

# the Communicator



## Announcements

- Congrats to Vincent Marasco who has been selected by the Counseling Department as the Fall 2014 recipient of the Counseling Graduate Student Award for Excellence. His profile will be featured in the next issue of the Communicator.
- Meditation 101, a CEU event hosted by Counseling student Daniel Tipton, will take place on Nov. 11. See page 8 for details.
- Thanksgiving Break is Nov. 26 –30.
- The Spring 2015 CPCE will be offered on Feb. 6.
- The registration deadline for the Spring CPCE is January 7. You can sign up at the Counseling office front desk with Barb.

## A Message from the Chair

I hope this finds you all well and ready for the final few weeks of the semester. As we transition from Fall to Spring, please remember to set up an appointment with your advisor to discuss your plan of study. Students planning on taking practicum should also discuss the application process with their advisor to ensure you can enroll. Remember, seats are limited due to CACREP guidelines!

In other news, our search for our new faculty member has begun in earnest. We have had tremendous interest in our program and we aim to have a new tenure-track assistant professor ready to begin next Fall. I strongly encourage you to be a part of this important process by attending the applicant's teaching/research presentations. Times and locations of their presentations will be posted in advance of their visits. In addition, several emails have been sent from my desk on the new departmental "Listserv". This is a dedicated Counseling Department listserv and will be the primary means for faculty to communicate important program information to you in a timely manner. Please note that this information will include key dates, times, and locations of such items as comprehensive exams, registration deadlines, practicum/internship/job

*Continued on page 2 →*

## Faculty and Staff Directory

Dr. Kissinger	dkissinger@unomaha.edu	554-3565
Dr. Carter	dcarter@unomaha.edu	554-3559
Dr. Luther	aluther@unomaha.edu	554-3742
Dr. Bjornsen	abjornsen@unomaha.edu	554-2760
Dr. Harper	iharper@unomaha.edu	554-3648
Rick Richards	crrichards@unomaha.edu	554-2618
Community Clinic		554-4882
Counseling Office		554-2727
Graduate Assistants		554-2764

## A Message from the Chair, *continued* ...

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opportunities, and other information relevant to our department and the counseling profession. Starting Spring 2015, students will be expected to check their UNO email for this information. Please be sure not to delete these messages as they are likely to contain vital program dates and information.

It's a busy time of year and we recognize that it can be difficult to balance all our responsibilities. Still, remember that wellness is one of the core tenets of counseling. We know you're working hard. Just don't forget to play a little!

Dan Kissinger, PhD  
Chair/Associate Professor

## Did You Know?

There are 20 Divisions within the American Counseling Association? Use this link and read about those that match your interests!

<http://www.counseling.org/about-us/divisions-regions-and-branches/divisions>

Check out Page 6 for additional Professional Counseling websites specific to your discipline.

## Asked & Answered: *A monthly feature addressing your most pressing questions*

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### THE NATIONAL COUNSELOR EXAMINATION FOR LICENSURE AND CERTIFICATION (THE NCE):

The NCE is 200-item multiple choice test designed to assess the knowledge, skills, and abilities determined to be important for providing effective counseling services. It serves as the gateway examination for the National Certified Counselor (NCC) certification and is a requirement for LMHP licensure in the state of Nebraska.

The NCE tests your knowledge in the same eight areas as the CPCE:

- \* Human Growth and Development
- \* Social and Cultural Foundations
- \* Helping Relationships
- \* Group Work
- \* Career and Lifestyle Development
- \* Appraisal
- \* Research and Program Evaluation
- \* Professional Orientation and Ethics

As such, the NCE is designed to build upon the CPCE and thus to be taken after the CPCE.

Though the NCE is not required for graduation from our program, we do provide the opportunity for our students to take the exam before graduation. In the past, sign up has been facilitated through the GAs, but the NBCC (the board that administers the NCE) is changing the registration process for Sp 15.

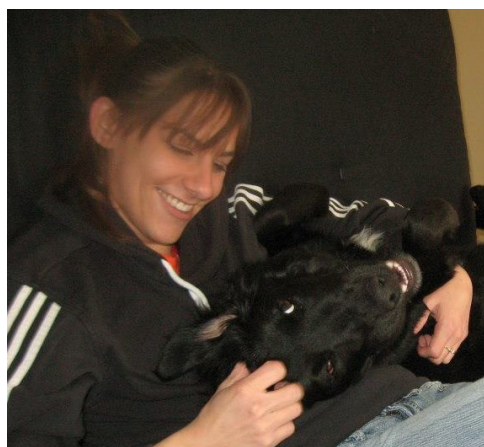
If you intend to take the NCE in the Spring, you may contact Dani Bojanski at [dbojanski@unomaha.edu](mailto:dbojanski@unomaha.edu) for further information about the registration process.

For students who do not take the NCE before graduation, opportunities to take the exam are available on a monthly basis through the Nebraska Department of Health and Human Services.



Abby Bjornsen began her faculty position in the Department of Counseling at UNO in 2012. She grew up in Kearney, Nebraska, and received her B.S. in psychology from the University of Nebraska at Kearney (UNK). She next attended the University of Nebraska at Lincoln (UNL), where she completed her M.A. in counseling. It was here that she first discovered her interest in working with the college student population, as well as her interest in career counseling/career development in college students. Bjornsen completed her Ph.D. in Counseling Psychology at the University of Kansas (KU) after being matched for/completing her predoctoral internship at the Counseling Center at the University of San Diego (USD). *NOTE: being "matched" for a 12-month internship is a graduation requirement for a doctoral degree in Psychology.*

Bjornsen completed her postdoctoral fellowship at Counseling & Psychological Services at the University of California, Berkeley (UCB). She has been licensed as a psychologist in the state of Nebraska since 2012. College student mental health and career development are her primary areas of expertise in both practice and research. She has provided both mental health counseling and career counseling to undergraduate, graduate, and professional students at UNL, KU, KU Medical Center, USD, and UCB, and much of her research focuses on the career-related construct of occupational engagement in college students. One of Bjornsen's current research endeavors entails a qualitative study with student athletes and coaching staff at UNO aimed at understanding their career-related transition experiences post-eligibility/graduation. In her spare time, she loves running, shopping, and reality TV.



Becky Ristow received her undergraduate degree from Concordia University in Seward, Nebraska where she studied psychology, interpersonal communications, and theology. She began the UNO counseling program in the fall of 2013. Upon graduation, Becky would like to work with couples and families. Currently, Becky is working on her thesis on the

Circumplex Model and Millennials' perceptions of their family system. She enjoys spending her time with the man of her dreams (and husband) Andrew Ristow, and her dog, Griswold (named after the National Lampoon Vacation movies). Becky also enjoys playing pool, working on cars, watching movies, and reading. Her favorite authors are C.S. Lewis, Chuck Palahniuk, Mario Puzo, and Hunter S. Thompson. Her favorite television show is Seinfeld, and her favorite movies are the National Lampoon Vacation movies, Quentin Tarantino movies, The Goonies, Fight Club, and The Big Lebowski.



# look Inside the Head of



Barb Newell is originally from Wayne, Nebraska. She has been a staff member at UNO since 1977, and has served as the Counseling Department Administrative Assistant since 1999. She has a B.S. degree in business from Wayne State College. Barb has a daughter, a son and daughter-in-law, two grandchildren, and a dog. She enjoys spending time with family (and the dog), walking, cooking, and photography.

# FACULTY #11



**Dr. Bjornsen**

received the Professional Development Award at the recent 2014 Nebraska Counseling Association Conference at Mahoney State Park.

is partnering with the Director for the Nebraska Center for Justice Research to co-author the article, "Factors Associated with Perceptions of Rape and Rape Events Among College and Non-College Women".

**Dr. Carter**

presented a seminar on understanding Transactional Analysis at the recent 2014 Nebraska Counseling Association conference at Mahoney State Park.

**Dr. Luther**

is presenting a seminar on "Intentional Small Group Counseling to Close the Gaps" at the upcoming 2014 Nebraska School Counseling Association Conference in Lincoln.

**Mr. Richards**

is presenting the seminar "the ASCA Model, 3<sup>rd</sup> Edition: You can do this!" at the upcoming 2014 Nebraska School Counseling Association Conference in Lincoln.

**Dr. Kissinger**

presented an Ethics seminar with students Dani Cheney McNabb, and Aaron Von Gorp at the recent 2014 Nebraska Counseling Association conference at Mahoney State Park.

attended the Southern and North Central ACES (Association of Counselor Education and Supervision) conferences in Birmingham, Al. and St. Louis, MO., respectively.

presented a seminar on clinical supervision at the recent 2014 Nebraska Counseling Association conference at Mahoney State Park.

**Dr. Harper**

presented seminars on intercultural Relational Cultural Theory in Group Counselor Training and Wellness Achievement and Practice for Counselor Educators at the 2014 North Central Counselor Education and Supervision (NCACES) Conference in St. Louis, MO.

**Mr. Hron**

wrote an opinion piece on livable wage that was featured on Omaha.com on October 29<sup>th</sup>.

**Check out  
what else  
your faculty  
is up to...**

**Hey faculty member, what  
are you reading?**

*The Complete Short Stories of Ernest Hemmingway*

-Dr. Kissinger



# Advising Notes...

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Clinical Mental Health Students:

- Students **NEED** to complete a practicum application **AT LEAST** one semester prior to beginning practicum. However, it is recommended that an application be submitted several semesters before you plan to begin practicum or as soon as you know your graduation date. Space is limited and application date determines priority of acceptance into practicum. Applications can be picked up in Roskens Hall 101.
- Beginning Practicum COUN 8220 , Internship I COUN 8250, and Internship II COUN 8260 are to be completed continuously in a 3 semester sequence. Consult with you advisor prior to beginning this clinical sequence of courses.
- The track's comprehensive exam, the CPCE (Counselor Preparation Comprehensive Exam) is typically taken toward the end of the program. Consult with your advisor if you have questions about planning for the CPCE.

## Group Experience

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All Counseling students must participate in a 12 hour group experience prior to enrolling in COUN 8270 and COUN 8370.

A 12 hour group experience is facilitated by the department several times each year. The cost is \$110. Please contact Barb Newell (402-554-2727) to sign up.

### **Fall 2014 20 Hour Group Dates:**

- November 8th-December 20th, Saturdays  
10am-12pm

You may complete the 12 hour experience in the community. It must be facilitated by a Licensed Mental Health Practitioner. Contact Dr. Harper (402-554-3648) and Dr. Kissinger (402-554-3565) prior to signing up to ensure that the experience meets requirements. A consent form is required prior to your experience (regardless of its location). You may print this form from the department website or complete it in person in Roskens Hall 101.

## Internship Info

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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, visit the Graduate Assistants for a list of potential sites. 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.

## Professional Counseling Websites

Check out the following URLs for professional associations and training opportunities:

- *Nebraska Counseling Association:* <http://www.necounseling.org/>
- *American Counseling Association:* <http://www.counseling.org/>
- *American School Counselor Association:* <http://schoolcounselor.org>
- *National Association for Student Personnel Administrators:* <http://naspa.org>
- *International Association of Addictions and Offender Counseling:* <http://iaaoc.org>
- *Substance Abuse and Mental Health Services Administration:* <http://www.samhsa.gov/>
- *Nebraska Alliance of Child Advocacy Centers:* [www.nebraskacacs.com](http://www.nebraskacacs.com)

## Scholarships

**UNO GRADUATE SCHOLARSHIPS:** Several scholarships are available for UNO graduate students. For more information refer to the UNO website (<http://www.unomaha.edu/graduate/scholarships.php>) or contact Graduate Studies at 554-2341.

**GRADUATE RESEARCH AND CREATIVE ACTIVITY (GRACA) AWARDS:**

The Office of Research and Creative Activity (ORCA) and the Office of Graduate Studies (OGS) has available funding. GRACA grants support faculty-mentored UNO graduate student research. Grants of up to \$5,000 per student are available. For more information, restrictions, requirements, and to apply, see the GRACA website (<http://www.unomaha.edu/orca/graca.php>)

## Clinic Updates

**Clinic hours** have been changed for the fall semester! The clinic will now be open Monday-Wednesday 1-8 and Thursday 3-8.

**Available Counseling:** 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). Service is free to current UNO students.

**Appointments** are available to community members and UNO students during hours of operation. Call 402-554-4882 to schedule.

**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.

**Current Staff:**

Dr. David Carter, Clinic Supervisor

Rebecca Ryan, Clinic Coordinator

**UNO Clinic:**

Rebecca Ristow

Cristin Kloewer

Evan Keelan-White

Dani Bojanski

Shayla Case

Tino Miller

Jamie Johnson

**ENCAP Clinic:**

Jake Schroeder

**“The chief danger in life is that you may take too many precautions.”**

**-Alfred Adler**

# Chi Sigma Iota



**Fall 2014** Vincent Marasco, *President* Dani Cheney-McNabb, *President Elect*  
**Officers:** Lance Burwell, *President Elect* Katie Good, *Secretary* Evan Keelan-White, *Treasurer*

## Join Us

Once you have completed nine (9) semester hours with a GPA of 3.5 or higher, complete the following steps to officially 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. Carter in Roskens Hall Room 101E. When he receives your certificate and pin, he will notify you by phone and set up a time for initiation.

## Events

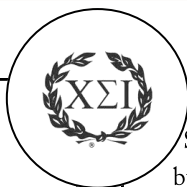
11/5: CSI booth at the HPER Wellness Fair  
*we need volunteers—hours can count as direct for Prac/Intern students*

## Messages

### From Dr. Carter

Dear Counseling Students:

We encourage you to join Chi Sigma Iota, just follow the steps located above. There is also information about Chi Sigma Iota located in the counseling office Roskens Hall 101. If you have any questions, feel free to contact me at (402) 554-3559 or email me at [dcarter@unomaha.edu](mailto:dcarter@unomaha.edu). Let me know if there is anything I can help you with to make your journey in the counseling program an enjoyable and productive one.



### From the Officers

A big thank you to those who have been making Chi Sigma Iota great this semester! We've seen some growth, but we would love to see more. Chi Sigma Iota is making a transition into a more community-oriented organization, we have some exciting things coming down the pipeline. If you'd like to be a part of helping UNO and the Omaha community a better place, please contact one of the officers. For those who have joined Chi Sigma Iota but have not received your orientation materials, please be patient, we are organizing an induction event for November. Look for an email from one of the officers explaining the details! Let's rock out the last two months of Fall 2014!

# ***MEDITATION 101 (1 CEU)***

*A non-secular introduction to meditation that anyone can use.*

*We welcome students, human services professionals, and anyone curious about clearing the way to a better state of mind!*



**WITH CERTIFIED MEDITATION INSTRUCTOR: DONNA MIESBACH**



Donna Miesbach is a nationally certified Chopra Center meditation and yoga instructor. For the past twenty years, she has studied with Dr. [Deepak Chopra](#) and Roger Gabriel here in the U.S. and in India. She became certified in 1998 and has been teaching in the Midwest since that time.

She has also studied extensively with Dr. David [Morehouse](#) and Jonathan Goldman and is a member of the Sound Healers Association.

Donna's most recent book, "From Grief to Joy, A Journey Back to Life & Living," received the Silver Nautilus Award in 2013. For the past 30 years, her work has reached around the globe through the "Chicken Soup" series, "Unity Magazine" and "Daily Word." Donna was named "Inspirational Poet of the Year" by "The Poet Magazine" in 1985.

Donna lives and works in Omaha, NE.

**Brought to you by the Nebraska Association for Spiritual, Ethical,  
and Religious Values in Counseling**

**Tuesday November, 11 - 6-7 pm**

**THOMPSON ALUMNI CENTER, UNO CAMPUS**

**6705 Dodge Street – Omaha, NE**

**COST: NEBRASKA COUNSELING ASSOCIATION (NCA) MEMBERS: FREE\_\_STUDENTS (BRING ID):**

**FREE\_\_PROFESSIONALS/PUBLIC (NON-NCA MEMBERS): \$5**

**RESERVE YOUR SEAT TODAY! CONTACT DANIEL TIPTON, NASERVIC CHAIR, 402-594-3664,  
DTIPTON@UNOMAHA.EDU**

***\*The Nebraska Counseling Association is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock-hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of this event.***