



# THE KUTZTOWN COUNSELOR

*Department of Counselor Education  
& Student Affairs Newsletter Fall 2022*

**Happy Holidays to our faculty and students.  
We will see you in 2023!**

## **NEWSLETTER FEATURES**

### **DEPARTMENT NEWS**

- Welcome Back, Dr. Cohen and Dr. Moss!
- Dr. Duenyas, PCA President's Award
- Dr. Brenner with Valerie Biden Owens
- Alumni Spotlight Dr. Felishatee Rodriguez

### **DEPARTMENT EVENTS**

- Initial Advisement Seminar
- Chi Sigma Iota Events
- NAMI Events
- Exploring Contemporary Cultures in Counseling

### **RESEARCH PRESENTATIONS**

- Student Affairs, Student Presentation
- Dr. Cohen, Virtual Presentation
- Dr. Duenyas, Roundtable Presentation
- Dr. Moss
- Dr. Brenner

## DEPARTMENT NEWS

### *Welcome Back, Dr. Cohen!*



During the 2021-2022 academic year, Dr. Cohen coordinated a team of clinicians, trainees, supervisors, and consultants for the Clinical Trauma Counseling (CTC) program at Alianzas de Phoenixville, a non-profit organization serving immigrant and refugee clients in Phoenixville, PA. The Alianzas director, Nina Guzman, provided oversight and case management of the CTC Program, whose clinical team members clocked nearly 300 hours of individual, couple, family, and group therapy. Fluent bilingual interpreters enabled CTC clinicians to bridge the language barrier with clients. Thanks go out to several individuals who provided input and expertise throughout the year. Among them, special thanks to Ann Gaulin for case consultation, Alberto Segrara for help with the Community Workshop Series, Alan Brice providing expertise on clinical supervision and debriefing of counselors and interpreters and working with torture survivors, and Elizabeth Zinschitz for experienced clinical insight and several hours of Brazilian Portuguese interpretation.



**Members of the Clinical Trauma Counseling (CTC) Program at Alianzas de Phoenixville**

*L to R. Dinnette Medina, M.A. (MCFC '18); Nina Guzman, Director & CTC Program Case Manager; Paul Gurule (CMHC '23); Eric Neifert, M.A., LPC (CMHC '08); Joanne Cohen, Ph.D., NCC, LMFT; Darla Campisi, M.A.*



**Elizabeth Zinschitz**



**Alan Brice**



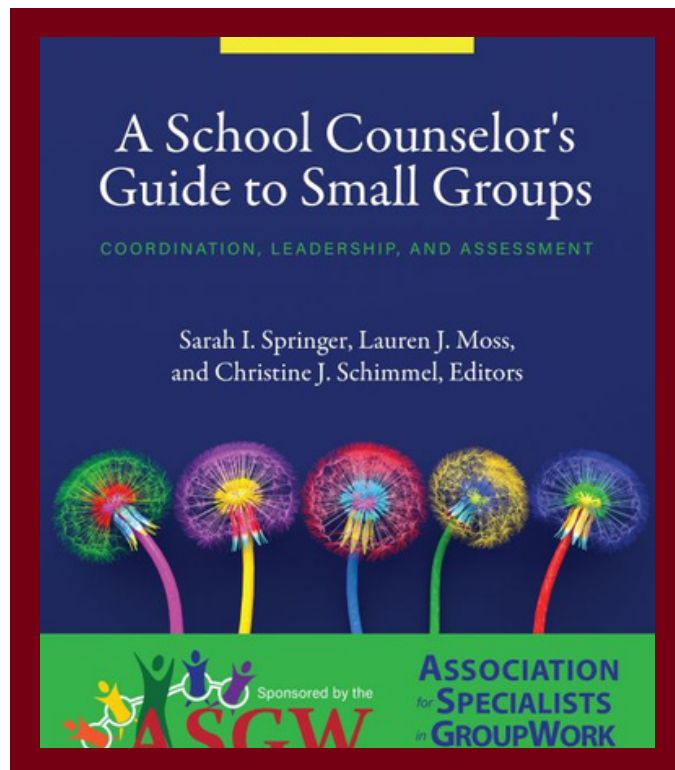
*Kierra Couch-Drayton (M.A. MCFC '23) was not in the group photo on Thursday as she did her practicum at Alianzas on Wednesdays.*

### *Welcome Back, Dr. Moss!*

During her sabbatical leave, Dr. Moss conducted a consensual qualitative research study (CQR) which was designed to explore how site supervisors for school counselors-in-training implement site supervision specific to interns' group leadership development. Additionally, she edited (with Drs. Sarah Springer and Christine Schimmel) the second edition of the book, *A School Counselor's Guide to Small Groups Coordination, Leadership, and Assessment*.

More on that can be found here:

<https://titles.cognella.com/a-school-counselor-s-guide-to-small-groups-9781793521101>





# DEPARTMENT NEWS

## Dr. Deborah Duenyas

Dr. Deborah Duenyas was honored to receive the 2022 Pennsylvania Counseling Association President's Award. She accepted the award during the PCA Awards Ceremony at the annual conference in October.



## Dr. Patricia Brenner

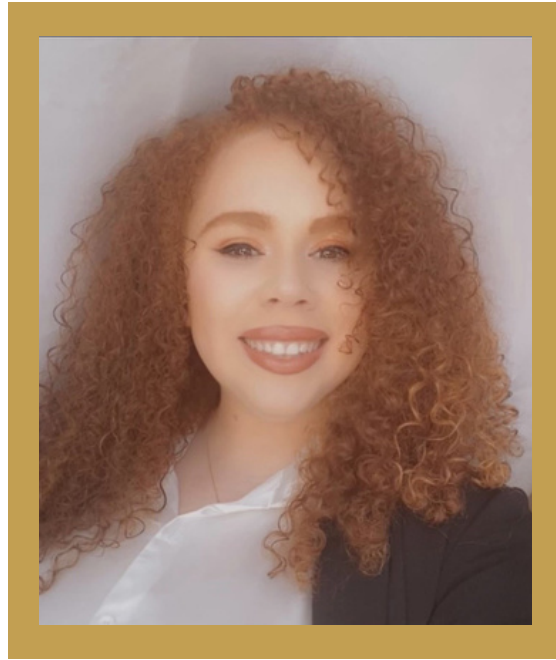
Dr. Patricia Brenner with author, Valerie Biden Owens, sister of President Joe Biden during a book signing at the International Leadership Association's 24th Global Conference held in Washington DC. Valerie's book a memoir, "Growing Up Biden," details the role she played in her brother's life from campaign manager to advocate and friend.





## DEPARTMENT NEWS

### Dr. Felishatee Rodriguez



***Dr. Felishatee Rodriguez, a 2019 alumna from the CMHC program who was a COU department graduate assistant from 2016-2018.***

Dr. Felishatee Rodriguez obtained her Ph.D. from the Counselor Education and Supervision program at Duquesne University, a CACREP-accredited doctoral program. Her research study is entitled *Feel my story: An interpretative phenomenological analysis of Latinx counselors-in-training experiences with psychological safety*. During her time at Duquesne University, she had the opportunity to supervise master's level students and serve as a graduate and teaching assistant. As a member of the LGBTQ+ and Latinx communities, Dr. Rodriguez, a licensed professional counselor, strives to foster cultural humility and awareness surrounding the LGBTQ+ community and students of color. During her time in Pittsburgh, Dr. Rodriguez has served as a family advocate where she provided career counseling and assistance in all areas related to gaining and retaining employment and career advancement, advocated to reduce obstacles to employment and fostering self-sufficiency, which included offering clients individualized counseling, facilitating psychoeducational workshops, coordinating client retention services, and making referrals to community resources. Moving onto her next venture, she served as a clinical counselor in a private practice providing consultation and individual, couple, and group counseling.

## DEPARTMENT EVENTS



### Initial Advisement Seminar

On Monday, August 29th, 2022, new counseling students attended the department's initial advisement seminar. Students had the opportunity to meet faculty and fellow classmates. They partook in various activities and discussions relating to the counseling program and profession. Current students also came to present on a student question and answer panel.



### Chi Sigma Iota Chi Omega Upsilon

Chi Sigma Iota (CSI) held several professional development and social wellness events this semester. Among them were a progress notes seminar with Dr. Ryan Bowers, an alumni Q&A panel and a bake sale! CSI looks forward to holding more events with KU students, faculty and alumni in the spring!



***L to R. CSI Vice President Adam Christian, President Kurtis Haynesworth, Secretary Sami Cartagena, Treasurer Elliot Elbaum***

# DEPARTMENT EVENTS

## NAMI KU Fall 2022 Events

NAMI KU had a busy fall. In September, club members participated the Mental Health Alive Fair's second annual event as well as KU Family Day with Chi Sigma Iota Members. In October we conducted our second annual Safe Space Training in conjunction with Chi Sigma Iota and hosted our annual pumpkin painting Bear Care day. We welcomed our guest speaker in November, James Reece, the Executive Director of Friend Incorporated who talked about the rise in homelessness in our community. Members also conducted a personal care drive and gave items to James for distribution.

Thanks to the hard work and dedication of Samuel Ortbal, MH counseling student, NAMI also offered for the very first time a Connections support group on Campus on November 14! NAMI Connections is a peer-to-peer signature support group that is conducted in campuses and communities throughout the United States. Berks County NAMI officers conducted the session and are assisting us in getting our own Connections groups started. Berks NAMI will be hosting our second online Connections meeting on January 9th, 2022. Several KU graduate and undergraduate students will be selected for training in this model in the Spring of 2023. We hope to have Connections groups up and running in March of 2023 at undergraduate and graduate levels. We also welcomed Deter and Cooper back for dog therapy for our November Bear Care event.



***L to R. Dr. Brenner, Treasurer Sarah Pysher, President Lauren Wszolek, Secretary Maddie Blickley (Vice President Gabrielle Barndt not pictured)***



***L to R. Dr. Brenner, CSI President Kurtis Haynesworth, Secretary Sami Cartagena***

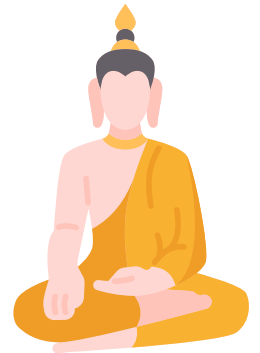




# DEPARTMENT EVENTS

## Exploring Contemporary Cultures in Counseling

On December 7, 2022, students in Dr. Cohen's Intercultural Issues in Counseling course presented a "Contemporary Cultures" poster session in the main lobby of Old Main. Students represented the department's graduate programs in Clinical Mental Health Counseling, Marriage, Couple, and Family Counseling, and School Counseling.



# RESEARCH PRESENTATIONS

## Student Affairs Student Presentation

Melissa Stough, a Student Affairs program student presented research at the annual First Year Student Conference. Her presentation was titled From Private to Public: The Transfer Student Experience where she presented research on why students transfer out of private colleges. Interview data on transfer students revealed common themes that included institutional fit, academic gains, and social connections. Findings from this study had implications for the recruitment of transfer students for public colleges and the retention of students at private colleges.

golden  
bears

## Dr. Joanne Cohen

Dr. Jo Cohen, Edgardo Riveros, and Isaiah Smola (CMHC, 2024) presented a discussion of Carl Rogers' 'The Loneliness of Contemporary Man as seen in The Case of Ellen West' at the Association for the Development of the Person-Centered Approach (ADPCA) Conference on July 29, 2022. The conference was held online, from July 27-31, hosted from the UK. On August 6th, 2022, Dr. Cohen and Isaiah presented their session again at the ADPCA-extended online conference in China using fluent bilingual Chinese-English translators. Isaiah received a graduate student research grant to support his attendance.





# RESEARCH PRESENTATIONS

## Roundtable Session: Trauma-Informed Mindfulness and Moral Injury



***Dr. Deborah Duenyas and KU Alumni Christopher Cooper***

The purpose of our roundtable session was to facilitate discussion about how counselor education programs can infuse knowledge on trauma-sensitive mindfulness in treating individuals suffering from Moral Injury. The roundtable session helped counselor educators and supervisors identify strategies to prepare counselors and supervisors to utilize trauma-sensitive mindfulness to assist clients suffering from a moral injury, while also allowing a framework for supervisors to add these concepts into the counselor education curriculum.



# RESEARCH PRESENTATIONS

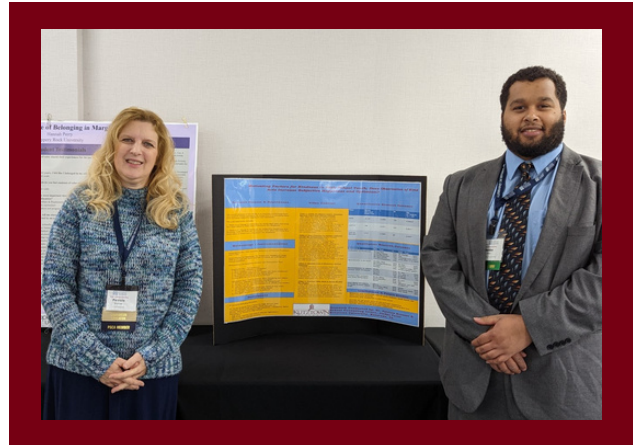
## Dr. Lauren Moss



This fall, Dr. Moss attended and presented at several conferences. She attended the Southern Association for Counselor Education and Supervision Conference in Baltimore, MD where she presented a program titled, A Report of Findings: Supervision of Group Leadership with Pre-Service School Counselors, with her research partner, Dr. Erin Mason of Georgia State University. She also attended the North Atlantic Region for Counselor Education and Supervision (NARACES) Conference in Pittsburgh where she presented a program titled: Site Supervisors' Group Work Supervision Experiences with School Counseling Interns, wherein she presented preliminary findings from her sabbatical research. Dr. Moss also presented Effective and Accessible Self Care for Counselors and Clients, with former KU student, Leslie Cogorno and at the NARACES conference, in addition to another program with Ms. Cogorno titled, Advancing the Profession with Mindfulness-based approaches for the Latinx Community at the Pennsylvania Counseling Conference in Pittsburgh, PA.

# RESEARCH PRESENTATIONS

## Dr. Patricia Brenner



***Jordan Pettit with Dr. Brenner at PSCA Conference presenting their research on Kindness.***

Dr. Patricia Brenner gave a research presentation titled, Transgender Emergence; Personal Stories of Leadership & Advocacy, at the International Leadership Associations' 24th Annual Global Conference. This research is a continuation of a pilot study conducted in 2019. Lev's (2004) Model for transgender emergence is used as a framework to examine participants transition journeys. Leadership and Well-Being are a primary focus in this investigation. Dr. Brenner and her research team, Dr. Jullien Searfoss and former KU graduate, Ian Wagner plan to continue studying this topic in various regions of the United States.

Dr. Brenner also presented "Gaining Wisdom Through Reading & Recovery Framework" which was selected with two other studies as Innovative Uses of Frameworks and Models in Leadership Education. Current MH counseling student, Joshua Tonkay and MH graduate student, Brittany Payne were co-creators of this study. Dr. Brenner and Joshua hope to conduct this group study in the Spring semester of 2023.

Dr. Brenner and student, Jordan Pettit, School Counseling & Licensure track conducted a study titled; Motivating Factors for Kindness in High School Youth; Does Observation of Kind Acts Increase Subjective Happiness and Optimism? They presented their study results in a poster presentation at the Pennsylvania School Counselors Association 67th Annual Conference on December 8, 2022.



# The Department of Counselor Education and Student Affairs



can't wait to welcome  
you all back



after winter break



in the Spring 2023  
Semester!