

# DEPARTMENT OF COUNSELING

**The Communicator** | February 2016

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



## A Message from the Chair

Hello again from all of us in the counseling department- We trust all your studying is keeping you warm! I am pleased to begin with news that both our Clinical Mental Health Counseling and School Counseling programs have been re-accredited by CACREP, keeping UNO as the only counseling department in Nebraska to have CACREP accredited CMHC and School Counseling programs. We are also pleased to announce that Nate Hayward has joined Maddie on our Ga staff this semester. Please check out his profile on the following page.

The counseling faculty continues on with our assessment of our department. Of note is our recent start on revising our curriculum. Although the official implementation date for the curriculum revision is Fall 2017, recently enrolled part-time and during Spring 2016 should consult with their faculty advisor to ensure they complete specific courses prior to the update. As a reminder, the courses you are required to complete are those in the graduate catalogue for the semester you were officially enrolled in the program (i.e., not as a non-degree seek-

ing student). On that note, we remind you to contact your faculty advisor given summer/fall registration is just around the corner!

I also call your attention to several newsletter updates, including information on local events and our new section on professional advocacy. Please contact me if you have information you would like to see posted in the Communicator related to these areas. Also, monitor the listserv for upcoming opportunities to attend and present your ideas at the Nebraska Counseling Association Conference here in Omaha next October-as well as other key departmental news such for comprehensive exams and group experiences.

As always, please feel free to stop in, call, or email me at any time!

Sincerely,

Dr. Kissinger

## Announcements

- **Chi Sigma Iota** is up and running again! See page 4 for information on how to join.
- **NCA conference** will be taking research submission for the conference in Omaha this fall
- Continue to check the listserv for the **next group experience** dates / times
- The **Bias Assessment and Response Team** (BART) is a new on campus initiative to support a safe and inclusive campus community. To learn more about bias incidents or how to report a bias incident, please visit: [studentsafety.unomaha.edu/BART](http://studentsafety.unomaha.edu/BART)
- **Beyond Blue** is a counseling group for students experiencing depression and anxiety. It is on Mondays from 2-3pm in HPER 102. To be clear, this will not count as the required Group Experience; it is an additional resource for graduate students who might need it.

## News to Know

- **Mental Health Screenings...** Pregnant women and new mothers need more attention when it comes to screening for depression, according to recommendations issued Tuesday by the U.S. Preventive Services Task Force. Read NPR article here: <http://www.npr.org/sections/health-shots/2016/01/26/464415212/depression-screening-recommended-for-all-pregnant-women-new-mothers>
- **Life in Prison Sentences for Juveniles...** for those interested in working with prison rehabilitation, this news is relevant. Read article here: <http://www.npr.org/2016/01/25/464338364/supreme-court-opens-door-to-parole-for-juvenile-lifers>
- ACA member Gary Patton discussed the increasing need for counseling for law enforcement officers with WHDT World News. - See more at: <https://www.counseling.org/news/updates/2016/01/13/aca-in-the-news-counseling-for-law-enforcement-officers#sthash.5qLd4qqC.dpuf>

# FACULTY 411

### Dr. Kissinger...

-Recently attended the Academic Department Chair Conference in Charleston, South Carolina.

### Dr. Blount...

-Will be presenting 3 seminars the American Counseling Association conference in Montreal in March.

### Dr. Carter...

-Congratulations on being reappointed as the **Peter Kiewit Professor!**

### Dr. Bjornsen...

-Submitted manuscript in Criminal Justice : **Factors Associated with Perceptions of Rape Among College and Non-College Women.**

-Began service as faculty representative for the multidisciplinary **UNO Wellness Coalition**, aimed at creating a culture and environment to support wellness

-Participating in **UNO Strengths Initiative**, which is comprised of multidisciplinary professionals seeking to infuse a strengths-based approach to working with students in departments and offices across campus

### Dr. Luther...

-Attended a NCTE (Nebraska Council on Teacher Education) School Counselor Ad Hoc Meeting in Lincoln to discuss with representatives from school administration, school counselors, Nebraska Dept. of Education, and counselor educators a proposal for revised endorsement criteria for school counseling in Nebraska.



### For fun...

Dr. Bjornsen, Mr. Richards, Dr. Kissinger, and Maddie Moore (and we're sure several others) took advantage of the unexpected day off and balmy 40 degree weather and attended President Obama's speech at Baxter Arena.

# Meet Some of Your Faculty and Fellow Students!



**N**athan Hayward is our new graduate assistant in the Counseling Department. Nathan is from a little bit of everywhere, but calls Parkville, Missouri his home. In 2011, he received his undergraduate degree from University of Missouri Kansas City as an Education major with an emphasis in the social sciences. Before becoming the graduate assistant, he spent the past three years as a minister working with campus students and young professionals. He did some pastoral counseling and much of that it inspired him to further pursue counseling as a career. It was because of the desire to get better at counseling that he enrolled in the program. When he is not in the classroom or office he enjoys spending time with his beautiful wife Kendall. Nathan has taken part in community programs throughout the area. One program that he is particularly fond of is a 3 on 3 charity tournament called Hoop 4 Hope. This is a program that raises

money for a local charity that does work throughout the Omaha area. Hoop 4 Hope will take place on Saturday March 6<sup>th</sup>. If you are interested in entering a team please contact Nathan at [nhayward@unomaha.edu](mailto:nhayward@unomaha.edu)



**K**arlene Tyler is in her 4th semester working on both her Clinical Mental Health concentration as well as the School Counseling concentration. She will be completing her practicum for School Counseling this summer in the Millard School District. She hopes to graduate with both concentrations in the Spring of 2018. Karlene is from Omaha, NE and comes to us with a Bachelor's in Secondary Education received from Ottawa University in Phoenix, Arizona. Currently, Karlene works part-time in the IDEAS Room in the College of Education as a Graduate Assistant helping COE students with their technological

needs. She also works in the Special Education Department at St. Patrick's Catholic School in Elkhorn, Nebraska. She is married and has three children. In her spare time, Karlene enjoys reading, running and enjoying a good cup of coffee and conversation with friends.

## 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.
- Please complete and turn in the “**Group Experience Consent Form**” with your payment. This form is found under the “forms & documents” on the department website.
- **Spring 2015 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.

### Spring 2015 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.

## Thesis Help

### THESIS/DISSERTATION REQUIREMENTS AND RESOURCES

Wednesday, February 17 4:30 P.M. - 6:00 P.M. ASH 150

Saturday, February 20 10:00 A.M. - 11:30 A.M.

This workshop demystifies the process of starting a thesis or dissertation, and includes information about where to find important forms, steps to take, and pitfalls to avoid.

### META-READING FOR ACADEMIC WRITING

Wednesday, March 30 4:30 P.M. - 6:00 P.M. ASH 150

Saturday, April 2 10:00 A.M. - 11:30 A.M.

This workshop discusses reading and note-taking strategies for successfully analyzing content.

### FORMATTING THE THESIS/DISSERTATION

Wednesday, April 6 4:30 P.M. - 6:00 P.M. ASH 150

Saturday, April 9 10:00 A.M. - 11:30 A.M.

A hands-on session where students can bring their dissertation/thesis drafts and get assistance with specific formatting questions related to individual needs.

## Book Club

Dear Students,

Every semester I set up an opportunity for students to join a book club to discuss a specific topic of interest. This semester's book, *The Doctor and the Soul* by Victor Frankl, will enhance student's knowledge of Logo Therapy and the meaning of life.

If you would like to become a member of this book club please contact me at 402-554-3559 or [dcarter@gmail.com](mailto:dcarter@gmail.com).

Sincerely,

Dr. Carter



## UNO Seminars

### A HOLISTIC APPROACH TO A HEALTHY SEMESTER

With Dr. Ashley Bount and Dr. Daniel Kissinger, from the Counseling Graduate Program

Tuesday, February 23 1:00 P.M. - 2:30 P.M. RH 214

The UNO Graduate Counseling Program offers both an MA and an MS in Counseling. For more information about the variety of concentrations available, please visit <http://www.unomaha.edu/college-of-education/counseling/> or contact 402-554-2764. The UNO Counseling Department also offers a Counseling Clinic in Roskens Hall, Room 107, on Monday – Thursday, 1:00 – 8:00 P.M. and on Saturday, 9:00 A.M. – Noon. For more information, please contact 402-554-2727.

### TIPS FOR GIVING AN ACADEMIC PRESENTATION

With Marlina Davidson, UNO Speech Center

Wednesday, March 9 4:30 P.M. - 6:00 P.M. CPACS 132

The UNO Speech Center is located in both the Arts and Sciences Hall (ASH) 183 and 185. The Speech Consulting Room (ASH 185) is available to all students, faculty and staff. Sessions are by appointment only and can be made by emailing [unospeechcenter@unomaha.edu](mailto:unospeechcenter@unomaha.edu) or by calling 402.554.3201.

### THE ART OF BALANCE: MAKING WELLNESS A REALITY

With Nate Bock, UNO Counseling Center

Wednesday, March 16 4:30 P.M. - 5:30 P.M. CPACS 132

\*Discussion welcome afterwards

The Counseling Center provides programs and services on campus that assist students in maximizing their potential while at UNO. Counseling services are confidential and all conducted by Licensed Mental Health Practitioners and a graduate student. Office hours are Monday – Friday, 8:00 am to 5:00 pm. For more information, please call 402-554-2409, visit HPER 102 or go to <http://www.unomaha.edu/student-life/wellness/counseling-center/>.

(info found on UNO's website — [http://www.unomaha.edu/graduate-studies/\\_files/Spring%202016%20Graduate%20Student%20Workshops.pdf](http://www.unomaha.edu/graduate-studies/_files/Spring%202016%20Graduate%20Student%20Workshops.pdf))

# Advocacy Corner

## Funding for Graduate Student Research & Travel Support

- **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.
- **What can you do?** - (1) find a problem and/or population that you are passionate about, (2) become informed on the issues, (3) share what you know & raise awareness! (4) by presenting at conferences, filling a need that isn't being met, doing workshops with involved populations, and (5) get out of your comfort zone!
- **In the words of ACA President Thelma Duffey**, "I think counseling outreach provides ... an opportunity for counselors to contribute to their communities by offering their areas of knowledge and expertise—at times to people who feel, and sometimes are, unsupported."
- **Out of Darkness Walk @ UNO** — This is a suicide prevention walk on April 10th, and right now they are trying to raise \$5,000, so if you have extra pennies this would be a great way to put them to use.

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), 203 Eppley Administration Building.

\*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, [nker-](#)

**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



Happy start to the 2016 Spring Semester! Chi Sigma Iota, Upsilon Nu Omicron Chapter, is now up and running. We want to extend the invitation for individuals to nominate themselves or a peer for an officer position in CSI. The open positions are: President, Vice President, Secretary, and Treasurer. If you want to be on the ballot, please email the Faculty Advisor, Dr. Blount at [ablount@unomaha.edu](mailto:ablount@unomaha.edu) by Monday, February 22nd. In order to be eligible for a CSI position, you must be an active member of Upsilon Nu Omicron in good standing. If you have any questions or concerns please contact Dr. Blount or stop in to say hello!

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.

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



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