

# The Kutztown Counselor



Department of Counselor Education & Student Affairs  
Fall 2023 - Spring 2024 Newsletter



## Newsletter Features

Faculty Updates  
& Alumni  
Spotlight

Department  
News &  
Events



Awards  
&  
Grants

Research  
Presentations  
& More



# Welcome, Professor Strohl!



**Professor Shannon Strohl is a Licensed Professional Counselor (LPC) in the commonwealth of Pennsylvania. In the fall '23 semester at Kutztown, she taught COU:546 Group Processes Seminar.**



# Faculty Updates & Alumni Spotlight



## Welcome, Professor Cogorno!

Leslie earned a Bachelor of Science in Applied Psychology and Organizational Behavior from Albright College and a Master of Arts in Mental Health Counseling from Kutztown University. Leslie is a doctoral candidate in the Counseling Education and Supervision program at Regent University. Leslie is a licensed professional counselor in Pennsylvania.

She is active in several counseling associations, such as the American Counseling Association, Chi Sigma Iota, and the Pennsylvania Counseling Association, where she serves and advocates for the BIPOC community. Leslie has also been teaching at the graduate and undergraduate level in counseling and psychology programs since 2017.

Leslie is a bilingual clinician (English/Spanish) who uses an eclectic approach to counseling. Leslie primarily identifies as a person-centered clinician eager to provide trauma-informed care and find the most effective counseling approach for the client's presenting problem. Leslie uses counseling methods such as: Cognitive Behavioral Therapy, EMDR, Narrative Therapy, Mindfulness, Meditation, and Body and Mind Connection. Leslie works with children/adolescents and adults and enjoys helping those struggling with ADHD, stress, anxiety, depression, relationship issues, and sexual identity issues.

Leslie's research interest revolves around providing culturally appropriate approaches to counseling the Hispanic/Latinx community, Neurodiversity, cultural humility, cross-cultural supervision, counseling programming amid war, and EMDR as an approach to treat chronic pain.

When not working, Leslie loves caring for her many house plants, spending time with her children and husband, and supporting them in their many sports and activities. Leslie considers herself creative and artistic and enjoys painting, writing, and creating new things.

## Welcome, Professor Wills!



Rebecca (Becky) Wills is a licensed professional counselor in New Jersey and Pennsylvania. She has worked in the field of psychology for over twenty years.

She went to Eastern University and completed her master's degree in clinical/community counseling. As a graduate student, she began counseling at a community mental health clinic where she later became an employee. The focus and clientele of the clinic gave Becky the opportunity to develop as a counselor and student of psychology. She has pursued continuing education and certification in brief psychotherapy, crisis intervention, EMDR, and the treatment of trauma and loss in all ages. For over fifteen years she has maintained an independent private practice treating children, adolescents, and adults in individual, group, and family therapy.

She is also the clinical director of the Mercury Critical Incident Response Team in Southern New Jersey and the AT Cares Response Team of New Jersey serving Athletic Trainers in need. Becky responds with the teams to emergency services personnel, police, firefighters, dispatchers, and athletic trainers that may have a reaction to an event. Additionally, Becky is currently the Past-President of the Greater Philadelphia Area Counseling Association (GPACA). She loves sharing counseling research, advocacy, and experience with students.

Becky has been an assistant professor in psychology at the University of Valley Forge for the last six years. Currently, she is finishing her PhD in Counselor Education and Supervision at Regent University and will graduate in May 2024.

**Welcome,  
Dr.  
Jones!**



**Sarah Jones has over 20 years experience working in public schools across the pk-20 continuum, including 10 years as a classroom teacher in North Carolina, and 10 years in high education. After earning her doctorate from the University of Georgia in Counseling and Student Personnel Services and before moving to Pennsylvania, Sarah was an assistant professor of counseling and college student affairs at the University of West Georgia. Since moving to the area, Sarah has been pursuing LPC licensure. She worked as a family based therapist for one year. In January she will begin working a a staff therapist at Samaritan Center in Lancaster. Sarah and her wife, Lara Willox, have five kids and two dogs.**



# Faculty Updates & Alumni Spotlight



**On Monday April 29th, after the CSI Ceremony, the CSI students and Counseling Department Staff threw Dr. Redekop a retirement party.**

**We would all like to give Dr. Redekop a huge thank you for all that he has done, and we send best wishes for his retirement!**

# Faculty Updates & Alumni Spotlight

**Dr. Krahwinkel-Bower will be presenting at the Association for Humanistic Counseling conference on May 31, 2024. Her educational session is entitled, Meeting the Basic Needs of Sexual, Affectional, and Gender Expansive Clients Utilizing Reality Therapy. Dr. K is excited to share this information with the counseling community. To align with the conference theme of removing barriers, this year's conference will be held virtually. Grad students are encouraged to attend!**

**<https://www.humanisticcounseling.org/ahc-conference>**

**Dr. Deborah Duenyas & Dr. Krahwinkel-Bower are working with Dr. Roseanne Perkins, a colleague in Library & Technologies Education, to publish their latest manuscript entitled, Permission to be Creative: Graduate Counseling Students Perceptions of a Maker Therapy Workshop.**





## Alumni: Caitlin Ziegler

Caitlin (Jordan) Ziegler, MA, LPC (MCFC 2018) presented "Working with sex abuse offenders" at the 2023 summer class on Trauma Counseling. Caitlin currently works at Lehigh Valley Hospital outpatient mental health. Caitlin is EMDR trained, and she helps individuals navigate through the mental health journey with a person-centered holistic approach. She has worked in the juvenile court system with individuals mandated into counseling. She has worked rehabilitating adjudicated juveniles and conducting individual as well as family counseling.



# Faculty Updates & Alumni Spotlight

## Alumni: Mallory Stevens-Carr

On 3/4/24, A graduate of Kutztown's Marriage, Couple and Family counseling program visited the School Counseling Internship class to share her wisdom and experience as a bereavement counselor and licensed professional counselor. Her lecture and discussion helped school counselors-in-training determine best practices to support students facing grief and loss.





# Faculty Updates & Alumni Spotlight

## Alumni: Chris Bard



**Chris Bard, a school counseling program alumnus and current school counselor at Berks Career and Technology Center, visited the introductory school counseling class and the school counseling internship group. As the current Pennsylvania School Counseling Association Secretary, he shared current state-wide school counseling data and professional development opportunities.**

# Faculty Updates & Alumni Spotlight

## Alumni: Rasmill Espiritu Alvarez

Rasmill Espiritu is a bilingual (English and Spanish) Licensed Professional Counselor (LPC) who graduated from Kutztown University in May 2018.

Rasmill is currently working with a diverse community including individuals experiencing depression, anxiety, panic attacks, and adjustment disorders through Telehealth services all around the state of Pennsylvania. Rasmill currently works at Thriveworks Counseling.

Rasmill created a wonderful Journal for children called “My First Journal”. This journal serves a dual purpose: it not only fosters mindfulness but also aims to encourage communication between parents and their children.

“My First Journal” is thoughtfully designed with five simple, open-ended questions that prompt children to reflect on their day and experiences.

Such questions are crucial for fostering openness, comfort, habit, and connection—key components of healthy emotional and psychological development. Looking ahead, my aim is to create a supplemental guide that will help parents harness the power of open-ended questions.

Through understanding, unconditional positive regard, and empathy, parents can significantly enhance their communication with their children, laying the foundation for positive lasting emotional growth. This

guide will offer straightforward advice on encouraging dialogue, practicing active listening, and creating a nurturing environment where children feel safe and valued. “My First Journal” can be found on Amazon using this direct link : <https://a.co/d/hOP8hth> or typing “journal for kids

by M Espiritu on the search bar.



# Department News & Events : IAS

## Initial Advisement Seminar Fall 2023 & Spring 2024

On August 28th 2023 and January 22nd 2024, 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.





# Department News & Events: IAS

## Initial Advisement Seminar Fall 2023 & Spring 2024



Fall



Spring

# Department News & Events: Department Library

## New Student Library and Lounge

The Department has opened up a student lounge in room 419 of the A wing, included in the lounge is a lending library, a computer, snacks, and a coffee bar.





# Department News & Events:

## School Intern

School Counseling Intern Amy McCartney was recently featured in local news for work on her 'capstone' project! Amy collaborated with the woodworking class students at Phillipsburg High School to build a Free Little Food Pantry.

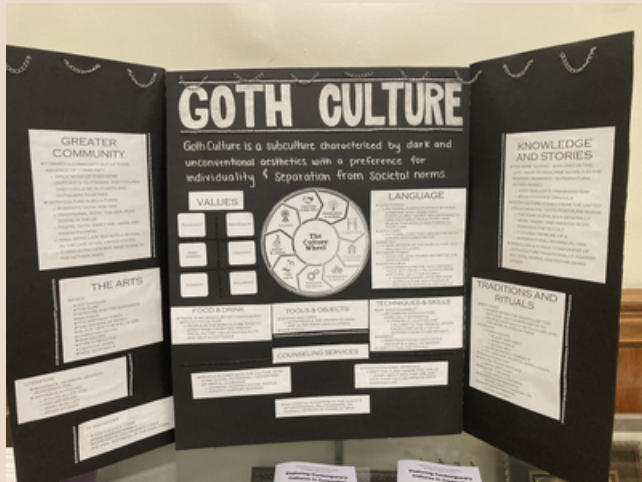
Check out the article below:

[https://www.tapinto.net/towns/phillipsburg/sections/education/articles/a-free-little-food-pantry-is-the-newest-addition-in-front-of-phillipsburg-primary-school\](https://www.tapinto.net/towns/phillipsburg/sections/education/articles/a-free-little-food-pantry-is-the-newest-addition-in-front-of-phillipsburg-primary-school)

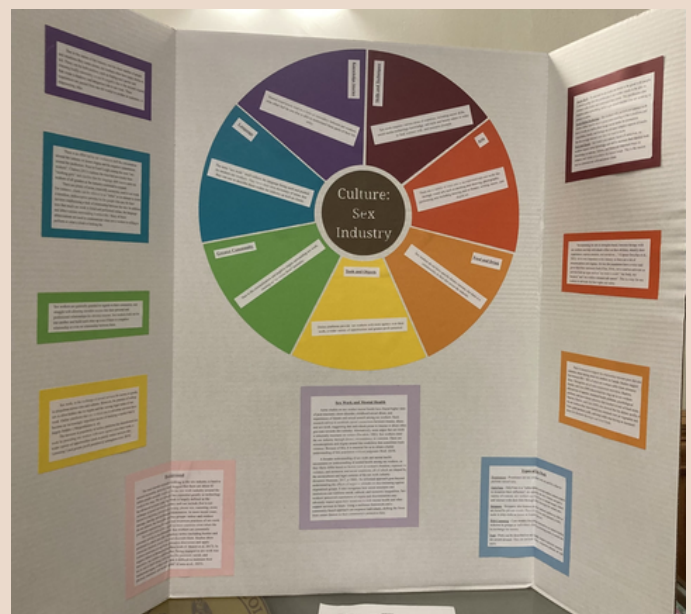


# Department News & Events: Contemporary Cultures

## Exploring Contemporary Cultures in Counseling Dr. Joanne Cohen



On December 13th, 2023, 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.





# Department News & Events: CSI Workshops

## CSI Fall Workshops and Training

On October 14th, NAMI and CSI did a collaboration training event with Dr. Brenner. The purpose of the training was to help students understand how to provide a safe space for clients.



### PROGRESS NOTE TAKING WORKSHOP WITH DR. KRAHWINKEL

 **SATURDAY, OCTOBER 21**  
 **OLD MAIN 287**  
 **10AM-12PM**  
**FREE COFFEE AND DONUTS**



On October 21st, Dr. Krahwinkel gave a presentation on progress note taking when working with clients for a CSI Workshop.

On November 11th, Professor Albert gave a presentation on countertransference and how to manage it when working with clients for a CSI workshop.

### Countertransference Workshop

Presented by Professor Albert



Countertransference is a therapist's reaction and feelings toward a client in therapy.

**Old Main 287 \***  
**10 am - 1 pm**

\$3 for CSI members;  
\$5 for non-members

[RSVP HERE](#)

Donuts and coffee will be provided by CSI E-board for free to all who attend.



\*There is also a zoom option, fees still apply.

# Department News & Events:

## CSI Workshops

### CSI Spring Workshops

**On February 24th, 2024.  
Professor Albert presented  
a workshop session for CSI  
about theoretical  
conceptualization when  
working with clients.**



**On March 23rd, 2024, Dr.  
Krahwinkel-Bower hosted  
an informational session  
for CSI about graduation  
and the licensure process.**

# Department News & Events:

## CSI Social Events



**On October 31st,  
CSI threw a  
Halloween costume  
event at the  
Kutztown pub.**

**December 5th, CSI  
planned a Ugly  
Christmas Sweater  
event at the Kutztown  
pub.**





# Department News & Events: CSI Ceremony



**On Monday April 29th, the Department of Counselor Education and Student Affairs and the Chi Omega Upsilon Chapter of Chi Sigma Iota (CSI) held their 6th annual induction and award ceremony.**

**CSI is an international honor society that values academic and professional excellence in counseling.**

**The Department recognized outstanding student achievements and honored alumni for their contributions to the profession of counseling.**

# Department News & Events: CSI Induction

## Congratulations to the 2023-2024 CSI inductees:

Jessica Flipe  
Ana Sulivera  
Keely Landis  
John Meck  
Sean Stackhouse  
Miranda Hersh  
Breann Craley  
Dalia Garcia  
Emily Good  
Josh Gogh Herauf

Elisabeth Hutchinson  
Jessica Kanas  
Jeff Klucasits  
Emma Kramer  
Katherine Purner  
Sarah Rentz  
Sarah Saxman  
Evi Skoutelas  
Megan Stager  
Antonio Harrison





# Department News & Events: CSI Induction



**CSI Students welcomed the NEW 2024-2025 CSI  
Executive Board members, including:**

**2024-2025 CSI Executive**

**Board President: Breann Craley**

**Vice President: Meg Gooding**

**Secretary: Kylie Cuchran**

**Treasurer: Keeley Landis**

**Members at Large: Johnathan Hesbol, Olivia Hoy, Elyse  
Eckert, Nicole Pawling, Miranda Hersh, Jazmine Lord**

**Faculty Advisor: Dr. Deborah L. Duenyas**

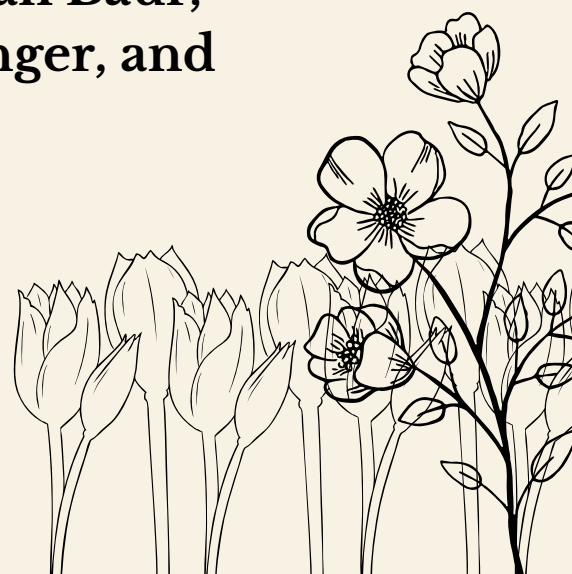
**Back up Advisor: Dr. Scott Tracy**

# Department News & Events: CSI Induction

**Thank you to the 2023-2024 CSI Executive  
Board for your service!**



**L to R, Breann Craley, Megan Baur,  
Maddox Evans, Jacob Barringer, and  
Dr. Tracy**





# Department News & Events: Commission on Human Diversity



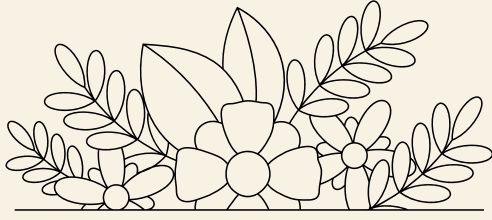
Dr. Brenner presented the workshop titled, “A Powerful Trifecta; Leadership, Advocacy & the Arts.” The presentation was formatted as a Dialogue Lab using processes and procedures adopted from the International Leadership Association’s first-ever D-Lab which Dr. Brenner attended on January 26 - 28, 2024. This lab focused on a “persistent series of questions gnawing at our souls: Are we doing enough? Are we responding to this moment with all of the courage, creativity, and commitment that we can summon? Are our efforts to intervene bold, innovative, and informed by the latest insights from the field of leadership regarding how the world works and how change happens?” The central question participants will focus on is: How might we exercise leadership as leaders at Kutztown University using the Arts as a way that responds meaningfully to the challenges of this moment?

# Department News & Events: Commission on Human Diversity

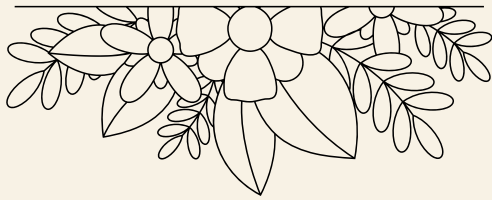


**Emma Kramer, an MA in School  
Counseling Student, also  
presented at the conference!**

# Awards & Grants



## Human Library



**Dr. Brenner and Shelby Baney, MA in Counseling  
Student and GA at the Rohrbach Library**

**Dr. Brenner and Shelby Baney were part of the planning committee that brought the Human Library to Kutztown University both in the spring of 2023 and 2024. The Human Library is a way for people to reach out and connect with individuals in their community that they might not normally engage with. It creates a safe space for people to engage, whether this is one-on-one or in small groups, to encourage people to “unjudge” a book by its cover. Visitors to a library have an opportunity to borrow Human Books and to engage in conversation with the books. The library tailors its approach to each person’s biases and prejudices, instead of approaching diversity and inclusion with a one-size-fits-all solution. Library books were KU students, staff, faculty, and community members.**



# Awards & Grants: Social Justice Award



**Dr. Brenner presented the Commission On Human Diversity's Social Justice Award to our own MA in School Counseling Student, Mirialy Valle at the Commission's 14th Annual Conference which was held on March 1st, 2024.**

# Awards & Grants: Sallie Redekop Scholarships

A ceremony was held on December 4th, 2023 to recognize and celebrate the recipients of the Sallie Redekop Foundation Scholarship.



Noah Nguyen  
Jailin Bolt  
Quameer Francis  
Sarah Rentz  
Dylan Shipe  
Josh Tonkay  
James Potts

Isaiah Smola  
Kory Geiger  
Lucrecia Maldonado-Figueroa  
Mirialy Valle  
Julianna Rose  
Jessica Kanas

Kevin Wertz  
Robert Hazard  
Dalia Garcia  
Michelle Menkowski  
John Pettit  
Adam Christian  
Kurtis Haynesworth



# Awards & Grants: CSI Honors & Award Ceremony



**Congratulations to Eric Neifert, presented with the Outstanding Alumni Award by Dr. Cohen!**

# Awards & Grants: CSI Honors & Award Ceremony



**Congratulations to Robbie Hazard, presented with the Outstanding Student in Clinical Mental Health Counseling Award by Dr. Redekop!**



# Awards & Grants: CSI Honors & Award Ceremony



**Congratulations to Lakshmi Nair Kanangottu, presented with the Outstanding Student in Marriage, Couple, and Family Counseling Award by Dr. Cohen!**

# Awards & Grants: CSI Honors & Award Ceremony



**Congratulations to Samantha Cartagena, presented with the Outstanding Student in Addiction Counseling Award by Dr. Tracy!**



# Awards & Grants: CSI Honors & Award Ceremony



**Congratulations to Sean Stackhouse,  
presented with the Outstanding Student in  
School Counseling Award by Dr. Moss!**



# Awards & Grants: NAMI

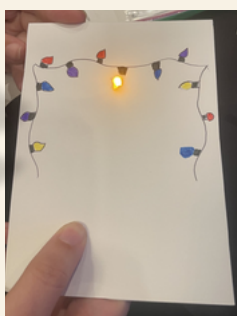
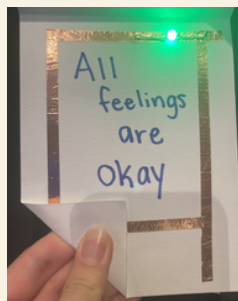
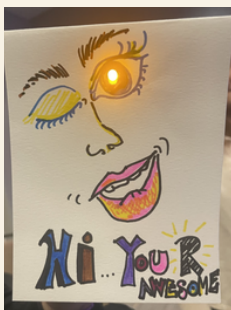
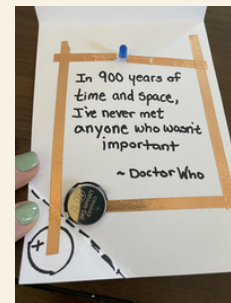
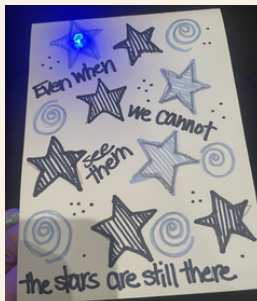
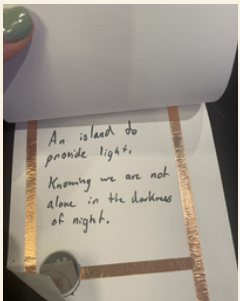


NAMI KU received a \$500.00 grant from NAMI National to spread the word about the new game platform Say It Out Loud. Two events were sponsored by NAMI & Chi Sigma Iota to promote the game which was created for youth by youth. The first event was held on December 4, 2023. The second event was held on March 4, 2024 and was combined with our own dog therapy friends, Dexter and Bodie.



# Research Presentations: PCA Conference

## Roundtable Session: Creative Approaches in Counseling



Dr. Duenyas presented at the Pennsylvania Counseling Association annual fall conference. The purpose of her roundtable session titled; "Creative Approaches in Counseling" was to facilitate discussion regarding the benefits of using creative approaches in counseling. Particular attention was given to the neuroscience of creativity and Maker Therapy. The roundtable session helped counselors and supervisors reflect on how they can use creative approaches in their work. Participants created paper circuit cards as part of an experiential exercise.



# Research Presentations: PCA Conference



**Ms. Leslie Cogorno, Dr. Jill Krahwinkel-Bower, Dr. Deborah Duenyas, and Dr. Lauren Moss.**

**Dr. Moss & Ms. Cogorno held a poster presentation on Teaching with a Posture of Humility: From the Classroom into the Counseling Room.**

**Dr. Krahwinkel-Bower facilitated a 60 minute educational session on Elevating the Profession Through Culturally Responsive Assessment and Diagnosis.**

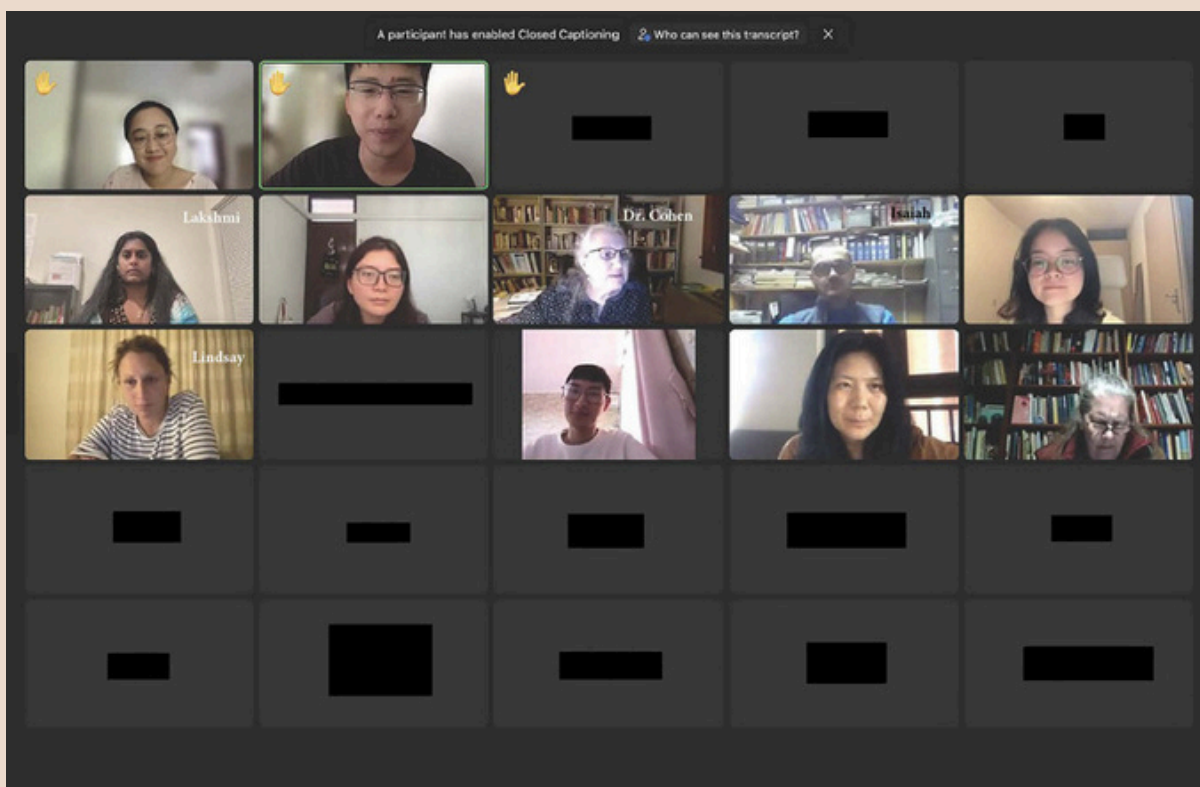




# Research Presentations: Workshop

## Dr. Cohen: How Using Creative Interventions Can Help Facilitate a Person-Centered Relationship with Children


On June 28, 2023, Lindsay Jensen (M.A., CMHC '24) , Lakshmi Nair Kanangottu, (M.A., MCFC '25), Isaiah Smola (M.A., CMHC '24), and Joanne Cohen presented the 2-hour workshop, "How Using Creative Interventions Can Help Facilitate a Person-Centered Relationship with Children," using interpreters, at the Association for the Development of the Person-Centered Approach Conference online from Beijing, China.



# Research Presentations: Articles

Kutztown alumni, Andre Sumiel, along with COE faculty members Dr. Deborah Duenyas and Dr. Jill Krahwinkel had their research article titled, "Experiences of Underrepresented Masters Students in Counselor Education" accepted for publication in the Journal of Counselor Preparation and Supervision (JCPS). JCPS is a peer-reviewed journal publication serving the North Atlantic Regional Association for Counselors and Supervisors (NARACES). The purpose of this phenomenological investigation was to understand the racial and ethnic experiences of underrepresented Master's-level counseling graduate students in CACREP-accredited counselor education programs. Data analysis revealed four composite themes that comprised students' experience. The themes were: Perceived Cultural Competence, Individual Characteristics, Connection and Advocacy, and Bringing "It" Up. Implications on how counselor education programming and curriculum can provide support for underrepresented students were provided.

Duenyas, D. L., Sumiel, A., & Krahwinkel, J. (2023). Experiences of Underrepresented Masters Students in Counselor Education. Journal of Counselor Preparation & Supervision, 17(2). Retrieved from <https://digitalcommons.sacredheart.edu/jcps/voll17/iss2/8>

A decorative floral illustration in the bottom right corner of the page, featuring several stylized flowers and leaves on thin stems.

# Research Presentations: Student Presentation



**Gabriela Fialova, who is pursuing a major in Clinical Mental Health Counseling, adeptly applies her academic insights to her role as the Coordinator of Digital Media for the PADESK Program at Kutztown's Small Business Development Center. Gabi's work involves crafting social media campaigns and digital content that resonate on a psychological level, which helps in identifying and appealing to the emotional and cognitive behaviors of consumers, Gabi also contributes directly to photography for small business owners. Her presentation effectively highlighted how her background in mental health counseling enhances her ability to design marketing strategies that are not only effective but also empathetically aligned with the clients' needs and aspirations. She showcased specific instances where her psychological expertise allowed for a more advanced approach in audience analysis and content creation, illustrating the successful integration of psychology principles in digital media outreach.**



# Research Presentations: DVSAC

## Presentation at Delaware Valley Student Affairs Conference



On March 1st, Jacklyn Rodick and Aaron Springer, two Student Affairs Master's students presented at the annual Delaware Valley Student Affairs conference. Their research was titled "Fostering a Culture of Collaboration in the Widening Skills Gap".

# Research Presentations: PSCA



**Dr. Brenner and Dr. Tietbohl presented at PSCA's 68th Annual Conference in December of 2023. Their workshop was titled, Being & Belonging in Schools: "Making Meaningful Connections Through the Creation & Sharing of Poetry and Music." While at the conference they met Hip Hop Artist Deelwho discussed his own new creative initiative with them, his new book for Elementary Youth; "Daivd Found His Slingshot".**



# Research Presentations: APA Division 32



**On March 30, 2024, Dr. Jo Cohen and Lakshmi Nair Kanangottu, MA MCFC '25 delivered a CE presentation, Humanistic Group Counseling for Immigrant Women with Histories of Trauma at the Division 32 Society for Humanistic Psychology conference in Ann Arbor, Michigan.**

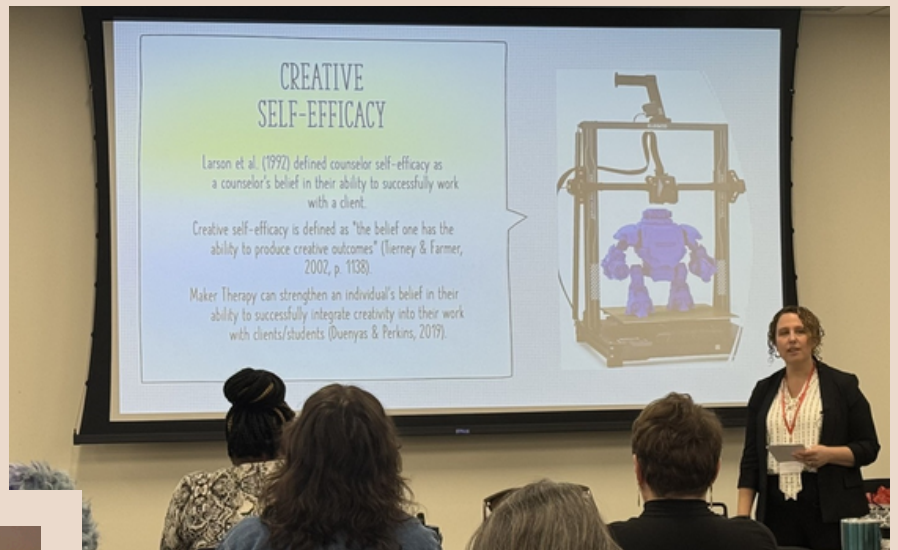


# Research Presentations: ACCA



**MCFC student Elliot Elbaum & Dr. Scott Tracy collaborated on a research poster titled College Counseling in a Post-Covid Era. The research was presented at the American College Counseling Association's annual conference in Orlando, Florida on February 23rd, 2024.**

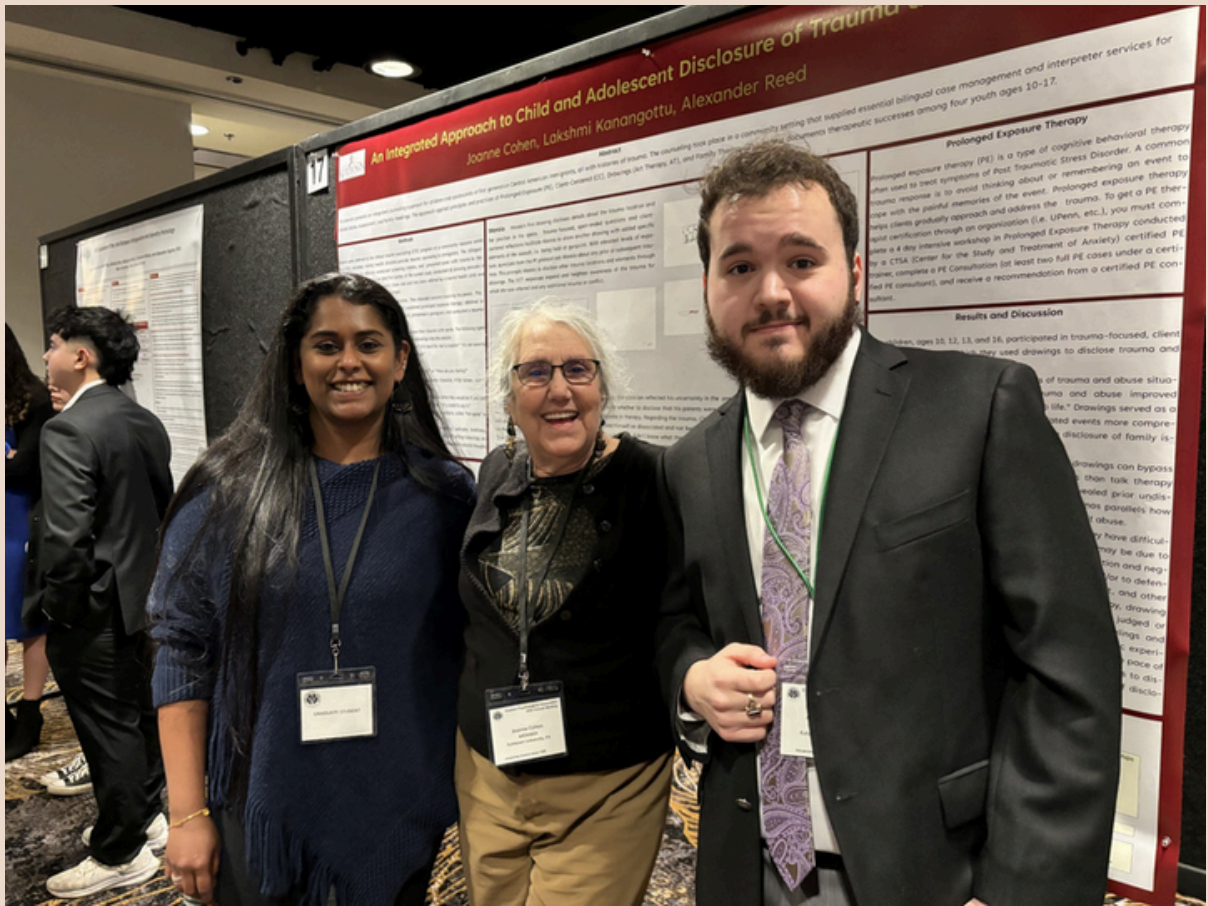
# Research Presentations: GPACA



Dr. Deborah Duenyas was invited to be the keynote speaker at both the Greater Philadelphia Area Counseling Association's (GPACA) annual Trauma Symposium held at the Philadelphia College of Osteopathic Medicine and Indiana University of Pennsylvania's (IUP) annual Social Justice Conference. Dr. Duenyas presented on, "Counseling and Creativity in our Communities," and "Advocacy and Creativity in Counseling." Integrating Maker Therapy to infuse creativity into social justice, advocacy and counseling practices was discussed. Participants were also encouraged to think critically about the neuroscience of creativity and its benefits for counseling, health, and well-being.



# Research Presentations: EPA



**L to R. Lakshmi Nair Kanangottu, Alex M. Reed, and Jo Cohen presented, "An Integrated Approach to Child and Adolescent Disclosure of Trauma and Abuse" at the 95th Annual Eastern Psychological Association Conference in Philadelphia, PA on March 1, 2024.**



# Research Presentations: NASPA



**Student Affairs Master Student, Giovanni Negron-Garcia gave a presentation entitled Intergroup Dialogue and Advancing DEI in Higher Education (and Beyond) at the annual NASPA conference in Seattle Washington.**

# Research Presentations: PSLA



**Drs. Deborah Duenyas and Roseanne Perkins presented at the annual Pennsylvania State Librarians Association (PSLA) conference on, "Counseling in the School Library Makerspace: Collaborating for Mindfulness and Wellness." Maker therapy is a creative approach to counseling that leverages the makerspace as a potentially rich environment for activities that support students' mental health. Drs. Duenyas and Perkins offered practical ideas for how school librarians might break boundaries and create communities by collaborating with school counselors to integrate maker therapy into their schools.**



Have a  
wonderful  
Summer  
Break!!!

