



THE COMMUNICATOR

DEPARTMENT OF COUNSELING | SPRING 2017



A MESSAGE FROM THE CHAIR

Dr. Kissinger, Department Chair

The arrival of spring always brings with it the end-of-semester sprint, so we hope you are studying hard and taking care of yourselves as things wind down.

This semester has been a particularly busy one in the counseling department, as this extended volume of our newsletter will surely reflect. For example, practicum students in the Community Counseling Clinic have provided over 500 sessions this semester!

For starters, we offer congratulations to our Spring 2017 graduates and extend a warm welcome to our new students.

We also extend our sincere appreciation to Maddie Moore for her tremendous work as our graduate assistant for the last 2 years—and for her being awarded the Department AND College of Education Outstanding Graduate Student award for Spring 2017. We also are pleased to welcome Lindsay Vik as our new GA for fall.

Fall 2017 will be a semester of considerable change as the department's revised and updated curriculum goes live. This new curriculum, which includes a combination of new and revised courses, provides

breadth and depth to our already high quality curriculum across our specialization areas.

Additionally, we will be helping pilot Livetext's new VIA platform, which will provide a broader range of Livetext-related classroom and assessment activities such as peer reviews, reflection assignments, group projects, and exams/quizzes.

This volume also highlights the considerable advocacy and scholarship of faculty and students. Highlights are noted in our Faculty 411 section, with special attention to Dr. Blount's national research award and the increased activities of our Upsilon Nu Omicron.

Finally, one of UNO's points of pride is our status as a top university for student-veterans. In this volume, we spotlight the military experiences of several current counseling department students. Don't miss the chance to learn about how military service has impacted their academic and personal experiences.

Lots to catch up. Good luck on finals, one more congrats to our Spring/Summer Graduates, and don't forget to attend to your own wellness by getting outside and enjoying the spring sunshine!

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.

WHAT CAN YOU DO?

- Find a problem and/or population that you are passionate about
- Become informed on the issues
- Share what you know & raise awareness
- Fill a need that isn't being met: present at conferences, facilitate workshops with involved populations
- Get out of your comfort zone!

ADVOCACY & LEADERSHIP IN ACTION AMERICAN COUNSELING ASSOCIATION CONFERENCE, SAN FRANCISCO 2017

At the 2017 American Counseling Association Conference, Dr. Ashley Blount organized two panel discussions on the topic of **Social Justice Advocacy: What's Your Role in the Current Political Climate?**

The panels featured exemplary counselors and other helping professionals from across the United States. From UNO, Madeleine Moore and Dr. Kissinger each participated on panels which included counseling leaders, including numerous department chairs, counselor educators, professional counselors, and leaders in the ACA and other professional organizations.

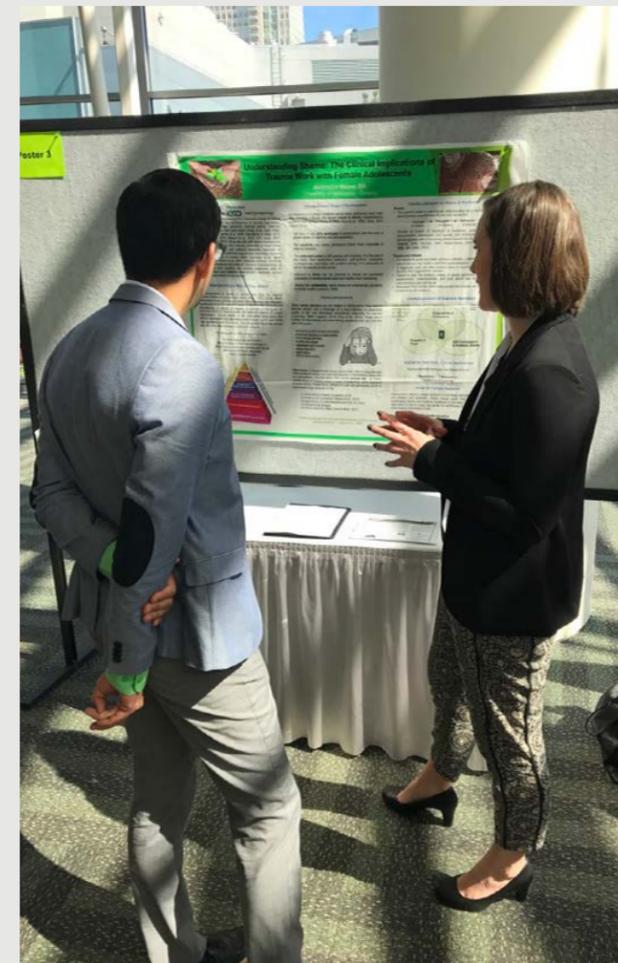
Dr. Blount continues to push forward the concept of social justice advocacy and encourages students, faculty, and community members to get involved in bettering the lives of others. If you would like more information on how to get involved, please contact Dr. Blount at ablount@unomaha.edu.

"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."

- ACA President, *Thelma Duffey*



Dr. Blount receiving the 2017 ACA Best Practices Research Award from Dr. Richard Yep & Dr. Carrie Wilde

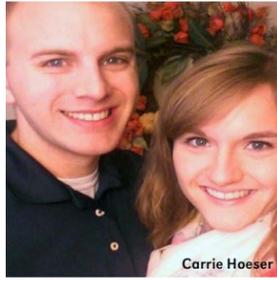


CMHC student Maddie Moore sharing her work at ACA Conference in San Francisco

ADVOCACY IN ACTION

On January 22nd, several UNO Counseling Students and faculty joined the estimated 12,000 participants at the Omaha Women's March. Across the nation and world, millions joined other marches in support of Women's Issues and other issues close to their heart. Also featured is the Refugee and Immigrant Rally.





Carrie Hoeser



Sgt Kristin Frederick



Kari Zimmerman

IN THE KNOW...

In our classrooms and personal lives, we strive to learn more about ourselves and others in order to optimize our success in our professional and personal lives. While we know students in the UNO Counseling Department hail from Nebraska and across the globe, how aware are we, really, of the experiences of those sitting with us in class? This new feature section of *The Communicator*, titled "In the Know," is designed to help spotlight the diversity of experiences of students in our department.

IN SERVICE: UNO COUNSELING STUDENTS SHARE THEIR MILITARY EXPERIENCES

Although you may not be aware, several current—and many former—counseling students have extensive military service or have a spouse or partner in the military. Many more have grown up in military families, often moving around the country in support of their family member.

How much do we really know about their experiences and how military service has influenced their interest in being a professional counselor? To help us better understand such issues, we recently asked current counseling students to share some of their experiences.

DIVERSITY OF EXPERIENCE

It goes without saying that no two experiences are the same. Certainly this applies for our student's military experiences—or how these experience may have influenced their entry into the counseling profession.

Kevin Reynolds (CMHC), Senior Airman, United States Air Force Security Forces Squadron shares the uniqueness of his experience when he left the service.

"After I left the service, I bought a new motorcycle and decided to travel around the country for a few weeks. What was supposed to be a few weeks eventually turned into a few years.

"I was really angry towards people and found that my puzzle piece no longer fit into society's puzzle. I decided at that time

that I didn't want to be a part of society. I understood what people were capable of, and I didn't really care what anyone thought of me.

"I grew a long beard and tried to make myself look as unfriendly as possible so that people would leave me alone. I had everything that I needed, my motorcycle and a map of the country.

"Oddly enough, it seemed that where ever I went, other vets from my generation would approach me and share their story with me. I wish I could use the right words to describe how truly odd this was. I found that there was a large segment of the Iraq/Afghanistan veteran population that was lost and wandering, trying to find their way back home again. I further found that each individual's path towards pseudo-reunification with society is just as unique as the individual.

"I can't speak for every veteran nor should my experience be generalized across the demographic. However, I feel that the following saying that was often said by my fellow comrades in a past life illustrates the uniqueness of the military experience: 'Any man that is willing to risk his life by my side is forever known as my brother and time nor death will break such a bond.'"

Still, even when we are aware of their military experiences, it may be limited or lead to overt or covert biases about the military or persons in the military. **Veronica Wolf (CMHC), a 1st Lieutenant in the Army National Guard**, notes the

importance of keeping an open mind about the military and military personnel. Specifically, Veronica offers advice to future counselors when working with people in the military.

"Don't make assumptions. I think people stereotype individuals in the military and that stereotype is not always accurate. Not everyone in the military is strict, tough, and physically fit."

Veronica cites the sense of community and the ability to build friendships as key to her positive military experiences.

This theme of honoring the diversity of experience was threaded throughout our students' responses. For example, **Tom Seguin (CMHC), Staff Sergeant, USAF (Active duty: 2010-2016, Reservist: 2016-2017)** noted:

"People in the military are a pretty good cross-section of the US population in general, so it's hard to generalize. Everyone's time in the service means something a little different, and that can have wide ranging effects on someone, from very positive to very negative, somewhere in-between, or a mix of both. I think though, it's safe to assume that vets value serving others, and we believe our country is worth fighting for, in one way or another."

This view was supported by **Sgt Kristin Frederick (School)**, whose role as an Air Force medic enabled her "to work with lots of different people from many different backgrounds" which she believes helped instill in her a sense of responsibility, integrity, teamwork, and leadership skills that she will bring to her role as a future school counselor.

BALANCE, SUPPORT, AND FAMILY

Any discussion of military experience must include the role of the family. In our responses, several family related factors were noted.

Carrie Hoeser (CMHC), whose husband is a Sergeant in the Army Reserves, highlighted the various ways the military impacts her life. Academically, she noted that the UNO veterans department contacts her every semester to see if they can assist her and/or to let her know of available scholarships. However, she also speaks to another influential aspect of life for military members and their families—deployments—and their challenges and rewards.

"During David's deployment, I had to learn how to balance my time and show responsibility of being both a student and a wife. I also was able to utilize the time spent on a military base and working with individuals who struggled with a mental health concern and see how life for those soldiers can differ from that of a civilian's."

Another student, **Kari Zimmerman (CMHC)**, whose spouse is Lieutenant Commander (O-4) in the Navy working with mental health, provides sage advice for understanding the interconnectedness of the military family:

"There's a rule for military spouses that when the military member is deployed, everything that can go wrong will, so if a military spouse seems flustered and stressed out, that's probably why. Try to be patient and understanding."

Overall, it's clear that the military has and will continue to play a significant role in the lives of many of our students. If you see any of these students, be sure to thank them for their efforts on behalf our country. As a department, we are proud of their service and are very pleased they chose UNO for their counseling degrees. We also thank them for their willingness to share their experiences with the rest of the department!

UNO has been named #1 four-year institution in the nation by the annual Military Times university ranking for the second consecutive year in a row.



CORE CURRICULUM REVISIONS

COUN 8020 (Introduction to Counseling-1 credit) and **COUN 8500** (Consultation-2 credits) is now **COUN 8010: Introduction to Counseling** (3 credits)

COUN 8306, COUN 8316, and COUN 8406 (all 1 credit courses) is now **COUN 8400: Advanced Counseling Theory & Techniques** (3 credits)

FALL 2017 CLINICAL MENTAL HEALTH COUNSELING SPECIALIZATION REVISIONS (60 CREDIT M.S.)

COUN 8270 (Group Techniques-1 credit) and **COUN 8370** (Group Theory & Practice-2 credits) is now: **COUN 8360: Group Theory and Techniques** (3 credits)

COUN 8686 (Med & Psychosocial Aspects of AD & Addict: 3 credits) and **COUN 8696** (Assess & CM in SA; 3 credits), both currently required CMHC courses, will transition to elective courses and be replaced in the curriculum by **COUN 8700** and **COUN 8800** (see below).

- Students in the CMHC specialization will be required to take both 8700 and 8800, while school counseling students will be required to take 8700.
- **COUN 8686 & COUN 8696** should be taken if the student envisions attaining licensure as an addictions counselor in NE. It should also be noted that successful completion of these electives (**COUN 8686/8696**) along with the CMHC curriculum fulfills the NE DHHS academic requirements for the PLADAC. Full licensure requires additional clinical hours overseen by the state.

Note: These courses will continue to be offered FALL/SPRING/SUMMER as electives and will simply be viewed as the current required courses for all students who were admitted prior to Fall 2017.

Note: Students admitted prior to Fall 2017 may substitute the **8686 & 8696 courses (but not 8516)** with **COUN 8700 and COUN 8800**. See your advisor to ensure your plan of study is accurate.

COUN: 8700: Counseling Children and Adolescents (3 credits)

As of fall 2017, **COUN 8700** is required for CMHC and School Counseling concentrations.

COUN 8800: Clinical Mental Health Counseling (3 credits) will be a new required course

Note: First offered Spring 2017

FALL 2017 SCHOOL COUNSELING CONCENTRATION REVISIONS (CREDITS REMAIN AT 48)

COUN 8050 (Introduction to School Counseling-1 credit) and **COUN 8620** (Survey Issues in School Counseling-2 credits) is now **COUN 8630: Foundations and Issues in Secondary School Counseling** (3 credits)

COUN 8750 (School Counseling Groups and Family Enrichment Programs-2 credits) is now **COUN 8740: School Counseling Groups** (3 credits)

COUN 8270 (Group Techniques) will be eliminated from the SC (and overall) curriculum.

Note: SC students replace **COUN 8270/8370** with **COUN 8740** (3 credits)

COUN 8670: Post-secondary transitions and Career Readiness is now a required for Fall 2017 SC admission students.

COUN 8700: Counseling Children and Adolescent (3 credits) is now required for Fall 2017 SC admission students.



**CHI
SIGMA
IOTA**

Officer positions for CSI have now been filled for 2016. Please congratulate our newest Upsilon Nu Omicron leaders:

Carolyn Copenhaver, President

Jared Langemeier, Vice President

Meaghan Barr, Secretary

Lindsay Vik, Treasurer

Carli Palladino, Social Chair

If you want to get involved it's not too late! Chi Sigma Iota takes new members every semester. However, if you have an interest, but don't yet qualify with hours or GPA, you can still attend meetings and be involved informally prior to your acceptance. Please contact Dr. Blount at ablount@unomaha.edu for more information. With 9 semester hours and a min. GPA of 3.5, you can join by following steps:

- 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. Blount in Roskens Hall Room 101. When she receives your certificate and pin, she will notify you to set up a time for initiation.



DR. ASHLEY BLOUNT

- Received the 2017 American Counseling Association **Best Practices Research Award** at the ACA conference in San Francisco.
- Co-authored a study titled, **"Examination of student outcomes in play therapy: A qualitative case study design"** that was published in the *International Journal for the Scholarship of Teaching and Learning*.
- Presented a poster titled, **"Oxygen Mask Analogy: Wellness & The Graduate Student"** at the ACA conference in San Francisco.
- Co-presented a poster with Dr. Kissinger titled, **"Wellness, Burnout, and Law Enforcement Personnel: Implications for Counseling"** at the ACA conference in San Francisco.
- Co-presented a poster titled, **"Counselor Educators' Preferred Qualities of Candidates"** at the ACA conference in San Francisco.



DR. ABBY BJORNSEN

- Co-authored a study titled, **"Transition experiences of Division-1 college student-athletes: Coach perspectives"** in the *Journal of Sport Behavior*. (Co-author: Dr. Danae Dinkel)
- Co-authored a study titled, **"A systematic literature review on parent-implemented versus clinician-directed interventions for late-talking toddler,"** accepted for publication in the *Communication Disorders Quarterly*. (Co-authors: Dr. Shari DeVeney and Dr. Jessica Hagaman)
- Published book review of **"Student involvement & academic outcomes: Implications for diverse college student populations"** in the *Education Review* (March 2017).



DR. ANN LUTHER

- Working with the **Lincoln Public Schools (LPS)** to present the **Intentional Small Group (ISG) model** to all school counselors and social workers.
- Collaborating with LPS on an **ASCA Action Research Grant** for the design and implementation of ISG small groups on emotional regulation in alignment with Second Step curriculum and the PBIS school-wide climate program.



DR. DANIEL KISSINGER

- Presented the keynote address titled **"Wellness & The (Student) Athlete: A primer for Athletic Trainers"** at the 2017 Mid-American Athletic Training Conference in La Vista, NE.
- Presented a seminar titled **"Visual Impairment & Mental Health: Issues, Interventions, & Ideas,"** sponsored by Outlook Nebraska, Inc.
- Presented a poster titled **"Caregiver wellbeing: A holistic wellness approach for optimizing the wellbeing of caregivers of children who experienced pediatric stroke"** at the ACA conference in San Francisco.
- Co-presented a poster with Dr. Blount titled **"Wellness, Burnout, and Law Enforcement Personnel: Implications for Counseling"** at the ACA conference in San Francisco.
- Participated in a panel discussion on **Social Justice Advocacy in Counselor Education** at the ACA conference in San Francisco.

COMMUNITY COUNSELING CLINIC SEES LARGE INCREASE IN CLIENTS

This semester, our Community Counseling Clinic has rapidly expanded the number of service hours to clients, in large part due to the new marketing efforts of our clinic coordinator, Laurelin Sterns, GAs Maddie Moore and Nate Hayward, and because of the excellent work of Dr. Bjornsen and the COUN 8220 spring practicum students. Great work all! We provided over 500 client sessions during the Spring 2017 semester. In addition to the great training opportunities for CMHC students, we are proud to provide quality, low-cost mental health services to members of the UNO and Omaha communities. 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
Laurelin Sterns, PLMHP
Clinic Coordinator
Dr. Abby Bjornsen
Practicum Instructor

CLINIC INFO:

Hours are Monday - Thursday, 2- 7 p.m.
Our clinic is staffed by advanced CMHC practicum students
Individual and couples sessions are available for a small fee: \$10 per session for individuals, \$15 per session for couples and families

FUNDING FOR RESEARCH & TRAVEL

Potential funding for students interested in attending a professional conference can seek support and can make travel requests in two locations. Students who will be presenting their research/projects are more likely to receive funding, than those who are only attending a conference. These requests should be made well in advance of the conference.

1. A proposal with a detailed budget (summary of presentation, conference name, registration fees, airfare, etc..) should be submitted directly to the Dean of the College of Education.
2. 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 document in PDF to: unosponpro@unomaha.edu.*

CONGRATS TO OUR 2016/2017 GRADUATES!

WINTER GRADUATES

Heather Doll, Chelsey Harvey, Jessica Hendricks, Mary Hronek, Kristin Maher, Jamie Meints, Joshua Michael, Dalia Ruvalcaba, Jacob Shroeder, Laurelin Sterns, Amanda Vigen, Lukas Wegener, Sean Weller

SPRING GRADUATES

Alkhalifah Faitmah, Kendall Allen, Brad Bolton, Elizabeth Brown, Elizabeth Chalenburg, Grace Chu, Alicia Falcone, Stephanie Gana, Jill Gross, Desiree Hayden-Parra, Ashley Hergott, Brandi Hill, Carrrie Hoesser, Samantha Koehler-Overton, Kari Mettenbrink, Madeleine Moore, Felicia Nofuente, Trevor O'reilly, Nicolette Rogers, Megan Salcedo, Kristen Schweitz, Bethany Seehusen, Ellen Stoll, Randi Trausch, Lindsey Zentic



Dean Nancy Edick presents College of Education Outstanding Graduate Student Awards to counseling grads Chelsey Harvey, Winter '16 (top) and Madeleine Moore, Spring '17 (bottom).

DEPARTMENT OF COUNSELING

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