

FALL 2021

THE KUTZTOWN COUNSELOR

Department of Counselor Education Newsletter



Pop-Up, Pink-Out at the Kutztown Pub, October 19th, 2021 (Read more on pg. 3)

Featuring:

*Department
Events*

*Faculty
Updates*

*PCA
Conference*

*Research
Presentations/
Other News*



Department Events

August 30th

Initial Advisement Seminar

On August 30th, new students joined in the Georgian Room in Old Main to meet professors and other students. The incoming class was able to ask questions from our seasoned CSI board about their programs shortly before breaking out into smaller groups to learn more about their programs.



October 19th

Real Men Wear Pink

On October 19th, students joined Dr. Tracy for an event at the K'Town pub, sponsored by his charity, Real Men Wear Pink. Food proceeds from the event went to Breast Cancer awareness programs and were donated to the American Cancer Society by the Kutztown pub.



NAMI Events

NAMI KU had a busy fall! The National Alliance on Mental Illness, KU Chapter, and the Josh Johnson Sunshine Foundation sponsored an Aavidum training on October 19th. Aavidum is a non-profit organization that focuses on raising awareness of mental health issues and suicide prevention while shattering the silence that is often associated with these issues. The trainer was Mary Pritchard, and KU is the second college in the state to start a chapter.



Arranged by KU student, Isaias Oviedo, and Dr. Brenner. Other student participants included: Vanessa Tocket, Megan Farner, Lauren Wszolek, Giovannie Estronza, Skeisy Taveras, Sam Burns and Lauren Szuter.

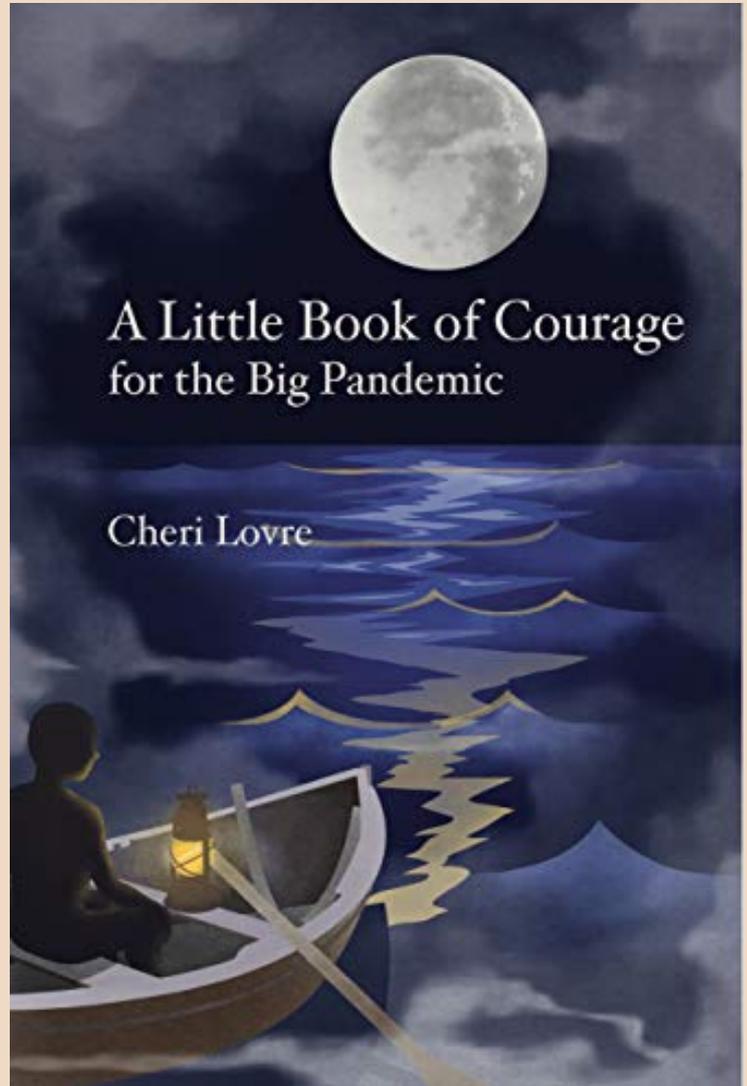
NAMIKU President and School Counselor graduate student, Jenna Martorana, will be serving Berks County as the newest member of the Mental Health/Developmental Disabilities Advisory Board of Berks County. The purpose of the board is to review and evaluate needs, services, facilities, and special programs in relation to the local health and welfare needs, services, and programs.



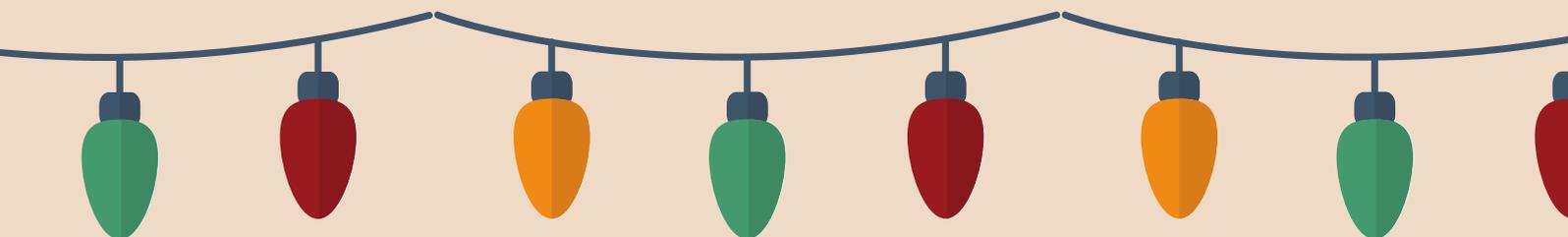


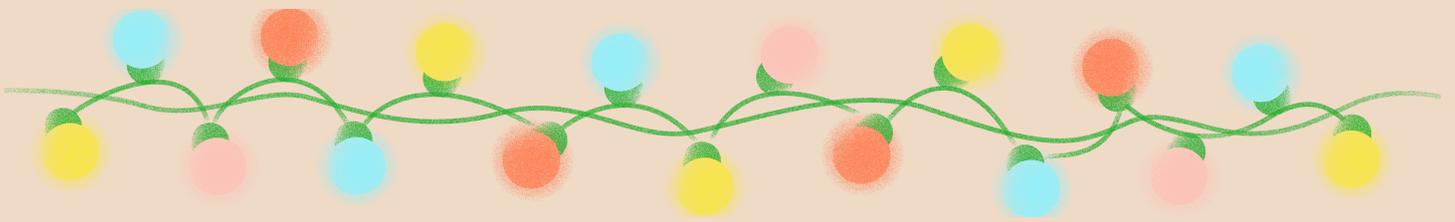
NAMI Events (Cont.)

On November 4th, our fall guest speaker was Cheri Lovre. Her presentation was titled, Radical Resiliency. Cheri is the founder of The Crisis Management Institute. In her talk she focused on how to gain strategies for remaining resilient along with how to integrate the meaning of and move towards recovery from a protracted traumatic circumstance such as the pandemic. Crisis Management Institute provides on-site response to catastrophic events for schools, agencies, or businesses, provides training and technical assistance in prevention, planning, response, and recovery from major incidents. Cheri recently wrote a book titled, “A Little Book of



Courage for the Big Pandemic” which she referenced in her talk. NAMI KU will be forming a group on campus to read the book during the first half of the spring semester and then focus on ways we can connect all students on campus with the resources, supports and strategies that the book discusses.





CSI Induction Ceremony

Save the Date!



CHI SIGMA IOTA COUNSELING HONORS SOCIETY
CHI OMEGA UPSILON CHAPTER
INDUCTION CEREMONY

FRIDAY APRIL 8TH, 2022
5PM-8PM



Faculty Updates

Five new professors have joined the department of Counselor Education and Student Affairs for the fall 2021 Semester. They bring a wealth of experience from various different backgrounds. Learn more about them below!

Dr. Tracy Hill, Ph.D

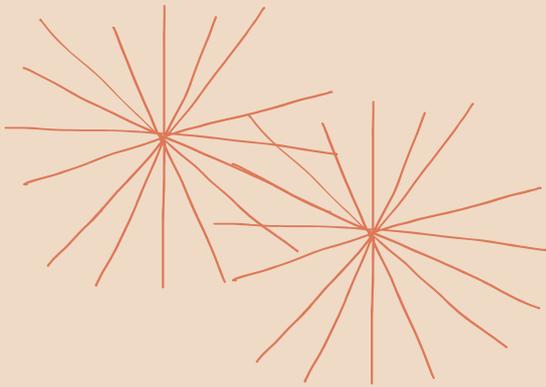
Dr. Hill is the instructor for two courses this semester. 530: Fundamentals of Counseling, and 544: Contemporary Issues in Marriage and Family Counseling. Dr. Hill has more than twenty years experience in clinical, counseling and educational psychology. She earned her Doctorate from Temple University in Educational Psychology, Master's from West Chester University in Counseling Psychology with a School Certification Level II School Counselor and her Bachelor's in Psychology from George Washington University. She is licensed to practice in Colorado, New Jersey and Pennsylvania. Tracy has taught at NYU, Drexel and Penn among other notable institutions. She is currently the Director of a private practice in Bethlehem, publisher of Silver Sage Magazine and owner of Centered CBD. She loves KU's campus, the engaged students and the warm atmosphere that permeates the graduate school.

Dr. Cara Knaster, Psy.D

Hello! I'm Dr. Cara Knaster. Currently, I'm teaching two sections of Statistics in the Department of Psychology and Human Development in the Department of Counselor Education and Student Affairs. I received my undergraduate degree from Gwynedd-Mercy College in Psychology, my M.A. in Clinical Psychology from Argosy University, and my Psy.D. in Clinical Psychology from Chestnut Hill College. I have a private practice where I see adults for individual therapy. My main interests in the field are clinical treatment, psychodynamic psychotherapy, treatment of anxiety disorders, interpersonal relationships, and assessment. When I'm not working, I'm spending time with my two children, my dogs, and my family and friends. I quilt, sew, like sci-fi/fantasy, and anything I can do around the water. I look forward to meeting everyone on campus!

Ms. Jolly Malickel

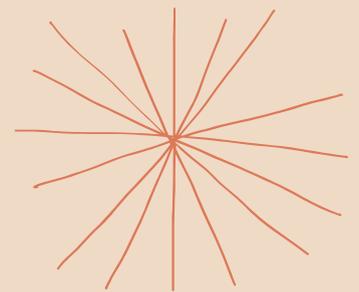
Jolly Malickel is very excited to be part of the faculty at Kutztown University! Currently, she is the instructor for 507: Tests and Assessments, and 519: Intercultural Issues in Counseling. She looks forward to teaching in the Spring time and for the upcoming holiday season!



Dr. Ramona Palmerio-Roberts, Psy.D

Dr. Ramona Palmeiro-Roberts is the instructor for 573 :Chemical Dependency Treatment, which meets on Tuesday nights. She earned her Doctor of Psychology degree in clinical psychology at Nova Southeastern University in Ft. Lauderdale, Florida. She treats and educates patients with trauma histories both individually and in group settings.

Dr. Roberts has attained cognitive processing therapy (CPT) provider status and received training in EMDR and trauma-focused expressive arts. She is constantly focused on deepening and expanding her knowledge of and expertise in trauma-focused treatments.



Ms. K Lynn Pierce



K. Lynn Pierce is a PhD candidate in counselor education and supervision at The Pennsylvania State University. She holds a MS in Clinical Mental Health Counseling from Georgia State University and is a Certified Rehabilitation Counselor (CRC) and National Certified Counselor. She has work experience with trauma, sexual/affectional and gender minorities, and individuals with disabilities. Much of her interest is in how intersecting identities impact marginalized and minority individuals. The majority of her advocacy work is related to increasing accessibility and equity for individuals with disabilities in counseling, counselor education, and higher education settings. She is also a frequent presenter and guest lecturer on disability topics. She identifies as a disabled academic and integrates lived experience and disability community voices to frame accessibility discussions in person-focused and culturally sensitive ways. She is also involved with Equine Assisted Therapy and currently volunteers at a PATH-affiliated center in the State College area as a equine specialist in mental health and learning. Ms. Pierce is the instructor for 562: Introduction to Problems of Addiction.



Congratulations to the following faculty for receiving tenure and being promoted to associate professor!

Dr. Diana Cardenas Elliott

Dr. Scott Tracy

Dr. Deborah Duenyas

... And congratulations to

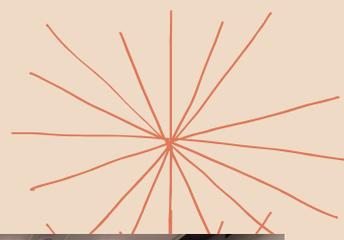
Dr. Ashley Coombs

for receiving her Ph.D!

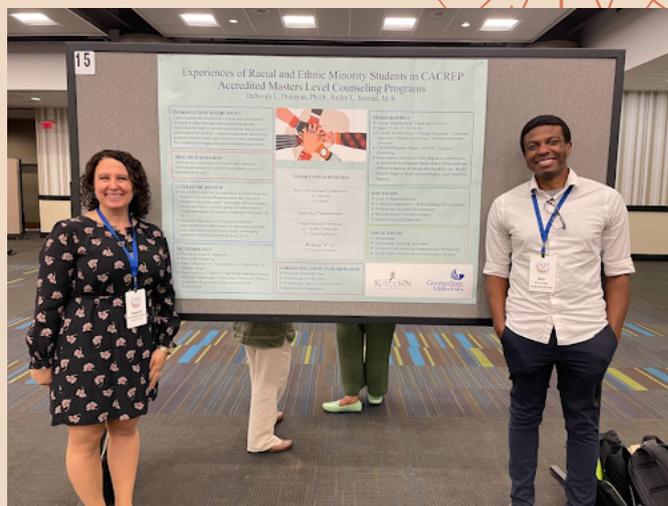
Research Presentations

October, 2021

National ACES Conference



"This poster presentation, titled, 'Experiences of Racially Minoritized Students in Counselor Education,' displayed rich descriptions of the themes that emerged from current research investigating the experiences of counselor education students identifying as part of the BIPOC community. Presenters facilitated discussion and encouraged critical thinking about the study results." - Dr. Deborah Duenyas



Dr. Duenyas at the national ACES conference in Atlanta, GA with KU Alumn, Andre Sumiel

November, 2021

Georgia School Counselor Association Conference

Athens, GA

On November 5th Dr. Moss presented a program titled, "Brain Boss: Becoming Your Own CEO" at the Georgia School Counselor Association conference (Athens, GA). This presentation was designed to help school counselors better support students with executive functioning challenges. (photos attached)

She continues to work on her sabbatical research aimed at understanding how site supervisors for school counselors-in-training experience site supervision specific to group counseling. She is currently in the data analysis process.



PCA Conference 2021

Healing the Divide: Inclusion, Equity, and Empowerment in Counseling and Supervision

November 12th - 14th, King of Prussia

Socially Just Training = Socially Just Practice: Integrating the MSJCC into Clinical Experiences

Dr. Ashley Coombs

Following the establishment of social justice as the fifth force in counseling (Ratts, 2009) several years ago, counselor educators have made increasingly concerted efforts to train their students to be culturally competent, advocacy-oriented practitioners. Coursework centered around issues of diversity and social justice has become standard practice in most training programs, with diversity regularly infused throughout many content courses. Although recent literature highlights the value of using guiding documents such as the MSJCC to foster students' multicultural learning, there has been little exploration of their use in practicum training experiences. This presentation illustrated the multi-layered value of integrating the MSJCC into master's-level clinical experiences.



How are Counselors Engaging in Practice-Based Cultural Competency: Evaluation Considerations for Supervisors & Educators

Dr. Jill Krahwinkel

During this interactive presentation, practice-based cultural competency was operationally defined based on the current counseling literature. Participants learned how professional counselors are currently engaging in practice-based cultural competency, understood the gaps in practice-based cultural competency, and received recommendations for more intentional, thoughtful practice-based cultural competency practice that bridge the learning of cultural competency to the act of practicing cultural competency.



PCA Conference 2021 *Cont.*

Healing the Divide: Inclusion, Equity, and Empowerment in Counseling and Supervision

November 12th - 14th, King of Prussia

Crash at the Intersection: Addressing Trauma & Addiction with an Intersectionality Framework in Counseling

Rachael Pursell & Dr. Ashley Coombs

This session aimed to highlight historical and current practices for treating trauma and addiction and reframe these approaches using an intersectionality lens as a means for more inclusive and effective counseling for impacted individuals.

Question, Persuade, Refer: QPR Training

Dr. Sally Hyatt

QPR is a nationally used, evidenced based training that assists people in learning how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.



We Make Better Choices Than I: An LPC Peer Consultation Model

Dr. Lauren Moss & Dr. Deborah Duenyas

High-quality supervision is regarded as a mainstay of quality counselor training, ethical practice, and professional improvement (Bernard & Goodyear, 2019). Despite the agreed-upon importance of professional counseling supervision, many professional counselors find securing and maintaining regular counseling supervision by a qualified supervisor challenging, particularly to those in private practice (Dupree, 2012). Furthermore, since supervision is not required for licensed professionals (LPCs) in the state of Pennsylvania, it may be tempting for those in private practice to operate in isolation in more-than-optimal regularity. This presentation offered participants a practical, 'tried-and-true' model for peer consultation that acknowledges the inherent autonomy of the LPC while concurrently valuing the benefits of clinical supervision.



PCA Conference 2021 *Cont.*

Healing the Divide: Inclusion, Equity, and Empowerment in Counseling and Supervision

November 12th - 14th, King of Prussia

Money Scripts in Counseling: Empowering Clients to be Financially Well

*Dr. Fred Redekop, Dr. Helen Hamlet,
Mike Turrell, Emonie Reviere & Brian
Fritz*

Are you financially well? Are you comfortable when clients bring up financial concerns? This presentation discussed financial wellness as it pertains to counselors, educators, and students. Thoughtfully addressing financial issues with clients is a crucial equity and empowerment issue. Systemic economic racism pervades the U.S., and the Covid 19 pandemic has only made inequities worse, and counselors will likely have an increasing opportunity to discuss financial worries with their clients. Becoming aware of our own financial attitudes, being aware of relevant research, and understanding financial concerns from a multiculturally aware perspective are crucial first steps to having healthy, open financial discussions with our clients.

Counseling Supervision: The Ethics Behind Practice and Theory

Dr. Ryan Bowers

Prior to offering supervision to counselors, supervisors should train in supervision methods and techniques (ACA, 2014, F.2.a). Often clinical supervisors are appointed to positions through attrition and may not have the training in supervisory models that address multicultural issues (ACA, 2014, F.2.b), modalities that fit with online supervision (ACA, 2014, F.2.c), and how professional disclosure (ACA, 2014, F.5.c) is a necessary component of clinical supervision.



Special Shout Out to...

Dr. Duenyas

Dr. Duenyas is the President of PCA. In addition to presenting at the conference, as PCA president, she spent countless hours coordinating the participation of universities in the area, arranging speakers and presentations, and leading major operations at the conference.

Dr. Coombs

Dr. Coombs served as the volunteer coordinator for this year's PCA conference. Additionally, she is a founding member of PCA's Anti-Racism Taskforce, which was awarded the 2021 PCA David W. Hall Advocacy Award

Other News

July 8, 2021

CASA Award

KU alumna, Crystal Rauenzahn is a school counselor at Glenside Elementary, where she serves 300 students. She is a tireless child ambassador deserving of the CASA award. She is certified as an elementary school counselor, secondary school counselor, and school principal. She is a lifelong learner completing a doctoral dissertation on increased physical activity to improve student

academic performance. Besides working as a school counselor, Crystal has worked for Concern for nearly 20 years, most recently as a clinical mobile behavioral specialist.

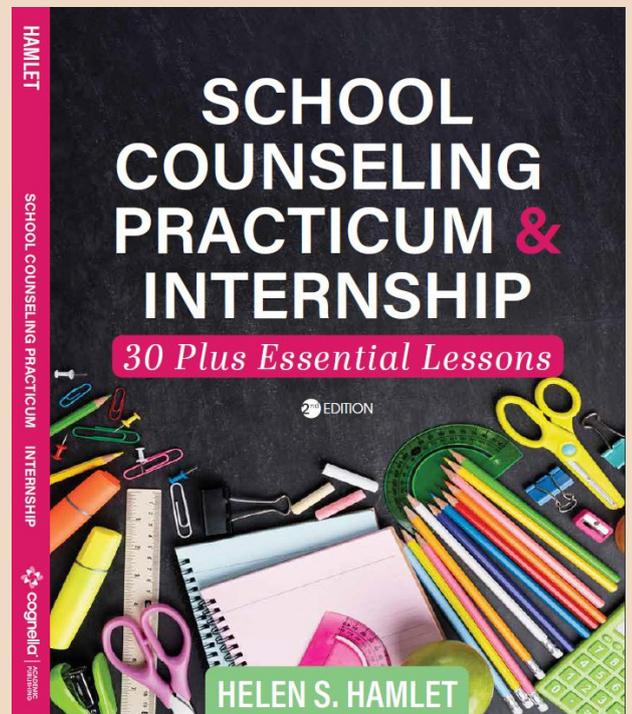
Nominated by KU professor, Dr. Joanne Cohen, KU alumna Crystal Rauenzahn is this year's CASA Award recipient.



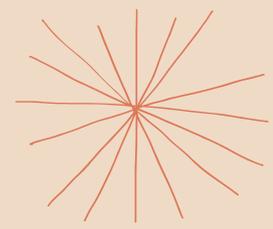
Dr. Hamlet's Updated Text

The Second Edition of Dr. Hamlet's book, *School Practicum and Internship: 30+ Essential Lessons*, was published in November 2021.

The publisher has indicated that this book is being used by universities across the country.



Other News *(Cont.)*



Thanksgiving Food Drive

Congratulations to Zeynepa Zaimova! Kutztown University's Counselor Education School Counseling program requires a Capstone project. Zeynepa's Internship Capstone Project was a Thanksgiving food drive. In partnership with Woodstone Country Club and through Zeynepa's hard work and commitment, this initiative lives on! Zeynepa, in collaboration with the Woodstone Country Club, wrote the following note to all of the contributors:

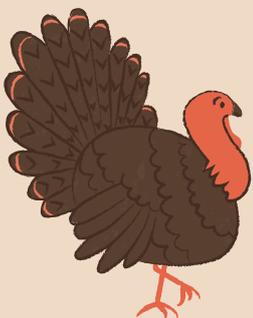


“We would like to thank everyone so much for supporting our Thanksgiving Drive once again this year! Your kindness and generosity have left us speechless!

This year was our largest Food Drive thus far. Together we collected over 10,000 items and were able to provide over 100 families registered through Families First in Pen Argyl with a full Thanksgiving meal, including a turkey as well as additional food items for beyond the holiday!

We received so many donations this year that we expanded and donated to two additional food banks: Mission of Love in Bangor and Bender's Church Food Bank.

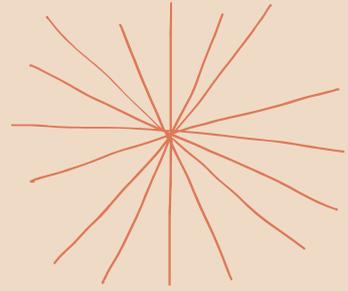
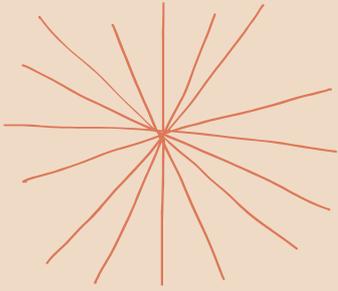
Thank you all for your support and generosity! We wish you a Happy & Safe Thanksgiving with your family and loved ones!”



KU Proud!



KU



Wishing you all a warm and happy holiday season and a wonderful winter break!

