

FROM THE PROGRAM COORDINATOR, DR. SYLVIA NASSAR-MCMILLAN



Dear Counselor
Education Community,

I hope that each of you are able to enjoy your holiday and safely return ready for our upcoming Spring semester. For me, it is a chance to catch

my breath and reflect on the many things in my life for which I am so thankful. High on that list is our valued counselor education community. Many thanks to you --my student, staff, and faculty colleagues, for the many gifts that you richly share.

I want to catch you up on a few changes in and around counselor education. As of late last spring semester, we officially joined a new department – renamed Educational Leadership, Policy, and Human Development. I hesitantly suggest that you visit the website, as it is still somewhat a work in progress, and in particular the counselor education portions, but here is the link: <https://ced.ncsu.edu/elphd/>. We also have our own Counselor Education landing page: <https://ced.ncsu.edu/elphd/counselor-education-program/>. Our department head, Dr. Mary Ann Danowitz, is currently serving as Interim Dean of our College of Education; and her position is currently held by Interim Department Head Dr. Lance Fusarelli. There are very few, if any, changes in operating

procedure that should affect our students in counselor education (or elsewhere in the department). As always, we strive to create a seamless transition for our students. In fact, we have been eager to join this new department and colleagues, as the move offers us increased opportunities for inter-disciplinary collaborations, particularly in course options for our students.

Relatedly, the College of Education is in the process of operationalizing its new array of Ph.D. options. In short, there will be one official Ph.D. program within each of the now-three departments in the College. Each Ph.D. program provides Program Area of Study (PAS) options within it. Our incoming Ph.D. students will be enrolled in this “new” program. Curriculum-wise, the only substantive change is that there will be more college-wide course options in lieu of open electives. As with any programmatic or other changes, there are pros and cons. In this case, our counselor education faculty decided that the pros outweighed the cons and embraced this new Ph.D./PAS degree option on behalf of our students. As far as outcomes such as how transcripts will read upon graduation, those discussions are being held between deans’ level administrators (Department Head Lance Fusarelli and Associate Dean Ellen Vasu) and the Graduate School. Please rest assured that these representatives understand the needs of our students and graduates and are conveying

these needs in their negotiations. I, in turn, am actively communicating with our College level folks regarding ongoing updates. I am confident that these upcoming changes will result in positive outcomes for our students and that the transitions for current students will be relatively seamless.

Finally, I want to briefly mention that we continue to hone our offerings of elective courses at the master's level. In summer of 2015 we added Counseling Children and Adolescents and Counseling Couples and Families courses to our summer schedule. This summer we are offering Introduction to Counseling in Summer I (highly

recommended for any College Counseling & Student Development and School Counseling students thinking about applying for their LPC in the future), Gender Issues in Summer II, and a newly developed course on Crisis Counseling (which will be offered in a weekend format over the full 10 week summer session).

Stay tuned for more details on all of the above! Best of luck with the remainder of the semester, and many warm wishes for the holiday season.

For the Counselor Education Program,

Sylvia Nassar-McMillan

Program Coordinator, Counselor Education

FROM THE DIRECTOR OF GRADUATE PROGRAM, DR. S. RAYMOND TING

Greetings to you all. We are excited to announce a few new developments.

DE Extensions of the Master's Degree Programs

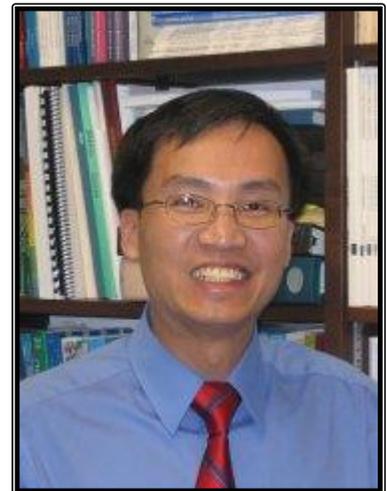
DE extensions programs of the Master's in School Counseling, College Counseling and Student Development and Clinical Mental Health Counseling were approved by UNC-General Assembly in late July.

More information can be found under <https://ced.ncsu.edu/programs/master-online-counselor-education/>

The DE on-line programs team (which include the Coordinator Dr. Raymond Ting, Teaching Assistant Professor Dr. Angie Smith, and Teaching Assistant Mona Nour), led in the program development. They have worked closely with and consulted with the core faculty to develop courses with the same syllabi and curriculum in a new delivery method, that being on-line delivery. The core faculty of the Counselor Education Program were engaged at every step during the development of the DE programs, and were supportive of the extension development.

The DE on-line programs adopt the same curriculum as the on-campus programs. The on-line class curriculum delivery will be internet-based.

The platforms include



specifically Moodle (asynchronous platform), and Blackboard Collaborate (synchronous platform). Each theory class will be taught by a professor and a teaching assistant.

In practicum and during internships, following the on-campus program procedure, the students will be placed in pre-approved clinical mental health, college/university, or school settings, according to their respective specialty area. Moreover, distance supervision using Blackboard Collaborate will be conducted by

Counselor Education Program Instructors through the internet.

The DE online programs have admitted 15 students to begin in fall. In future, we plan to admit up to 25 students every year for the online programs. Meanwhile, we are preparing a report for CACREP to review for accreditation.

Student Progress

Students are reminded to complete their Plan of Work (POW) online early, that is a plan about how to take classes and complete the curriculum. They may discuss the study plan with their advisors. Doctoral students should discuss with their advisors about the student advisory committee (for negotiated examination and dissertation).

China Study Abroad Program Spring 2016

Continuing with the success in spring, 2015, Dr. Ting will lead another group of eight students going to Beijing from April 23 to May 6, 2016. Most of the students are counselor education majors. Two students are from UNC-Chapel Hill and UNC-Greensboro. In Beijing, the students will continue to work with the School of Psychology (top ranked) at Beijing Normal University. Specifically, they will work on cross-cultural issues and student cases. A new school, Beijing Royal School was added to the trip. The students will consult about counseling skills and student problems at Beijing Royal School. The study group will visit another

cultural city Xi'an and will see the Terracotta Warriors, a United Nation cultural heritage. Students will receive 3 credits from a counselor education class for the experience.

Also, Dr. Ting was invited to consult the Beijing Royal School about their academic and student development. He will arrive early so that he can work on the consultation. Mona Nour will assist him as a research assistant. When he completes the project, he will pick up our study abroad students at the Beijing airport as they will be arriving.

International Collaboration:

Clinical Research in Hong Kong

Dr. Ting has completed a pilot study integrating Cognitive Behavioral Therapy (CBT) and Speech Therapy (ST) to treat aphasia patients in Hong Kong. This is a collaborative project with Hong Kong Polytechnic University in spring and summer, 2015. The preliminary results were encouraging. The patients receiving both CBT and ST improved on their depressed feelings and reduced their negative cognitions. The project team is planning to attend an international conference to present the results and to expand the research project.

Sincerely,

Dr. S. Raymond Ting

Director of Graduate Program, Counselor Education

CLINICAL CORNER FROM DR. MARC GRIMMETT



I am happy to write for the Clinic Corner about the collaborative partnership between the Community Counseling, Educational, and Research Clinic of the Counselor Education Program at NC State University (CCERC) and the Wade Edwards

Foundation and Learning Lab (WELL).

Description of the CCERC at the WELL

The mission of the CCERC is to educate and train culturally competent counselors and supervisors and to provide world class, culturally inclusive, and accessible counseling services to the community and to advocate for social justice. The mission of the WELL is to provide high school students with opportunities for achievement, enrichment and service, in

preparation for personal and academic success. The CCERC vision is to serve as a national model for providing world class and culturally inclusive counseling— services, supervision, education, training, research, and advocacy— that promotes social justice. We are excited about the opportunity to partner with the WELL to support helping all students reach their highest academic potential. Our collaboration will offer students served by the WELL more experiences to grow culturally and holistically, while allowing counselor education students opportunities for advanced counselor training.

Description of Project and Goals

The partnership between the CCERC and the WELL supports the following goals:

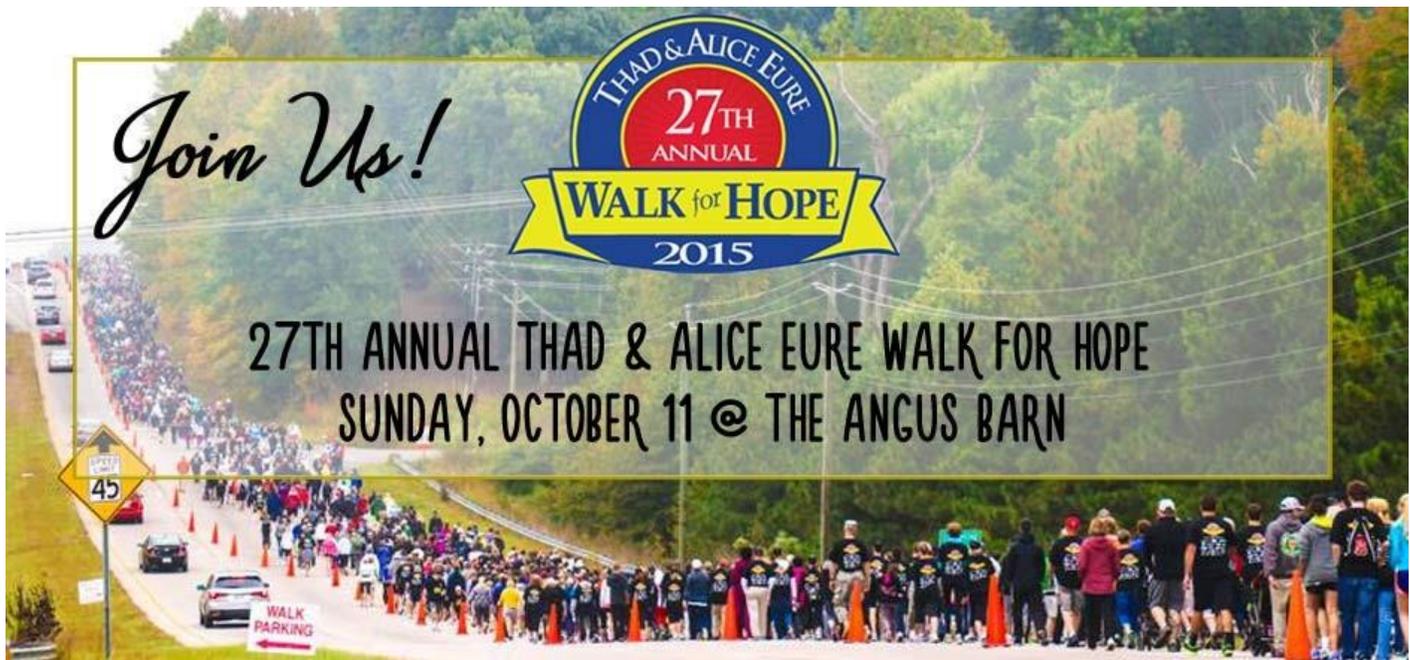
- 1. Teaching:** Increase master's and doctoral student direct client contact during practicum and internship field experiences to ensure we are graduating the highest quality practitioners who have received excellent training experiences and supervision.
- 2. Research:** Conduct quantitative and qualitative research of evidence-based counseling practices with children, adolescent, and adult clients in individual and small group settings. Other potential areas of research include multicultural counseling competence, counseling supervision, counselor training, lifespan development, treatment outcomes, and advocacy.
- 3. Grant Development:** The combined missions of the WELL and CCERC are aligned for collaborative grant proposals that support the achievement and enrichment of diverse student communities.
- 4. Service:** Provide individual counseling, couples and family counseling, career development and counseling, and health and wellness counseling services to uninsured, underinsured, or underserved populations in Wake County, as well as providing referrals to other community resources.
- 5. Recruitment:** Recruit and train highly qualified doctoral students through

graduate assistantships that support their educational, clinical, and supervision experiences.

Expected Impact

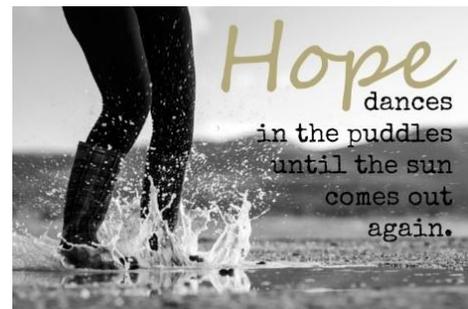
The under-and-uninsured will benefit from the CCERC at the WELL initiative. In the 2013 Wake County Community Health Needs Assessment, behavior and social health was identified as an area of deficiency, as is access to care. The report states that 18% of Wake County's population is under/uninsured. The typical rate for a one-hour counseling service from a licensed professional ranges from \$100-150.00, making these services virtually inaccessible to this population. Financial and other accessibility barriers create disincentives and obstacles for those needing help, often resulting in disengagement from the help seeking process and leading to greater risks and crisis situations. In addition, Wake County and Wake County Public Schools no longer offer community mental health services directly. Moreover, there is a correspondence nationally and locally between health care access and gaps in educational and career attainment. The services provided through the CCERC at the WELL will address multi-faceted and complex concerns plaguing these populations, thus seeking to break the cycles of poverty, educational and career opportunity gaps, and ensuring a more inclusive and sustainable future.

Finally, over the last several years we have worked diligently to provide the most optimal practicum and internship opportunities for our counselor education students. Locating appropriate sites and site supervisors, particularly for our clinical mental health counseling students, however, is increasingly difficult due to underfunded mental health services at the state level. With the WELL as our community partner, we have the capacity to realize the full vision of the CCERC. The opportunity to work with the WELL positions our Counselor Education Program to move ahead in national rankings, supports community engaged scholarship, and serves the land grant mission of NC State University.



On Sunday, October 11th, a beautiful Fall day, sixteen students, faculty, staff, family, and friends participated in the 27th Annual Thad & Alice Eure Walk for Hope. What is the Walk for Hope? According to the organizations website, the "The Walk for Hope is an annual event hosted by the Foundation of Hope for Research and Treatment of Mental Illness. 100% of the money raised by participants directly funds local mental health research at the UNC Neurosciences Hospital in Chapel Hill." The Foundation of Hope funds projects that focus on a variety of mental disorders, including but not limited to:

- Alcoholism
- Anxiety disorder
- Autism
- Bipolar disorders
- Depression
- Postpartum depression
- Post-traumatic stress disorder
- Schizophrenia
- Social phobias



The organization continues to grow and gain momentum each and every year. The event takes place at the Angus Barn in Raleigh and participants can choose to walk or run in the event. The environment is welcoming and offers participants the opportunity to learn more about local mental health resources in our community. A variety of local organizations, vendors, and constituents related to advocacy and mental health awareness set up booths, share resources, and distribute giveaways. Food is served for breakfast and lunch as part of the registration. Prior to the race each year, participants can guess the color of the shirt for the race. This year the shirt was a teal color.



One of the most touching moments of the event occurs at the beginning before the walkers/runners “take their mark.” After the National Anthem is sung, several white nesting doves are released to symbolize hope and honor those loved ones who are no longer with us due to mental illness. There is a natural alignment and mutual goals between The Walk for Hope event and the Counselor Education program at NCSU. Both groups consistently promote mental health awareness, advocate for the policies and strategies to benefit all people, especially individuals experiencing mental health issues,

****Some participants are present for the picture*

invest in research efforts to support the cause, and contribute to breaking down and stopping the stigma of engaging in discussions around mental health.



A special thanks to Michael Englert and Chi Sigma Iota for assisting in organizing our NCSU Counselor Education Team! As a group, \$610 was raised for mental health research. Way to go, Team!

We look forward to participating in the Walk for Hope again in October, 2016 and continuing to develop a relationship with the foundation. We “hope” you will join us next year! We will send more information out to the listserv once the date and additional information is available.

For more information, please visit the Walk for Hope website:

<http://www.walkforhope.com/>

Respectfully submitted,
Angie Smith

FROM THE DESK OF CHI SIGMA IOTA –NU SIGMA CHI PRESIDENT

Nu Sigma Chi welcomed 16 new members at the initiation ceremony in April along with four new members from the new doctoral/masters cohort in August. Over the summer, chapter leaders Michael Englert and Jonnie Seay developed a list of 10 scheduled Nu Sigma Chi events for 2015-16, while Beth Vincent developed and implemented the Nu Sigma Chi Mentor/Mentee program which has been a huge success. The mentor/mentee program paired over 16 second



year doctoral/masters' students with incoming doctoral/masters students within the Counselor Education Program. The first mentor/mentee social was held on November 10th with over 30 people in attendance.

October 3rd Emily Teague-Palmieri (Mu Tau Beta, UNC-Charlotte) and Michael Englert (Nu Sigma Chi, NCSU) facilitated The First Annual North Carolina Chi Sigma Iota Professional Advocacy Summit connecting seven NC Counseling Graduate Programs involving 32 students. Our main goal for this summit was to bring CSI chapters together to kick-start collaborative efforts for professional advocacy.



Summit leaders (Emily Teague-Palmieri and Michael Englert, Stephen Kennedy-CSI and Dana Robinson-

LPCANC) provided concrete steps on how to approach legislators with a stake in decisions for counselors in the state. Summit leaders also discussed the powerful voice Graduate students have for creating awareness regarding changes in funding, licensure recognition, and public policy.

The group collaboratively discussed and developed pathways to advocate for counselors across the state. Peer groups discuss specific implications for mental health, school counseling, substance abuse, and family counseling. Through this discussion four on-going advocacy projects were



born in which students have committed to working on together throughout the coming year.

The summit was considered a tremendous success, providing an advocacy template for current and future CSI chapter leaders.

October 27th Nu Sigma Chi was proud to sponsor the school counseling mini-conference & poster session held by Dr. Baker and his students. The mini-conference/poster session was another huge success with numerous poster presentations from multiple perspectives regarding school counseling followed by a panel discussion from four NCSU graduates who currently work as school counselors in the triangle area.

November 19th a stress management workshop was held for all Counselor Education majors. The workshop was facilitated by Nu Sigma Chi members Taylen Harp, Drew Rowell and 1st year doctoral student Jason Perry who represented the NCSU counseling center. The workshop provided excellent strategies for end of semester stress and positive lifestyle change for a healthy graduate experience.



INTERVIEW WITH A MASTER'S STUDENT--ZOBAIDA LAOTA



My counseling perspective is a multicultural one that is centered on social justice and has been shaped primarily by my background. I was born in Sudan and lived there for the early part of my life. I remember my transition to life in the United States after immigration so well- from my first experiences of not belonging and my resistance to learning English, to the days of helping my mother study for her naturalization exams 5 years later. I spent another portion of my life living in an oil compound in Saudi Arabia with expatriates from around the world, where I had experiences that changed my views of the world. I consider myself a third-culture kid, and have taken pieces of the many cultures I've experienced to form my own culture. Throughout my life, I've had the privilege of traveling to countries across the globe and through all

of my experiences, I've been affected deeply by people's experiences of hardship, oppression, and resilience. Those are the stories that drive my passion in mental health.

The central themes and values in my work are contributing to the communities I have the privilege to be a part of through a multicultural lens. For these reasons I'm extremely thankful that I ended up being a student at the NC State counseling program. I knew I would be getting a good education when I started this program, but I didn't expect to be able to mold my education to my interests. When I expressed interest in research before I even started classes, I was given the opportunity to be involved with research on Arab American youth that fit so well with my future goals. Even my assignments in courses allowed me the flexibility to explore my interests. I was able to turn a literature review in my theories class on using spiritually informed CBT with Muslims into an ACA poster proposal which I'll be presenting at the conference in Montreal. My ACA poster is a good example of how I'm working towards contributing to community by tackling the detrimental effects of Islamophobia on my beloved Muslim American community.

It's interesting how current events play into even my professional and personal world. Last week, a Canadian family friend got in touch with me and told me that my mother mentioned to her that I'd be in Montreal for a conference. She felt that she needed to give me a safety warning after the Paris terrorist attacks. She reminded me that Quebec is a French province and shared with me that hate crimes had escalated, that French Canadians aren't very fond of women who wear hijab, and that a man from Quebec had publicly vowed to kill one Muslim per week. She warned me to make sure I had someone walking with me at all times especially in the downtown Montreal area. I wanted to be shocked by her warning but I wasn't...My logical mind took over and my joking but real response was "well, I guess I'll have to make sure I have someone with me to carry my poster so that I have two free hands to fight back in case they try to get me" and then we laughed and carried on with conversation. It struck me later that night that the basis of my poster proposal was the Islamophobia within the western world and its effects on individuals, but that I was getting a safety warning because of the hijab I choose to wear

for the place I'm meant to present that very poster. The oppression of marginalized groups throughout the world, including those I identify with, are honestly the reason my passion for this field is so strong. My absolute favorite part of my experience at NC State is the people that I've been fortunate enough to encounter. From the lifelong friends I've made, to professors who seem to have more faith in me than I could have ever envisioned, I have felt supported through the difficulties that life has sent my way during my time in this program. I often joke that instead of life throwing me curveballs, life catapulted gigantic watermelons at me from multiple directions making my first year of graduate school a difficult one in many ways. As much as I struggle to seek support, I found that support was there for me before I even asked for it. My experience has translated from my first year into my practicum/internship year. I ended up having the opportunity to work at the counseling center here, where I'm surrounded by professionals with different perspectives, experiences, and knowledge to share and incredible supervisors who are helping me build my confidence in the practice of counseling. I remember the first days of my practicum experiences and reflecting on it now, it's incredible to see how much I've grown with the guidance I've been receiving. The education, opportunities, and support I've been given and the growth I've experienced, both personally and professionally in the last year and a half are beyond what I could have ever imagined when I started graduate school and I am so grateful for the NC State counselor education community for allowing me that.

INTERVIEW WITH A DOCTORAL STUDENT—ELIZABETH GRADY



Greetings fellow students! I am so happy to be back on campus with all of you and share a little bit about my journey as a graduate and returning student in the Counselor Ed department. As an honor's graduate of the NCSU Counselor Education Master's program, I was very well prepared to seek licensure and become a Licensed Professional Counselor. In fact, I was first introduced to becoming a Licensed Professional Counselor (LPC) during a course here, at NCSU. After graduation in May of 2002, I began practicing counseling at Wake County Human Services in the child protective services program and finished earning the hours for my license at a community mental health agency. I became licensed as an LPC in 2004, and have been an active practicing LPC for the last eleven years. As

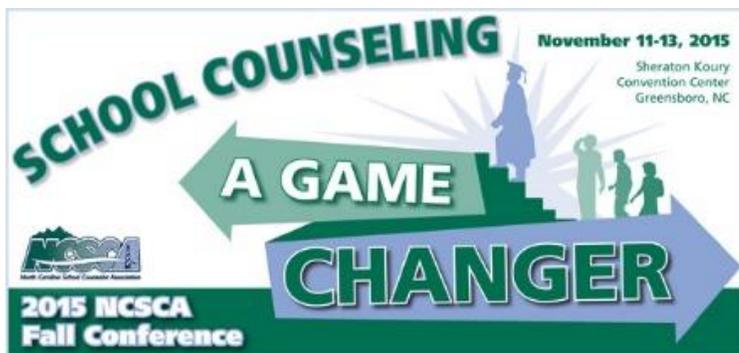
I gained more experience working in this field, I began to enjoy the management, staff development and supervision of new professionals. In 2008, in the midst of mental health reform in North Carolina, as a private practitioner, I became discouraged with community based services that were available at the time. I had difficulty making referrals and ultimately finding quality case management and other supportive services to refer families to. I began to wonder if I could supervise and train employees in a manner that would encourage the delivery of excellent services and result in an ethically sound, clinical, mental health agency. It was during this time, in 2009, in which I founded Turning Point Family CARE, PLLC (TPFC). TPFC serves individuals with mental health and/or addictive disorders across

age populations. By my design, the word "CARE" in TPFC's name, is an acronym for Counseling, Advocacy, Resources and Empowerment. These are the core target areas of TPFC's mission which is to provide excellent quality services to those in need. TPFC is a certified Critical Access Behavioral Healthcare Agency (CABHA) and nationally accredited through Commission on Accreditation of Rehabilitation Facilities (CARF). TPFC's approach to service delivery capitalizes on the values, principles, and practices associated with System of Care and Wraparound processes while implementing evidence-based practices throughout all programming. As the Clinical Director, it is my responsibility to ensure that all staff across programs are adequately trained and supervised in these service delivery modalities. I have clinical, supervisory oversight, and implement quality assurance controls daily, to monitor fidelity to evidence based treatment practices. Turning Point currently serves 2500 clients, employs a total of 110 employees and has a dynamic and interdisciplinary clinical team. Of these employees, 64 hold clinical licenses. Together with my clinical leadership team, we have responded to the needs of people with mental illness and addictive disorders in the community and demonstrated the achievement of positive outcomes. Despite the tumultuous public mental health environment, we have delivered consistent high quality counseling services, and in fact, have been awarded additional selective contracts with Alliance Behavioral Healthcare, the local managed care entity. As a strong advocate for my profession, I have been heavily involved in the Licensed Professional Counselors Association of North Carolina (LPCANC). I served two years as the chair of the annual conference committee and was fortunate to meet many dynamic educators throughout NC and the nation. After serving as conference chair, I was elected as the president which entailed one year as president elect, one year as president, and one year in an advisory role, as past president. Through this professional organization, I learned how to advocate for my counseling profession, work on behalf of clinical LPCs and understand the challenges facing our profession.

NCSU, TPFC and LPCANC have given me several priceless moments in my professional career. One such moment happened just a few years ago. As the clinical Director at TPFC, I often select and supervise student interns from local Universities including NCSU. Upon accepting one intern to the program, I was invited to attend the Site Supervisor Orientation where I experienced an electrifying "full circle moment". It seemed I had just been placed into my own internship through the program and now, just a few busy years later, I was a site supervisor at a community mental health agency that I owned and operated. That was thrilling! Now, as a first semester doctoral student, I am scheduled to attend the Counselor Ed Practicum orientation as a doctoral student. Again, I am absolutely thrilled! I had a wonderful, rich experience at NCSU as a Master's student and I am so excited to be back on campus. As soon as I enter Poe Hall, after I figure out which elevator to take upstairs, I am floored that I have been invited back to continue my learning journey! In 2012, I earned a new license as a Licensed Professional Counselor Supervisor (LPCS). It has been through this supervision of new professionals, and the skill development of Licensed Professional Counselor Associates (LPCAs) that has driven my desire to continue my own education in the NCSU Doctoral program. I found that teaching counseling skills through training and consistent supervision helped the LPCAs to develop their counseling techniques and form their own unique counselor identities. I am passionate about helping new professional counselors develop and formulate effective clinically and ethically sound, counseling skills. Learning to teach the students at the college level, prior to graduation, is the core of what I seek to learn through this Doctoral program. I plan to graduate the doctoral program and earn a teaching position in higher education and continue to supervise and train new professional counselors. I have

met so many amazing people in the first few months of this program and I am excited to continue this journey along such a dynamic and diverse cohort.

CONFERENCE HIGHLIGHTS



Courtesy of Dr. Stanley Baker

North Carolina School Counselor Association-November 12, 2015

Thirteen of the students enrolled in ECD 533: Introduction to School Counseling presented posters at the conference, and our student colleague, **April Allison Gibson**, received the 3rd place award for her poster on technology in school counseling.

Other students presenting posters were: Ken Cormier, Melissa Ansbacher, Anna Maness, and Ericka Emiliani (as a team), Erica Haasl and Rebecca Bissette (as a team), Lauren Sweetman, Lindsay Dalman, Caroline Horosko, Gina Perillo, Paige Holmes, and Sarah Griggs. Janelle Johnson voluntarily presented one this year.

Relatively large cohorts of students from NCCU and UNC-Charlotte also presented posters. The NCCU students were led by one of our former doctoral students, Jenny Barrow, and the UNCC students were led by a former member of our faculty, Sejal Parikh Foxx. Dr. Parikh Foxx also received the School Counselor Educator of the Year award.

Current students who presented programs were: Jonathan Ricks, Regina Gavin Williams, Eric Chancy, Rossy Garcia, and Amanda Hudson Allen.

Former students presenting programs were Jeff Warren (UNC-Pembroke), Durenda Ward (Centennial Middle School), Kisha Bryant (Wake Young Women's Leadership Academy), Sarah Isaac (New Hanover County Schools), and Jenny Barrow (NCCU). Our colors were well represented.

UPCOMING CONFERENCES

North Carolina Counseling Association

2016 Annual Conference
February 17-19, 2016
Greensboro, NC
<http://nccounselingassociation.org/events/2016-conference->

Cross-Cultural Counseling and Education Conference for Research, Action and Change

February 26-27, 2016
Savannah, GA
<http://academics.georgiasouthern.edu/ce/conferences/ccis>

American Counseling Association Conference & Expo

March 31-April 3, 2016
Montreal, QC, Canada
<http://academics.georgiasouthern.edu/ce/conferences/ccis>