

the Communicator



Announcements

- Check out our revamped Communicator!
- Nominate a student for the Counseling Graduate Student Award For Excellence! Nomination info is included on page 8.
- The Nebraska Counseling Association's Fall Conference is October 23rd and 24th. For more information and for tickets visit the NCA's website <http://www.necounseling.org/>
- A group experience will offered through the department this fall (November 8th -December 20th). See the 'group experience' section on page 5 for more info.
- Application deadlines are fast approaching for doctoral programs. Interested students should contact their advisor ASAP or contact Dr. Kissinger.
- Good luck to students taking K-12 comps on Oct. 4 or the NCE on Oct. 18!

A Message from the Chair

It's my pleasure to welcome you all to the UNO Counseling Department and new Fall semester. Whether you are just beginning your program or finishing up your clinical experiences, our faculty and programs have a lot to offer. As the newest member of the department, I couldn't be more excited (and yes, a bit nervous) to lead, learn, and grow right along with you. Please do not hesitate to stop in (Roskens 101C), call (402-554-3565), or email (dkissinger@unomaha.edu)—whether just to say hello or to address an issue. Before I go on, however, let me give a special thanks to our previous Chair, **Dr. Paul Barnes**, for his dedication and care in leading the department before me. We all wish him well in his role as Assistant Vice Chancellor for Academic and Student Affairs here at UNO.

We also welcome **Leslie Walker** to our department as our new graduate assistant. She begins her first year with us and joins second year **GAs Dani Bojanski** and **Katelyn Schany**. **Hannah Wanzenried Solberg** also continues with us and is crucial in developing our CACREP report. They are all excellent representatives of our program and we greatly appreciate their hard work. Be sure to seek out our GAs if you have questions about the program—they can be contacted at 554-2764 or dbojanski@unomaha.edu and lewalker@unomaha.edu. Also, please join us in congratulating now Dr. Irene Harper, who recently

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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*

completed her doctoral training at North Dakota State University!

This will no doubt be another busy year for all of us. Here in the department, faculty and staff are working hard in several areas—our **CACREP** accreditation study for one! In addition to teaching, faculty are also busy with their research and service activities (see “Faculty 411”). Please **DO** ask us about our research interests and current projects and/or for insights on how to become involved with future collaborative research projects, get info on professional counseling organizations, or just to let us know about your activities so we can highlight them in *The Communicator*. Also, please check in regularly with your faculty regarding questions regarding advising and be on the lookout for the soon to be implemented **Counseling Department Listserv**. This useful tool will be used by faculty and staff to relay vital information to you regarding the program, courses, important dates/opportunities, and other useful items.

Overall, welcome back and best wishes for a healthy, challenging, and successful year. Finally, remember that we are all busy, so be sure to take time and focus on your own wellness! It’s going to be a great (and certainly busy) year.

Welcome!!

Dan Kissinger, PhD
Chair/Associate Professor

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



CLINICAL MENTAL HEALTH COMPS:

Most students take comps in their last or next-to-last semester. Beginning in Spring 2015, Clinical Mental Health comprehensive exams will no longer include a written portion. The CPCE alone will serve as the program’s comprehensive exam—passing it remains a requirement of graduation.

The CPCE is a 160 item multiple choice test commonly utilized as an exit requirement for CACREP accredited programs like ours at UNO. It tests your content knowledge in eight areas:

- * 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

If these areas look familiar to you, good! The CPCE is closely related to the curriculum requirements of CACREP programs, so your classes are, in effect, the starting point for successfully tackling the CPCE.

About studying then, your classes and class notes are a good beginning. A valuable supplement to these things is the *Encyclopedia of Counseling*. Other study materials are available online, too.

For more information on the CPCE, check out <http://www.counselorprep.com/cpce-counselor-preparation-comprehensive-examination/>.

Lastly, please note that the CPCE and NCE are different tests! The NCE is not required for graduation from UNO but is rather a requirement for the LMHP license in NE. We’ll cover important info about the NCE in this space next month!

Dan Kissinger comes to UNO after 9 years as a member of the Counselor Education program at the University of Arkansas, Fayetteville. He grew up in Marshfield, Wisconsin and received his B.A. in psychology/minor in coaching from the University of Wisconsin, Eau Claire. He next attended the University of Nevada, Las Vegas where he completed a M.S. in Kinesiology (really, sports/rec mgmt) due to his interest in working with athletes. He found out he didn't like the business side of athletics, so eventually completed a M.Ed. in Counseling and Guidance at Clemson University in South Carolina. After working as a counselor for several years he returned to school and earned his Ph.D. in Counselor Education from the University of South Carolina. From there, he was hired at the University of Arkansas. He has been a licensed counselor (LPC) for over 15 years. His clinical and teaching background lies primarily in the clinical mental health and supervision areas. His research and presentation agendas also reflect this focus, although his interest in athletics remains. His research interests include understanding the student-athlete experience and coach-athlete dynamics as well as issues related to therapeutic and supervisory relationships. He enjoys working with colleagues and students alike on research and professional presentations surrounding these areas (so stop in if you want to discuss a project!). In his spare time he enjoys running, golfing, attending art shows/museums, traveling, and hanging out with his dog.



Leslie Walker was born and raised in Omaha and graduated from Omaha Burke High School in 2009. She received her undergraduate degree at Augustana College in Sioux Falls, SD where she played on the women's soccer team and studied psychology. She graduated with honors in December, 2012 with a bachelor's degree in psychology and a minor in special education. Leslie began the UNO counseling program in the fall of 2013 and is in the clinical mental health concentration. Currently, Leslie is a graduate assistant for the counseling department and coaches junior varsity and varsity girls' soccer at Burke High School. Ultimately, Leslie would like to work with and support individuals and families who have intellectual disabilities and special needs either in private practice or within an agency.



Rebecca Ryan serves as the Community Clinic supervisor. She is credentialed in NE as a Licensed Professional Counselor, Licensed Mental Health Practitioner, and a Provisionally Licensed Drug and Alcohol Counselor. She earned her MS in Community Counseling from UNO in May of 2012. In addition to part time employment with the UNO Community Counseling Clinic, she supervises Northstar Residential Rehabilitation for Community Alliance, a 16 bed residential mental health rehabilitation facility for individuals diagnosed with a severe and persistent mental illness. She also sees a small number of clients for short term private counseling. Prior to entering the mental health industry, she was a self-employed contractor within the construction industry. She has one son, a student at Georgetown University, and two small dogs and enjoys running, gardening, remodeling, and live music.



look

Inside the Head of

FACULTY #11



Dr. Luther

- was quoted in Omaha World-Herald regarding health schools transitions.
- is co-chairing with **Dr. Bjornsen** the COE Diversity Committee and recently hosted Project ENGAGE resource fair with campus and community partners.

Dr. Bjornsen

- attended the 2014 APA Convention in DC where she presented on a panel "Occupational Engagement in Higher Education" and presented a poster, "Differences in Affect & Attitude of College Students Exhibiting High vs. Low Occupational Engagement"
- is currently collaborating with HPER faculty to collect qualitative data on the career transition experiences of student athletes at UNO.

Dr. Barnes

- provided consulting seminars on Solution-Focused Therapy to groups in Arkansas and Pennsylvania.

Dr. Carter

- presented his research, "Clinical use of Low Impact Energy Neurofeedback System (LENS) Protocol in the treatment of depressive symptoms: A Pilot Study at the 15th Annual International Mental Health Conference in Australia.
- has had several recent publications, including:
A co-authored study in "The Family Journal", a top level, peer reviewed counseling journal, entitled "Counseling Muslim Couples from a Bowen Family System's Perspective".
Chapters in the ACA Encyclopedia of Counseling (2014) entitled "Helping students who have attention deficit/hyperactive disorder" and Intervention strategies for physically or sexually abused students.
- published his new book, *Love with Intention*, and was interviewed about the book on UNO television. During the interview he also highlighted the value of the department's Community Clinic as a community resource.
- will present "East Meets West Through Transactional Analysis at the UNO Global Studies Conference on Oct 3

Dr. Harper

- earned her Ph.D. in Counselor Education from North Dakota State University.
- will be attending and presenting two seminars at the North Central Association of Counselor Education and Supervision conference in St. Louis later this October: *Integrating Relational Cultural Theory into Counselor Education Training in Group Work*. (Dr. Carter and UNO students were involved in this year-long study) and *Wellness Achievement of Counselor Graduates*.

Dr. Kissinger

- will be attending the Southern Association of Counselor Education and Supervision (SACES) in Birmingham, AL., the North Central Association of Counselor Education and Supervision (NCACES) in St. Louis, and the Nebraska Counseling Association (NCA) conference (along with Dr. Carter) at Mahoney State Park—all in October.

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

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

The Gift of Imperfection by Brene Brown, PhD

-Dr. Bjornsen

Advising Notes...

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

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-) 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

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.

Training and Speakers

Opportunities abound in the Omaha Metro. Program faculty strongly encourage you to pursue extra-curricular experiences relevant to the counseling field and your particular interests. Check out the following URLs for upcoming training and other events:

- <http://www.necounseling.org/>
- 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

“When we turn to one another for counsel we reduce the number of our enemies.”

-Kahlil Gibran

Chi Sigma Iota



Fall 2014 Vincent Marasco, *President* Dani Cheney-McNabb, *President Elect*
Officers: Katie Good, Secretary Lance Burwell, 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.

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

9/27: Nebraska AIDS Project
Rubber Run,
Omaha Slut Walk

10/11: New Member Induction
tentative

10/23: NCA Conference
at Mahoney State Park

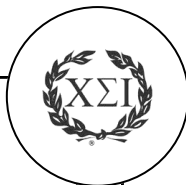
11/5: CSI booth at the HPER
Wellness Fair
*we need volunteers—hours can
count as direct for Prac/Intern
students*

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. 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

Welcome back Counseling Students!

We are off to a great start this semester. CSI is looking for new members, be sure to check out the requirements for membership. Additionally, if you have suggestions for events, please let one of the officers know! Have a great semester!

-Vincent Marasco, President

COLLEGE OF EDUCATION
COUNSELING GRADUATE STUDENT AWARD FOR EXCELLENCE

NOMINATION FORM

Every Fall and Spring semester, the College of Education honors one exceptional graduate student in the Department of Counseling. Nominations are now being accepted for the *Fall 2014 Counseling Graduate Student Award for Excellence*. **All graduate students in the Department of Counseling who have completed at least half of the number of credit hours required in their program of study are eligible.** This award serves to recognize the important contributions of graduate students in the Department of Counseling in areas including but not limited to: research, professional service, community collaboration, leadership, and academic distinction.

NOMINEE: _____

NOMINATED BY: _____

please include contact phone/email

CIRCLE ONE: ***FACULTY*** ***STAFF*** ***STUDENT*** ***OTHER****

**Other = site supervisors, work managers, or other individuals familiar with nominee's work*

Nominations may be submitted by faculty, staff and students in the Department of Counseling. Nominations must include a **letter of nomination** reflecting the nominee's performance in any of the aforementioned areas of counselor excellence. Letter writers should include a description of the research, service, or other qualification possessed by the nominee. In addition, the **nominee's CV/resume** must be included, but may be obtained *after* the pool of finalists is determined.

Please submit all nomination materials to Dr. Abby Bjornsen (Roskens Hall 101H) on or before Monday, October 13th 2014. Please email abjornsen@unomaha.edu with questions.