

March 2014

UNO Graduate Counseling Department

the Communicator



Important Dates

Spring Break	Mar. 23-30
Fall Registration	begins Mar. 31
NCE	Apr. 12
Finals	May 3-9

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We reached our 110th "Like" on Facebook! Now let's reach even more! The 130th person to "like" us on Facebook under the name "UNO Graduate Department of Counseling" will win a prize!

Faculty and Staff Directory

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

A Message from the Chair:

I will be starting this month's letter off with a few thank yous and a special welcome. First, I would like to thank all of the students who have attended the candidate presentations during the month of February. Your presence at these meetings and feedback are critical in our selection of a new Department Chair.

I would also like to extend my thanks to our alumni, students, faculty, staff and friends of the department who attended or supported the events we held in January and February to celebrate the 20th anniversary of our CACREP accreditation. Cupcakes & Cocoa for Counseling, From Blackboard to Backboard: NDSU vs. UNO Men's Basketball Game and the We Can Help Food Drive were all very well received and supported within the community. These events were successful because of your gifts of time, talent, and enthusiasm.

We would like to welcome **Yukari Matsuzaki** as our new Clinic Coordinator. Ms. Matsuzaki is an Independent Mental Health Practitioner (LIMHP) and is a graduate of the UNO Counseling program. We welcome her back to the Department as a staff member and look forward to working with her again! She can be reached by emailing, ymatsuzaki@unomaha.edu.

Summer 2014 registration began on Monday, March 3rd and fall registration will begin on Monday, March 31st. The fall schedule became available on March 3rd. So I encourage each of you to visit with your advisor, as

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soon as possible, regarding your summer and fall plan of study. Appointments with faculty advisors can fill quickly, so plan ahead and avoid the rush. Spring break this year will be from Sunday, March 23rd through Sunday, March 30th.

For those of you who have not taken Introduction to Research, we encourage you to enroll in TED 8010: Introduction to Research in the fall and spring semesters as summer availability is limited. However, if you must meet this requirement during the summer, you may substitute HPER 8030. Let your advisor know you wish to substitute this class, as there is a short form that must be completed to notify the Graduate Studies Office.

School Counseling Majors needing the assessment (appraisals) course may fulfil this requirement two ways. Either by taking COUN 8230: Assessment, or PSYC 8520: Foundations of Assessment to satisfy the requirement. The school psychology program offers PSYC 8520 each fall.

On the horizon: we will soon be selecting the recipient of the Counseling Department's Award for Excellence. This honor is awarded each spring and will be given to a deserving graduate student enrolled in the Counseling program. Completed nomination materials must be returned to Dr. Abby Bjornsen by Monday, March 31, 2014. Additional nomination information can be found in this newsletter.

Good luck as you continue in your coursework and have a great spring break!

Paul Barnes
Ph.D., NCSC, LMHP, NCC
Chair/Associate Professor

Counseling Graduate Student Award for Excellence

All graduate students in the Department of Counseling who have successfully completed a minimum of 24 hours of coursework are eligible for nomination. This award seeks to recognize the important contributions of graduate students in the Dept of Counseling in areas including but not limited to research, professional service, community collaboration, leadership, and academic distinction. Nomination forms are available in the Counseling Department and GA offices.

Speakers and Trainings

What Everyone Who Works With Victims Needs to Know About Offenders

Thursday, March 13. Online Event. The 60% decline in sexual abuse over the past 20 years is fascinating as are the very low recidivism rates after treatment and the statistical effect size of treatment, relationships between offenders and victims, pornography research, risk factors for reoffense, trauma research and some of the actual stories of offenders understandings what they did and why they did it. In this talk disguised clinical stories of offenders will be shared from Dr. Burton book in progress, as well as research on the areas above resulting in a renewed and useful tool kit for anyone working with sexual assault survivors. Sign up link available at <http://www.nebraskacacs.com/EventDetail.aspx?ID=1226>.

Grief 101: An Introduction to Companioning Grieving Families

Friday, March 14. A "nuts & bolts" training from Ted E. Bear Hollow to equip participants with tools to better support grieving children, teens, and adults professionally and personally. Based on the core components of their 20-hour Child Grief Facilitator Training. Designed for those interested in grief support training but not intending to facilitate grief support groups. The training costs \$65 for students and participants can register in advance at tedbearhollow.org.

Parent Child Interaction Therapy

Friday, March 14. 9-10:30 am. PCIT is an evidence-based intervention for young children with disruptive behavior. PCIT works with parents and children together to promote a positive parent-child relationship while decreasing the child's behavior problems. Its focus is primarily on increasing attachment and bonding as well as developing limit setting abilities. Register at <http://www.nebraskacacs.com/EventDetail.aspx?ID=1384>.

PRIVATE PRACTICE INTERNSHIP OPPORTUNITY

Linda Vasquez-Evans, LIMHP, is looking for an intern to assist her in her private practice.

- Office, in-home, groups
- Chemical dependency group
- Work with adolescents and adults
- EAP experience
- Work with the Hispanic population
- Work with the court system and CPS

If interested, please call 402-889-6359.

Volunteer, Internship and Employment Opportunities

Boys Town National Research Hospital has current openings for interns working with the adolescent population in a Psychiatric Residential Treatment Facility. If interested, please contact Kimberly Sublet-Miller at (402) 498-6524.

Mercy Hospital in Council Bluffs, IA, has current openings for interns working with adults and adolescents in a psychiatric ward. If interested, please contact either Kelly DeRoos at (712) 328-5940.

Catholic Charities Phoenix House has opportunities available for students in the Omaha/Council Bluffs area. This program is open to any students, but would be useful to students interested in human services, teaching, or counseling. This program allows students to experience a human service program and receive training relating to working in the field. Students will get hands on experience with clients. Another opportunity for students interested in building their public speaking and teaching skills is working with the Training

and Prevention Coordinator to facilitate prevention programs in the Council Bluffs schools. Students would receive training on the curriculum, choose a schedule that works around their classes, be debriefed at weekly intervals and always paired up with another student in the classroom. The Phoenix House, a domestic violence shelter and sexual abuse program, is located in Council Bluffs, IA. If interested please contact Rachel at RMabrey@dmdiocese.org or 712-256-2059 ext. 1002.

AtEase clinic in Bellevue, NE, is in immediate need of licensed therapists with training and certification in EMDR and DBT. Experience with treating military families with PTSD is ideal. If interested please contact Scott Anderson at sander-son@andersonpartners.com. Visit the website: www.AtEaseUSA.org.

Charles Drew Health Center and Homeless Clinic has a job opening for a Behavioral Health Therapist. They are currently looking for CACREP program graduates who have acquired their LMHP licensure from Nebraska. If interested, please contact Pat Christopher at 402.345.9860 for more information.

Nebraska Workforce Development has several job opportunities available to work with children and families. Apply at www.wrk4neb.org

The Nebraska Licensee Assistance Program (NE LAP) provides alcohol and drug assistance services to health service professionals in Nebraska. For more information visit www.lapne.org.

Girl Scouts Spirit of Nebraska is looking for volunteers to sign up for a 7-week commitment. The Girl Scouts Outreach provides hands-on experience working with a diverse, at-risk population of girls in locations such as middle schools, elementary schools, community centers, and youth detention centers. If interested contact Sheena Kennedy at 402-779-8237 or skenedy@girlscoutsnebraska.org.

Career Exploration and Outreach (CEO) at UNO assists students in exploring career opportunities or to enhance career development. Employment opportunities, job fairs, on-campus interviews, job shadow opportunities are available. <http://unoceo.unomaha.edu> or call (402)554-3672.

Scholarship Information:

UNIVERSITY OF SOUTH DAKOTA has 2 exceptional scholarships for highly qualified counselor education doctoral students. Both provide significant financial support as well as competitive graduate assistantships:

\$4,000.00 (for one year) Maybee

\$12,000.00 (for two years) Dave and Kay Olson

UNO GRADUATE SCHOLARSHIPS!

Check the UNO website for more information!

\$2,000.00 Dissertation Scholarship

\$1,000.00 UNO Graduate Thesis Award

\$500.00 Helen Hanson Outstanding Student Award

Please refer to the UNO website: <http://www.unomaha.edu/graduate/scholarships.php> for scholarship information or contact Graduate Studies at 554-2341.

The Office of Research and Creative Activity (ORCA) and the Office of Graduate Studies (OGS) announces the availability of funding for the Graduate Research and Creative Activity (GRACA) awards.

GRACA grants support faculty-mentored UNO graduate student research and creative activity. Grants of up to \$5,000 per student may be used to support student travel for data/information collection, project-related supplies and operational expenses, data collection and analysis, and/or a summer stipend.

- Eligibility is restricted to UNO graduate students who pay tuition and fees through UNO. Students must be enrolled during both spring and fall 2013 semesters (with no plans to graduate before December 2013). Students are required to identify a UNO faculty mentor who must approve the submission of the GRACA proposal. The faculty mentor must be a member of the graduate faculty.
- **Deadline: January 24, 2013 (11:59 P.M. CST)**
- To find out more information and apply, please see the GRACA website (<http://www.unomaha.edu/orca/graca.php>).

Additional Student Reminders

Community/Agency graduate students will need to complete **BOTH** the CPCE exam (multiple choice questions) **AND** a written comprehensive exam (essay questions in core areas). Please consult with your advisors, especially during the semester you anticipate graduating.

Students **NEED** to complete an application for practicum as early as you know your anticipated graduation date as spots are limited. In addition, you must apply AT LEAST one semester before you begin the practicum. **It is recommended that you apply several semesters before you begin the practicum.** Applications can be picked up in Roskens Hall 101. The application date determines priority of acceptance.

To students with concentrations in Clinical Mental Health counseling: As you apply for the Beginning Practicum COUN #8220 please remember the need to sequence this course with COUN #8250 and #8260 in a continuous fashion. As you begin this clinical sequence, you must take one course succeeding the next in each of the subsequent

semesters. If you drop out during the 3 course sequence, we cannot guarantee your placement in future sections. Please remember this is a continuous 3 course/3 semester sequence.

The UNO Writing Center is open in Arts and Sciences Hall room 150. Monday – Thursday 9:00 a.m. until 6:00 p.m. and on Fridays from 9:00 a.m. until 12:00 p.m. Visit: www.unomaha.edu/writingcenter.

Clinical Mental Health Counseling Students: If you are seeking an internship, there is an updated list of potential internship sites in the Graduate Assistant's office. Please note that there are many internship opportunities available in the community. The list includes a few ideas to help you get started in your search for the most appropriate learning opportunity that supports your interests. It is your responsibility to market yourself and your abilities. If you would like assistance on how to market yourself to potential sites, please contact your advisor.



Chi Sigma Iota:

If you would like to join Chi Sigma Iota here are the steps to follow once you have completed nine (9) semester hours with a GPA of 3.5 or higher.

Complete the online application process at csi-net.org.

In the left hand column click on Membership under Chapters and Members.

Put in 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.



CHI SIGMA IOTA
Counseling Academic and
Professional Honor Society
International

A Message 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 myself 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.

David J. Carter
Ph.D., LIMHP, CPC
CSI Faculty Advisor/Professor



Spring 2014 CSI Officers

Caitlin Cool, President

Vince Marasco, President Elect

Daniel Tipton, Treasurer

Liz Capadano, Secretary

Upcoming CSI Events:

All-Member CSI Meetings for Spring 2014

3:30-4:30 in Roskens Hall, room 107L

March 12th, April 9th

CSI Spring Conference: PTSD and Trauma

Rescheduled for June!

Watch your email for dates and details!

Hello Counseling Students!

As we are pushing through yet another semester I hope you're taking time for appropriate self-care as this is very important in our field! I always want to encourage you to join Chi Sigma as a way to widen your resources and network! If you're interested in running for an officer position please let Dr. Carter or myself know! Good luck on mid-terms!

-Caitlin Cool, President

Counseling Clinic

Available Counseling: Our practicum students are available for individual student counseling at no charge. You can contact them at 554-4882 and leave a voice mail message.

The **UNO Counseling Center** in HPER 102 offers counseling free to current UNO Students. Contact them at 554-2409 for more information.

We need your HELP to expand the client base for the Community Counseling Clinic. If you can help in distributing cards and brochures, please stop at the desk and Barb can give you this literature for local community distribution.

Students! Please let the staff know ASAP if video equipment is not working.

Clinic Hours: Monday through Thursday, 1:00PM to 8:00PM and Saturday, 9:00AM to NOON.

Counseling Clinic

Tami Burke
Michaela Clemens
Peter Falcon
Katie Jones
Vincent Marasco
Brett Omar

ENCAP

Jacqueline Dross
Megan Havel
Brian Heidvogel
Amber Kimsey
Jamiela McMillian
Holly Roske

Group Experience Information

All Counseling students must participate in a 20 hour group experience, as a client, prior to enrolling in COUN 8270 and COUN 8370. Students must also complete the 20 hour pre-group consent form which is available online <http://coe.unomaha.edu/couns/> under the Forms and Documents tab or from the counseling office, Roskens Hall 101. This form authorizes your group facilitator to consult with UNO Graduate Faculty regarding participation should it be necessary and advises your facilitator of the purpose of the experience. See Irene Harper, (402) 554-3648, for further information.

A 20 hour group experience is facilitated in the clinic by Andrea Joyce several times each academic year. Contact Barb Newell in RH 101 (554-2727) to sign up. The cost is \$110. If signed up for participation, please make the check out to the UNO Counseling Clinic.

You also have the option to seek a 20 hour group experience in the community, which must be facilitated by a Licensed Mental Health Practitioner. Prior to doing an outside group experience contact Irene Harper, (402) 554-3648 to assure it meets requirements.

Spring 2014 20-hour Group Dates:

Dates of the Spring group experience are February 1 through March 8, 2013 and April 5 through May 3, 2013 on Saturdays from 9:00 AM to 12:00 PM in the clinic group room.

Previous Counseling Clinic Group Members:

Andrea Joyce will be conducting an additional Graduate Student Support Group on Saturdays from 9:30-11:00 AM when the 20-hour group experience is not being conducted. All previous members are welcome and free of charge!