
Thomas Reilly  
Skyler Reising  
Marcie Sinn  
Rachelle Vidal  
Andrea Wagner

# FACULTY 411

### Dr. Kissinger...

- Presented talks on mental health, burnout, intervention strategies to students in the UNO Athletic Training program.
- With Dr. Blount, presented the seminar "A Holistic Approach to a Healthy Semester" as part of the UNO Graduate Student Workshop series.

### Dr. Blount...

- Submitted two manuscripts:
- 1) Exploring the overall wellness of former college student-athletes. *Journal of Issues in Intercollegiate Athletics. Qualitative Investigation*
- 2) Transforming your classroom: Encouraging student involvement and promoting active participation in assessment. *Qualitative Investigation*

### Dr. Bjornsen...

- Selected to attend the *Counselor Educator Academy* at the annual convention of the *National Career Development Association* (NCDA) in Chicago in June of 2016.
- Student-athlete project accepted as poster presentation at the annual convention of the *American Psychological Association* (APA) in Denver in August of 2016.
- Implemented *Teaching Analysis By Students* (TABS) in COUN 8230 Assessments in the Spring 2016 semester.
- Won the women's 5K for her age group at the 2016 Claussen-Leahy Maverick Run.

### Dr. Luther...

- Will be presenting at the ASCA (American School Counselor Association) National Conference this July 9-12 in New Orleans on her research on the intentional small group model. The title of the presentation is "Small Group Recipe for Success: Start with Four Steps, Add Four Sessions, and Mix in a Dash of Passion."

# Honors and Awards

Please join us in congratulating CMHC student Margo Botkin on being awarded both the Counseling Department's Graduate Student Award for Excellence and the UNO College of Education's Outstanding Graduate Student Award!

Margo Botkin was born and raised as the oldest of five children in Dallas Texas. She spent her high school years in Chicago (where she was voted most likely to be an advice columnist) then went to Creighton University for her undergraduate degree in psychology. After graduating from Creighton she stayed in Omaha and worked for Boys Town National Research Hospital as a direct care provider and neurobehavioral research assistant. She started the UNO counseling program's clinical mental health track in 2014. She is currently completing her internship at UNO's Counseling and Psychological Services serving the college population. She enjoys working with the young adults and hopes to continue working with that population after graduation. Margo enjoys crafting, reading, cooking and being outdoors with her husband, Pete, in her spare time.



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## Chi Sigma Iota



On Friday, April 8th, family and friends came together for the induction of twelve Counseling students into the Department's Upsilon Nu Omicron chapter of Chi Sigma Iota.. Prior to the induction ceremony, guest speaker Barbara Jessing, the Clinical Director of Connections at Project Harmony in Omaha, spoke about the prevention and intervention for child maltreatment. New officers were also inducted, including (from left) new President Chelsey Harvey, Vice President Carrie Hourser, Treasurer Maddie Moore, Social Director Alliea Miller, and Secretary Dalia Ruvalcaba. The left pic shows all new inductees with faculty advisor Dr. Blount and includes Karlene Tyler, Alliea Miller, Sydney Keller, Marissa Merithew, Maddie Moore, Chelsey Harvey, Carrie Hoeser, Alicia Falcone, Jordan Moller, Dalia Ruvalcaba, Amanda Otera, and Thomas Seguin. Congrats to all on your induction into CSI!



## Group Experience

- A 10 hour group experience is facilitated by the department several times each year. The cost is \$115. Please contact Barb Newell (402-554-2727) to sign up.
- **Successful completion of the group is a prerequisite for COUN 8270/8370.**
- Your spot is reserved when full payment is made.
- **Late Summer and early Fall 10 Hour Group Dates** will be announced soon via the department listserv.

## CMH Internship Info

When it comes time for your internship experience, it is your responsibility to contact sites of interest and secure your internship. There are many opportunities available in the community. **If you are uncertain of where to begin your search, check out the department website for a site list to get you started (<http://www.unomaha.edu/college-of-education/counseling/graduate/forms-documents.php>).** Your advisor is available to speak with you about marketing yourself to site supervisors and to answer any questions you may have.

A few key points to remember:

- Plan to do your internship experience at the end of your program. It will best position you to transition into the job market.
- Aim to find a site that best suits your interests.
- Begin looking for your internship a few months in advance. Some popular sites are competitive and require applications and interviews.

## UNO Community Counseling Clinic

Clinic hours: Monday-Thursday, 2-7 pm

Our clinic is staffed by practicum students. Individual, couples, and family counseling are available for a small fee (\$10 per session, \$15 for couples and families).

Call 402-554-4882 to schedule an appointment.

We are working to expand our client base! We appreciate your referrals to this service and have cards and brochures available for local community distribution if you would like to help.

### Clinic Staff:

Dr. Dan Kissinger, Clinic Director

Dani Bojanski, Clinic Coordinator

Dr. Bjornsen, Practicum Instructor

## Policy Update: NCE

The NBCC, has recently changed the procedure for applying and registering for the National Counselor Exam. Application and registration will now be an online process. Once each fall and spring, the department will submit a roster of students to the NBCC who are eligible to take the exam the following semester. The NBCC then contacts these students via e-mail with directions on how to register for the exam. The roster of eligible students is created by Dr. Kissinger. Students will not be deemed eligible to take the test until they are in their final semester of internship. The only exception will be for those students whose final semester is in the summer—they will be deemed eligible to take the NCE in the spring.

Although the registration process has changed, UNO will continue to be a testing site and offer the exam twice a year to current program students—once in the fall and spring semesters. If you have questions regarding the new procedure contact the graduate assistant office (402-554-2764) or Dr. Kissinger.

# “Religious Freedom” Bills in the News

Recently, several “Religious Freedom” bills have been proposed and made law across the country, including North Carolina’s controversial “bathroom bill” which requires transgender individuals to use the bathroom consistent with the gender on their birth record. In addition, Tennessee legislators voted to pass House Bill 1840. This Bill will permit counselors to deny services and refer clients based on the counselor’s strongly held personal beliefs. The American Counseling Association responded with this statement:

***“This new bill is a direct contradiction to the ACA Code of Ethics C.5., which states “counselors do not condone or engage in discrimination against prospective or current clients, students, employees, supervisees, or research participants based on age, culture, disability, ethnicity, race, religion/spirituality, gender, gender identity, sexual orientation, marital, partnerships status, language preference, socioeconomic status, immigration status, or any basis proscribed by law.”*** This Bill has several implications for us as counselors. A Bill that allows for counselors to turn down clients based on personally held beliefs raises the question of where is the ethical line. A counselor could turn down a client for gender, race, religious beliefs, sexual orientation, and the list could go on and on. Another implication it has on counselors is the ability of a state to intrude on the counseling profession as a whole. Similar legislation is popping up in North Carolina, Mississippi, and Missouri.

**If you would like to get involved and send the Governor of Tennessee a message you can contact the Governor at 615-741-2001 or [Bill.Haslam@tn.gov](mailto:Bill.Haslam@tn.gov) or [facebook.com/TeamHaslam/](https://www.facebook.com/TeamHaslam/) and tell him to veto Hate Bill 1840 ! (SB 1556)!**



It’s **Counseling Awareness Month (CAM)**—a time when we as professionals can get involved and spread the word. You are encouraged to educate the public about what it is we do, who we serve, and the impact our profession can have on the community locally and at large.

The theme this year is *Better Together with Counseling*, focusing on the fundamental human connection within counseling. The CAM website has great tools and resources to share. There are plenty of opportunities for you to get informed and involved. Find more information here: <http://www.counseling.org/about-us/counseling-awareness-month-2016> and follow ACA on Facebook and Twitter to stay in the know! ACA provides quotes and images for you to share at the bottom of the linked webpage.

## It’s also... Child Abuse Prevention Awareness Month

This year the theme of the 20th Conference is *Building Community, Building Hope*, acknowledging the tremendous power communities can have in addressing the problem of child abuse and neglect. The goal is to bridge the gaps along the intersection of research, policy, and practice in our profession. This month is about promoting child and family well-being, ensuring that children grow up to reach their full potential.

Want to know how this plays out closer to home? In Nebraska, 10 children per 1,000 are considered “maltreated” while the national rate is 9.1 per 1,000. For more numbers on child abuse and neglect here in Nebraska, read the most recent (2014) DHHS Annual Report for our state. Found here: [http://dhhs.ne.gov/children\\_family\\_services/Documents/2014CANReport.pdf](http://dhhs.ne.gov/children_family_services/Documents/2014CANReport.pdf)

What can you do? Get informed. Share your knowledge. Find resources for your clients. All of this can be done on the Child Abuse Prevention Awareness Month official website: <https://www.childwelfare.gov/topics/preventing/preventionmonth/>

# Advocacy Corner

- **What is advocacy?** - Counselors need to get out of their offices and connect directly with people in their own environments! There are many opportunities to get involved in Omaha and beyond.
- Refer to the previous page for opportunities to get involved and advocate for the profession.
- Become an ally to the LGBTQIA+ and sign up for Safe Space Training at UNO. Spring dates for these trainings are: Tuesday, May 16 | 1:00 P.M. – 3:00 P.M. LGBTQIA+ Basics Orientation (pre-requisite for Active Ally) and Tuesday, May 16 | 3:30 P.M. – 5:30 P.M. | Active Ally Workshop. Can sign up through UNO's website.
- Article "Don't use the 't' word and five other tips for counselor advocacy," by Kevin Doyle, is in Counseling Today and can be found here: <http://ct.counseling.org/2016/03/dont-use-the-t-word-and-five-other-tips-for-counselor-advocacy/>

## Funding for Graduate Student Research & Travel Support

An essential part of every graduate program is learning to use the tools of research, both scholarly and applied. Students seeking funding for a research project should first inquire whether their department or college has funds available for that purpose. Information on other sources such as the University Committee on Research & Creative Activity (GRACA) and funding agencies exterior to the University can be obtained from the Office of Research and Creative Activity (ORCA).

\*Please note all proposals should be submitted electronically as a single document in PDF format to: [unosponpro@unomaha.edu](mailto:unosponpro@unomaha.edu).

For travel support, please fill out the Graduate Student Travel Proposal Form and submit it at EAB 203. For further questions contact Nicole Kersten, [nkersten@unomaha.edu](mailto:nkersten@unomaha.edu).

**GRACA grants support faculty-mentored graduate student research and creative activity. Grants of up to \$5,000 per student are available to UNO graduate students. Learn more about ORCA/GRACA**

## Chi Sigma Iota



Officer positions for CSI have now been filled for 2016. Please congratulate Chelsey Harvey for being elected President, Carrie Hoesser for Vice President, Dalia Ruvalcaba for Secretary, Maddie Moore for Treasurer, and Alliea Miller for Social Chair. If you want to get involved it's not too late! Chi Sigma Iota takes new members every semester. Please contact Dr. Blount at [ablount@unomaha.edu](mailto:ablount@unomaha.edu) for more information.

Once you have completed nine **(9) semester hours with a GPA of 3.5 or higher**, complete the following steps to join!

- Complete the online application process at [csi-net.org](http://csi-net.org).
- Click on Membership under Chapters and Members (in the left hand column).
- Enter our local chapter name: Upsilon Nu Omicron.
- Submit the form online and pay initial dues online via credit card.
- Lastly, write a check to chapter Upsilon Nu Omicron for \$10.00 (chapter fee) and turn the check into Dr. Blount in Roskens Hall Room 101. When she receives your certificate and pin, she will notify you to set up a time for initiation.

Department of Counseling | 402-554-2727 | [coe.unomaha.edu/coun](http://coe.unomaha.edu/coun)

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