

# The Department of Counselor Education and Student Affairs

Fall, 2024 Newsletter



## Department Faculty Receive Awards for Excellence in Teaching



**DR. LAUREN J. MOSS**

Professor of Counselor Education and Student Affairs, Dr. Lauren Moss received KU's 2024 Arthur and Isabel Wiesenberger Award for Excellence in Teaching. The award is presented annually to a faculty member who has demonstrated superlative teaching skills and service to the university.



**DR. DIANA CARDENAS ELLIOTT**

Associate Professor of Counselor Education and Student Affairs, Dr. Diana Elliott was awarded Kutztown University's 2024 John P. Schellenberg Award for Excellence in Teaching and Learning. The award was presented during the Faculty and Staff Convocation and Celebration Friday, Aug. 23.

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**Editors: Dr. Joanne Cohen, Angela Leamon, Kayla Stoeber**



**CONGRATULATIONS, SPRING 2024 GRADUATES!!!**

### **FALL 2024 INITIAL ADVISEMENT SEMINAR**



On Monday, August 26th, 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.

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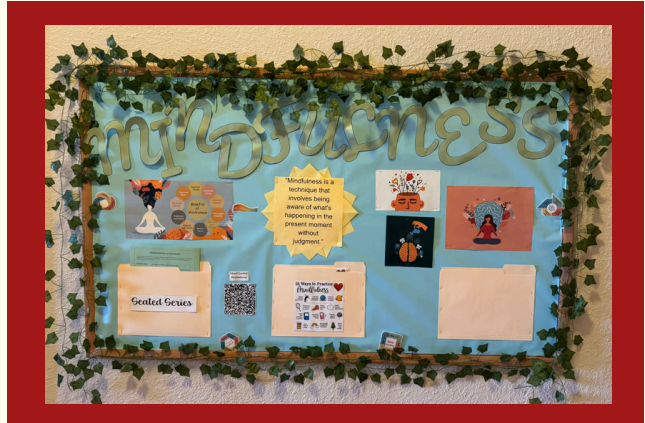


### Graduate Fair



Graduate Assistants, Angela Leamon and Kayla Stoeber, joined Dr. Scott Tracy and Dr. Sally Hyatt for Kutztown's annual Graduate Fair. The Graduate Fair is held every year to provide prospective students with information about each graduate program.

### Mindfulness Board



You can find helpful tips and tricks on how to be more mindful on the Mindfulness Board at the end of the hall in the Counselor Education and Student Affairs Department, Old Main 4th floor A-wing! This recent Graduate Assistant special project has already been helpful to many students and professors, integrating mindfulness into self care & the curriculum.

### Career Counseling Class Hosts William Allen High School Students for Career Connection Event



Dr. Patricia Brenner's COHS 535, Career Across the Lifespan class, in cooperation with High School Counselor Mrs. Liyan Morris, hosted students from William Allen High for a Career Connection event on Thursday, November 14. Kutztown University students provided career assessments, resources, and guidance to the High School sophomores, juniors, and seniors.

### CACREP Accreditation Visit

From Sept. 30 to Oct. 2, 2024, CESA counseling faculty met online with a team of CACREP evaluators for an online site visit. During the visit, the team reviewed all four counseling programs, including the MA programs in Clinical Mental Health Counseling, Marriage, Couple & Family Counseling, and Addictions Counseling; & the MS in School Counseling. This is the first time that the addictions counseling program is up for accreditation. We expect to be notified of the final decision, including the term of accreditation by the end of March.



### New NCC Credential

Our counseling programs are now affiliated with NBCC (National Board of Certified Counselors), meaning that students in good standing who are in the last two years of their program are eligible to apply for the NCC (National Certified Counselor) credential. By applying for the NCC, you will have the opportunity to take the National Counselors Exam (NCE) exam in your last semester of the program!!! Dr. Krahwinkel-Bower will be hosting regular NCC orientations for you to learn more!



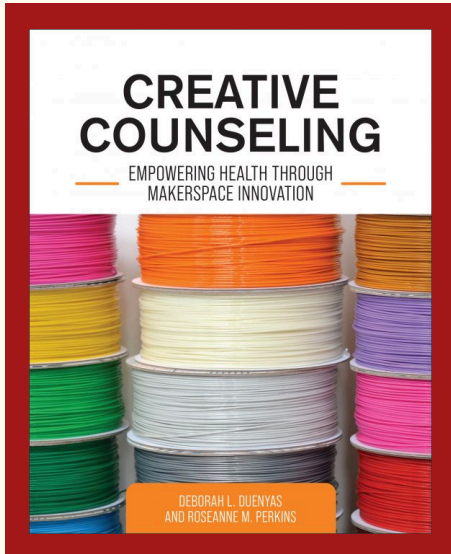
### Pennsylvania School Counselors Association 'Hill Day'



On June 25th 2024, Kutztown University's Dr. Lauren Moss, professor of Counseling, joined many Kutztown counseling program alumni, site supervisors, and school counselors across the Commonwealth for the Pennsylvania School Counselors Associations 'Hill Day', organized to support the Pennsylvania School Counseling Services Act. This legislation is designed to establish guidelines for comprehensive school counseling services in schools, which deliver the kinds of primary care students need to support their holistic health and wellness and overall school success. Pennsylvania is currently the only state in America that has not adopted a defined school counseling program or required school counseling in schools.



### **Dr. Deborah Duenyas Authors Book, “Creative Counseling: Empowering Health through Makerspace Innovation”**



Dr. Deborah Duenyas is the first author of a book published by Cognella Academic Publishing titled “Creative Counseling: Empowering Health through Makerspace Innovation.” Counselors must be prepared to work with clients who are living through the global and political challenges of the 21st century. The book provides counselors and mental health professionals with a framework for incorporating makerspace ideology into therapeutic practices. The book presents a hands-on approach, advocating for the inclusion of making, creating, and innovating as tools for therapeutic growth.

The text offers insight into the core principles of makerspace—a focus on process over product, practical learning, an iterative mindset, and encouragement of creativity, collaboration, critical thinking, and problem-solving. Structured around the STIIR model (Space, Tinker, Ideate, Innovate, Reflect), the book traverses from theoretical underpinnings to practical applications in various settings, including individual, group, family, and educational contexts. It devotes significant attention to the integration of Maker Therapy across different theoretical approaches and techniques, illustrating its adaptability and utility in diverse clinical situations.

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### **Faculty Publications**

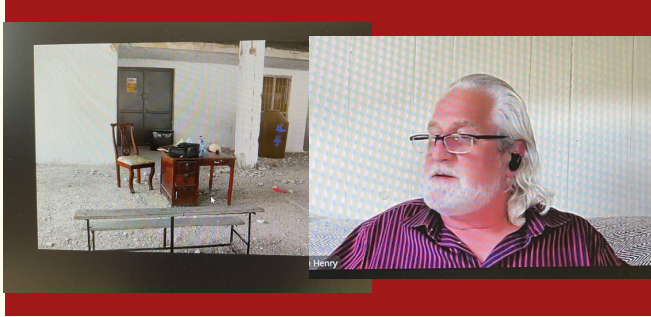
In June 2024, Dr. Elliott and Dr. Hyatt published “All swirl is not the same: Examining differences across degrees of swirl intensity” in the Journal of College Orientation, Transition, and Retention.

Krahwinkel-Bower, J. (2024). Applying Reality Therapy to meet the needs of LGBTQ+ clients: A conceptual framework. International Journal of Reality Therapy, 44, (1), pp. 16-29.

<https://drive.google.com/drive/folders/1frn6mLj7kOx4aFR05PdFbvWdI0CbTmx8>

In August, Melissa Stough, a CSA 2024 graduate, and Dr. Elliott published “From public to private: Lateral transfer student experiences” in the Georgia Journal of Student Affairs.

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## William Henry

William (Bill) Henry, M.A., ABD is a 2001 graduate of Kutztown's M.A. Counseling Psychology program. On June 10, 2024, Bill visited Dr. Joanne Cohen's COU 532 Trauma Counseling course on zoom. He presented a powerful slide presentation that chronicled his experiences as a volunteer mental health provider once every year, for three years in Haiti following the 2010 earthquake. This 7.0 Richter scale event killed more than 100,000 people and displaced over a million. Bill discussed the "calling" of trauma therapists, the need for self-care, and managing secondary and vicarious traumatization.



## Paige Lilly-Ivens

"Hello! My name is Paige, and I am here to listen. You are unique and so is your story, and it does not have to end in just one way."

Paige visited Dr. Tracy's Counseling Theories Seminar class to help students practice identifying and using CBT techniques in session. She is a 2021 graduate of the Clinical Mental Health counseling program.



## Kenda Balkiewicz

Kenda Balkiewicz, BSN, MEd spoke to interns in Marriage, Couple, and Family Counseling and Addictions Counseling about impacts of addiction on individuals, families, and communities. She presented cases to illustrate dual diagnoses and the revolving door between mental health and the criminal justice system. Kenda discussed legal obstacles, the processes of voluntary and involuntary commitment, and medical, psychiatric and family issues associated with addiction in the family. Kenda is a 2006 graduate of Kutztown University's School Counseling program and a Transfer Center / Patient Placement RM with Tower Health.



Dr. Cohen's COU 560 Topics and Issues: Dream Interpretation in Counseling class provided students with a unique opportunity to explore their own dreams, research a topic on dreams, and develop a psychoeducational counseling curriculum / program for a specific population. Students researched a variety of applications, including dream interpretation for war veterans with PTSD; perinatal and postnatal dreams; and anxiety dreams among middle and high schoolers. Class incorporated lecture, discussion, demonstration, practice, and invited guest lectures by three experts in the field.

## Guest Speaker Neil German

Invited Guest Lecturer on September 11, 2024 was Neil German, professor and chair of the psychology program at Webster University in Geneva, Switzerland. Professor German is a 1991 alumnus from KU's M.A. Agency Psychology program, which evolved to today's Clinical Mental Health Counseling Program. After leaving KU, German studied at the Jungian Institute from 1992-1998, where he worked with Jung's grandson Dieter Baumann. He is a Psychoanalyst and has been teaching at Webster for 23 years.

Here's a link to him at Webster:

<https://geneva.webster.edu/academics/faculty/psyc.php>

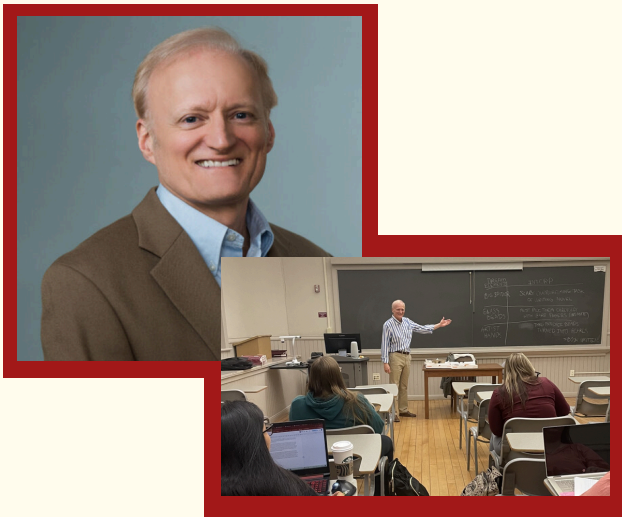


## Guest Speaker Dr. Jerry Jennings

On October 23, Dr. Jerry Jennings presented his theory and practice of Person-Centered Dream Counseling. Students read a few of Jennings' articles in preparation for his presentation. The lecture was supplemented with a video of Jennings facilitating dream interpretation with an actual client, and an in-class experiential exercise involving interpreting dreams.

Here's a link to Jennings original article from the 1980s.

[https://www.researchgate.net/publication/232512080\\_The\\_dream\\_is\\_the\\_dream\\_is\\_the\\_dream\\_A\\_person-centered\\_approach\\_to\\_dream\\_analysis](https://www.researchgate.net/publication/232512080_The_dream_is_the_dream_is_the_dream_A_person-centered_approach_to_dream_analysis)



## Guest Speaker Dr. Richard Bargdill

On November 20, 2024, Richard Bargdill from Virginia Commonwealth University presented a lecture on topics from his 2024 publication, "A Dreamer's Thought Book: Intriguing Ideas about the Dreaming Process." Some of the topics covered included déjà vu, prophetic dreams, recurring dreams, and lucid dreaming. Here's a link to more information about Dr. Bargdill and his new book.

<https://news.vcu.edu/article/2024/04/vcu-professors-new-book-observes-how-dreams-can-be-a-powerful-tool>



## Dr. Wills Earns Doctorate in Counselor Education & Supervision



On May 4, 2024, Dr. Rebecca Wills graduated from Regent University with a doctorate in Counselor Education and Supervision. The final process of the degree was a dissertation entitled, "Hearing It All: Traumatic Stress and the 911 Telecommunicator." This dissertation explored the impact of answering and dispatching emergent and nonemergent calls on 911 Telecommunicators (TC). Wills had 394 responses to her survey instrument containing the Professional Quality of Life Survey (ProQOL-5), the Impact of Event Scale-Revised (IES-5), and the Maintaining Emotional Separation Scale (MESS). The results of her study showed measures of traumatic stress in the sample of TCs higher than those of law enforcement offices and levels far exceeding those of individuals in non-first responder occupations. A statistically and occupationally significant finding of the study was the presence of higher levels of the ability to maintain emotional separation or self-other individuation and lowered levels of secondary traumatic stress and burnout in TCs. The purpose of this study was to advocate for the reclassification of 911 Telecommunicator employment to a Protective Health Occupation, like other first responders; to inform 911 TCs, employers, and organizations; and to prepare counselors for caring for the unique needs of 911 TCs.

## Jessica Hainley Named KU Employee of the Month for November, 2024



Congratulations to Jessica Hainley 2024 graduate student of the M.Ed Student Affairs & Higher Education program, student assistance coordinator, on being named KU Employee of the Month for November 2024. Hainley's nomination from Nadia Daher, student assistance coordinator for special populations, reads:

"Jessica demonstrates professionalism and enthusiasm in every aspect of her role. When a long-serving employee transitioned to a new position, Jessica seamlessly stepped in, not only taking on additional responsibilities, but also making efficient changes that improved office operations. Her willingness to rise to the occasion, even though she naturally prefers not to be in the spotlight or delegate tasks, is a testament to her dedication. She brings a quiet confidence to her interactions with staff, students and the broader university community, ensuring that everyone feels supported and valued."

For more information on the award or to nominate someone, please visit the KU human resources website.



**Elliot Elbaum, M.A**

My name is Elliot Elbaum. I graduated from Kutztown's M.A. Counseling program on the MCFC track in the Spring of 2024. Currently I am working in private practice in Allentown PA, where I work with individuals and couples. In particular, I enjoy working with emerging adults who are going through life changes. In July of 2024, I obtained my Associate Professional Counselor license and am currently working towards full licensure. I reflect upon my time at Kutztown fondly and will always be appreciative of the opportunity that I was given. My time as a student and a GA allowed me to foster relationships that will last for many years and take part in professional development opportunities that were instrumental in my growth as a counselor and as a person. I still enjoy returning to Kutztown to say hello and to take part in events for CSI.

**Emily Wisti, M.A**

Emily Wisti graduated from the MA in Clinical Mental Health Counseling program in May 2019. She started working in outpatient at the Pennsylvania Counseling Services June 2019. She received her LPC licensure in March, 2022. During her time at Pennsylvania Counseling, Emily has worked with various client populations, including: children, adults, substance use disorders, and veterans. She has worked with clients on an individuals basis as well as within family, couples and group settings. She has experience working with court contracts (mental health court, veterans court, and treatment court) working closely with Judges and Probation/Parole. Emily is a new supervisor of KU practicum & internship students. Thank you for your service, Emily!

For the Fall, 2024 semester there are 154 Graduate Assistantships at Kutztown University, 55 of which are occupied by students in the Counseling Programs.



**Michelle Kenstler**

Michelle is finishing her first semester in the Clinical Mental Health Counseling track here at KU. She graduated last spring from KU with her B.S. in psychology, a minor in bioethics, and a concentration in environmental studies. Michelle is currently working as a graduate assistant in the psychology department and much of her time is spent tutoring students in statistics, APA-style writing, and experimental psychology. Additionally, she assists the faculty with administrative work, organizing the student research participant pool, special events, data collection and analysis, and course assessments. She also gives classroom presentations on internships, applying to graduate school, and using experimental study software. Outside of school, she works as a hospice volunteer. When Michelle has the occasional free moment, she enjoys knitting, gardening, reading, spending time with her family, and trying to catch up on sleep.

Link to apply for GA positions:

<https://www.kutztown.edu/about-ku/administrative-offices/graduate-studies/graduate-assistantships.html>



**CJ Brown**

I am CJ Brown a graduate assistant for AIMS. AIMS is an acronym which stands for Achievement Initiative for Male Success. Its main purpose is to build a brotherhood for all males on campus and help young men retain information and progress through college successfully. I am in the Counseling (Clinical) graduate program. This program has continued to ignite the spark inside me for wanting to better the lives of others. Not only has it taught me how to cater to clients and put them first in the correct setting, but to put myself first with self-care. I'm also a student athlete. I am a captain for our football team and a starting defensive back. Playing football is my true passion and love and the game has brought me so many different opportunities and many more to come. I am a religious individual and having a strong faith in God has got me to where I'm at today. Some of my interest are just cooking/preparing food, music, sports, and experiencing different cultures.

Coming into Kutztown in 2019 and being here since, I have seen the campus at its low and its high. It's truly great to call Kutztown my Alma mater.



## Lehigh Valley Therapy Dogs

On November 21st, NAMI KU was joined by the Lehigh Valley Therapy Dogs. Continuing a tradition started after the pandemic, dog therapy was offered to the campus community the week before Thanksgiving. Bodie, Dexter, and a new friend, Violet, were on hand for this event along with the Berks County Chapter of NAMI. NAMI Berks offered free resources and information. Watch out for our dog friends in 2025 as they will be visiting us the week before spring break and at the Out of the Darkness Walk in 2025.



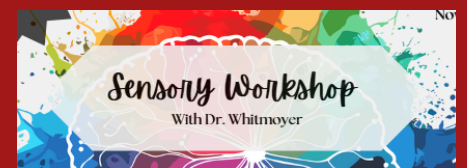
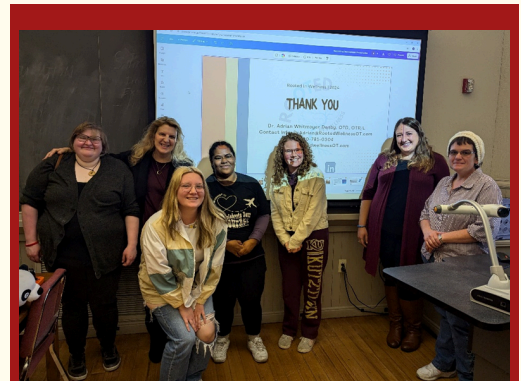
## Safe Space Training



NAMI KU in collaboration with Chi Sigma Iota sponsored a Safe Space Training on October 5, 2024 at the Academic Forum. The Safe Space Program at Kutztown University is designed to provide education and resources to the KU campus and community in order to keep a safe and nurturing environment, free of discrimination based on sexual orientation, sexual identity, and gender identity. The purpose of this program is to provide an intro-level understanding of issues within the LGBTQ community and how they may affect students here at Kutztown, as well as basic knowledge on how to be an ally to the community.

## Sensory Workshop With Dr. Whitmoyer

The National Alliance on Mental Illness Kutztown University Chapter hosted Dr. Adrian Whitmoyer Danby, OTD / OTR/L, owner of Rooted in Wellness in Wyomissing, PA. Her presentation titled, "Understanding the link between brain development, sensory systems, and trauma" was well received by all participants. She provided the audience with an understanding of typical brain development in children, as well as the development of the sensory systems. Additionally, she linked the effects that stress and trauma have on the developing brain and sensory systems. Attendees gained an understanding of the purpose behind behavior, an understanding of the role sensory systems play in these behaviors, as well as strategies to utilize for sensory and emotional regulation in children.

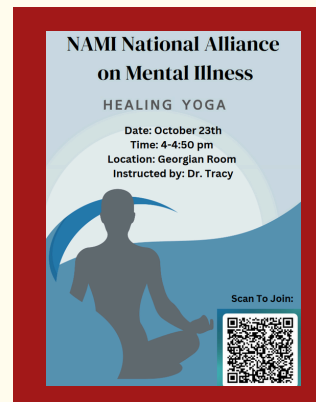


## Dr. Patricia Brenner and Kevin Hines at Berks County Suicide Prevention Event



NAMI KU helped to sponsor a Berks County Suicide prevention event for High School students and community members this fall. On September 10, 2024 Kevin Hines gave two presentations at the Miller Center for the Arts on the campus of Reading Area Community College. Hines is one of only 36 people to survive the fall from the Golden Gate Bridge. Now he is a storyteller, best-selling author, global public speaker, and award-winning documentary filmmaker. Hines attempted to take his life by jumping off the Golden Gate Bridge in 2000. Many factors contributed to his miraculous survival, including a sea lion that kept him afloat until the Coast Guard arrived. Kevin travels the world to share his story of hope, healing, and recovery while teaching people of all ages the art of wellness and the ability to survive pain with true resilience. Kevin gave all session attendees a copy of his new book, *"The Art of Being Broken."*

## Healing Yoga With Dr. Scott Tracy



On October, 23rd, NAMI hosted a healing yoga event run by Dr. Tracy. Dr. Tracy guided students through a relaxing yoga session with specific stretches and poses that helped strengthen the core and mind, and stretched the whole body from head to toe.

## Holiday Card Making

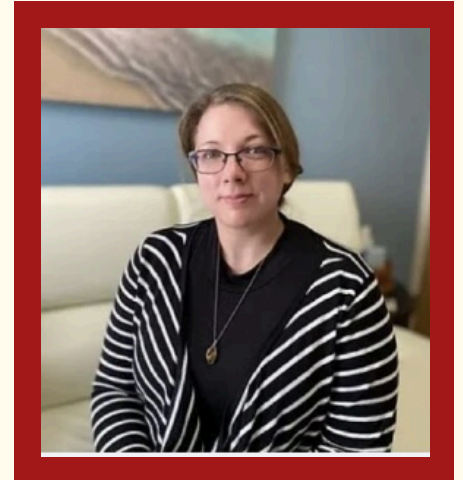


On December, 5th, from 4:00 pm - 5:00 pm, NAMI KU hosted their 3rd annual holiday card making event. The event was held in Old Main and the students were able to enjoy hot chocolate, cookies, and holiday music while making the cards. The cards went to local assisted living facilities!



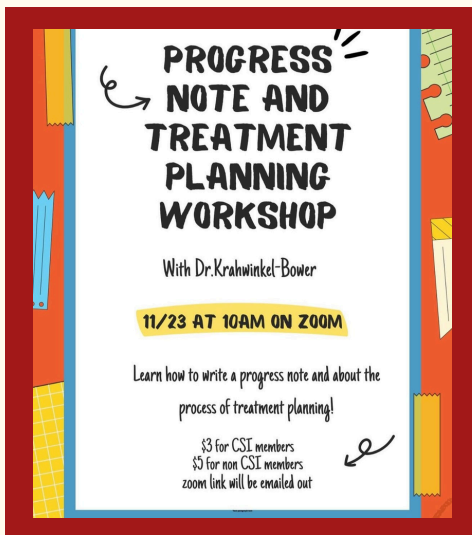
## Counter-Transference Workshop with Professor Albert

On October 12th, Professor Albert talked to CSI members and guest about the topic of counter-transference, which deals with a counselor's reaction and feelings towards clients in counseling.



## Progress Note & Treatment Planning with Dr. Krahwinkel-Bower

On November 23rd, Dr. Krahwinkel-Bower joined forces with CSI to give students the opportunity to practice and train for creating progress notes and treatment plans in the professional field of counseling.



## Counselor Wellness with Dr. Redekop

On September 23rd, Dr. Redekop helped CSI and aspiring students learn about finances, the business of private practice, working through personal circumstances, and more!





## Pub Social

On September, 24th, CSI hosted a social at the K-Town Pub. This event was all about getting to know fellow counseling students and professors.

## Pumpkin Painting

On October, 29th, CSI hosted a pumpkin painting event. The paints and pumpkins were provided. Spooky movies were watched and fun was had.

No pumpkin left unpainted!



## Ugly Sweater Party

On December 3rd, CSI hosted an ugly sweater party at the K-town Pub. The ugliest sweater wins!

Our very own GA, Kayla Stoeber won a university blanket!

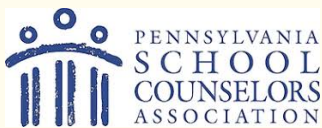
Samantha Cartagena, M.A. (CMHC, 2024) coordinated a holiday gift fundraiser for families at Gaudenzia's Addiction Treatment and Recovery Services. Sam is a Recovery Counselor for a long-term residential Mommy and Me program, which allows women to bring their children to treatment to overcome the barrier of childcare. The children live there with their mothers, attend daycare during the week, and are enrolled in school, mental health counseling, and other necessary programs for them to succeed. A large box of gifts was donated through a Chi Sigma Iota service project.



## Sallie Redekop Scholarship



The Sallie Redekop Scholarship was established in 2019 to provide recognition and financial support to outstanding graduate students enrolled in the Addiction, Clinical Mental Health, Marriage, Couple and Family, and School Counseling programs at Kutztown University. Recipients of this scholarship shall be based on the recommendation of the counseling faculty of the Department of Counselor Education and Student Affairs. The counseling faculty of the Department of Counselor Education and Student Affairs actively identify students with diverse backgrounds and experiences so that the scholarship recipients reflect the diversity, equity, and inclusion goals of the department and the strong commitment that the Redekop Family Endowment has to social justice.



## Pennsylvania School Counselors Association

Madison Guerrieri, an MS School Counseling Student was selected as a School Counseling Student Ambassador for Pennsylvania School Counselors Association for the 2024 – 2025 cohort. Her role as a PSCA Graduate Ambassador involves professional growth within the field by building meaningful relationships with experts, as well as learning about the functions of the PSCA. Her position also includes helping students in the KU School Counseling program get connected and involved with the PSCA. Madison attended the 69th Annual Conference in Hershey, PA representing Kutztown University on December 12th and 13th. Madison and Dr. Brenner are planning a school counseling meeting in the spring of 2025 to report on conference events and discuss future involvement of KU Counseling students with PSCA.



## Fall, 2024 Awardees Alpha Epsilon Lambda



Alpha Epsilon Lambda (AEL) is a distinguished national graduate student honor society. AEL confers distinction for graduate student accomplishments in:

- Academics and leadership roles
- Leadership development and intellectual growth
- Enriching the graduate student climate
- Upholding ethical standards
- Promoting engagement with critical social issues

Members are graduate students in the top 35% academically who showcase stellar commitment on campus and in the community. Recipients of Fall, 2024 awards: Morna Iyobhebhe, Jazmine Lord, Savannah Buckley, Ashh Nelson, Elyse Eckert, Meg Gooding, and Krista Oscapinski.



## Dr. Patricia Brenner Receives Berks County Intermediate Unit Champion Award



Dr. Patricia Brenner received the Berks County Intermediate Unit's (BCIU) Champion Award at the October 2024 Board Meeting. Executive Director Dr. Jill Hackman presented the award to Dr. Brenner in recognition of going above and beyond for the BCIU students, consumers, and partners. The award was in appreciation for her service to Camp Connect, a free, grief and loss summer camp for students in Berks County. Over the past ten years, Brenner has coordinated Kutztown University Counseling students to assist with the camp. Dr. Brenner noted that this award should be for all of her students as well as herself, and that Camp Connect would not be successful without them. KU counseling students who assisted with camp this past summer include, Amaryllis Carrion, Logan Crossley, Amanda Farr, Lucrecia Maldone-Figueroa, Elyse Eckert, and Christine Fretz.



## Autumn Gilbert and Taiya Miller Present Research at PCA Conference

Gilbert, A., & Krahwinkel-Bower, J. (2024). Quality of life scores and lived experiences of older adults within nursing homes, at home care, and daycare facilities. (Poster). Pennsylvania Counseling Association Conference, Harrisburg, PA.

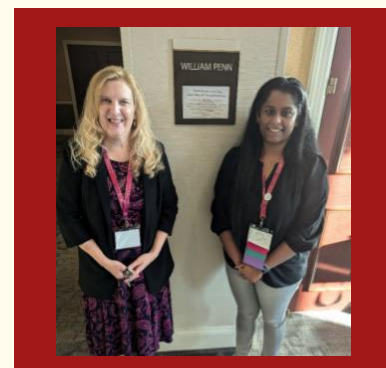
Miller, T. & Krahwinkel-Bower, J. (2024). The impact of racial inferiority and empowerment on Black adolescent racial identity and mental health. (Poster). Pennsylvania Counseling Association Conference, Harrisburg, PA.

## Dr. Duenyas Presents at PCA Conference



Dr. Deborah Duenyas presented at the Pennsylvania Counseling Association's annual Conference in Harrisburg, PA. The presentation titled, "Integrating makerspace ideology and activities into clinical practice, introduced maker therapy (MT) as an intervention for counselors and counselors-in-training. Advances in technology and social media over the last few decades have created a unique opportunity for counselors to continue to expand on previously established creative mediums with 21st-century technologies (e.g., 3D printers, laser engravers, virtual reality, green screen, coding, video/editing).

**Dr. Rebecca Wills** presented "Helping the Helpers: Cultural Awareness for Counselors Treating First Responders" at the Pennsylvania Counselors Association on October 26th.



## Dr. Brenner and Lakshmi Nair Present Original Research

Dr. Patricia Brenner and MCF Counseling student Lakshmi Nair Kanangottu presented their original research, "Role and values of professional counseling in young adult community mental health settings" at The Pennsylvania Counseling Association Conference on October 26, 2024.

## **Faculty-Student Presentation at the Association for the Development of the Person-Centered Approach Annual Conference**

On July 29, 2024, Lakshmi Nair, MCFC '25; Alex Reed, B.S Psychology '25, and Dr. Cohen presented, "The use of client-centered communication to facilitate child and adolescent disclosure of trauma memory with drawings" at the ADPCA Annual Conference in Aurora IL & online.

Cohen, Nair, & Reed also presented, "Uses of the core conditions to manage professional-ethical dilemmas in underserved, cultural minority community settings."



## **Dr. Rebecca Wills Presents at NARACES**

Dr. Rebecca Wills presented "Cross-cultural teleSupervision during times of crisis" and "Helping the helpers: Cultural awareness for counselors treating first responders" at the North Atlantic Regional Association of Counselor Educators & Supervisors (NARACES) Atlantic City, NJ, September 27 and 28.

## **Dr. Patricia Brenner and Student Shannon Lehman Present at PSCA**



Dr. Brenner and student, Shannon Lehman presented at the 69th Annual Pennsylvania School Counselors Association Conference in Hershey, PA on December 13, 2024. The title of their presentation was "Renewing & reshaping your heart and mind when dealing with personal grief."



## **Dr. Patricia Brenner Presents at ILA**

Dr. Brenner presented a Cafécito Session at the International Leadership Association's 26th Global Conference held in Chicago, Illinois from November 7 – 10. Dr. Brenner's session was titled, "A powerful trifecta; leadership, advocacy, and the arts."



## New Associate Counselor License

On the 28th of March, 2024 Act 4, was signed into law in Pennsylvania. The law allows new professional counselors and marriage and family therapists who hold a master's degree to apply to work as licensed associate marriage and family therapists (LAMFTs) and licensed associate professional counselors (LAPCs) With the new licensure, graduates can now work with various companies beyond traditional behavioral health agencies, potentially leading to better pay and career prospects.

The act is expected to simplify insurance reimbursement processes for professionals aiming for independent licensure.

### Requirements:

Master's Degree or Doctoral Degree	3 Hours of Continuing Education
No Examination	\$75.00 Initial Fee
Submission of Supervision Plan & Supervisor's Credentials	\$95.00 Renewal Fee

## ACA Practicum & Internship Site Finder

<https://www.counseling.org/resources/career-center/internship-opportunities>

### Managing Stress During Practicum/Internship

<https://connect.springerpub.com/content/book/978-0-8261-4303-7/chapter/ch08>

### What I've Learned as a New Professional Counselor

<https://www.counseling.org/publications/counseling-today-magazine/article-archive/article/legacy/what-i-ve-learned-as-a-new-professional-counselor>

## Obtaining Liability Insurance

School Counseling Students can obtain liability insurance through the ASCA website.

<https://www.schoolcounselor.org/Membership/Proof-of-Insurance>

MA Clinical, Marriage & Family, and Addiction students, can obtain the insurance through the ACA website.

<https://www.counseling.org/membership/faqs>

For either ASCA or ACA, in order to get the liability insurance you have to first become a member.



## Campus Resources

### Career Development Center

Offers career planning resources, job searching support, developing a realistic career plan, create effective applications, interviewing prep, workshops, individual career counseling, resume and cover letter review, and practicum and internship search

<https://www.kutztown.edu/about-ku/administrative-offices/career-development-center/for-graduate-students.html>

### Writing Center

<https://kutztownwritingcenter.wordpress.com/>

### Counselor Education and Student Affairs

<https://www.kutztown.edu/academics/colleges-and-departments/education/academic-departments/counselor-education-and-student-affairs.html>

### Practicum/Internship Information sheet

<https://www.kutztown.edu/Departments-Offices/A-F/CounselingStudentAffairs/Documents/Handbook/HandbookPracticumAndInternship.pdf>



Angela Leamon



Kayla Stoeber

## Counselor Education and Student Affairs Graduate Assistants

Hi! I'm Angela Leamon and I am from Warminster, Pennsylvania. I went to three different undergraduate schools; first was Kutztown (I'm glad to be back!). Second was Bucks County Community College (where I got my associate's in communication studies), and third was Rider University (where I got my bachelor's in communication studies). My extracurriculars were always something to do with dance! I was a part of the Rider Dance ensemble and excluding covid years...I have helped choreograph and direct my old high school's spring musical every year since I graduated. As for pets, I work at petsmart so I have had a lot of animals! I have a cat and a fish (plus a couple snails). My main hobbies are dancing and bingeing tv shows or movies, but I love going on walks and hikes. I also love to swim! Something I love sharing about myself is that I have a deformed hand. My left hand has fingers, but they are shorter, and some can't bend. I was born with it so it doesn't slow me down at all and it has honestly made me stronger in a way. I would also like to share that I've grown up in a very mental health positive household. My brother is on the spectrum and has severe bi-polar. It's been a rollercoaster, but he is doing so well right now! I am all for learning more about mental health and sharing what I have learned, been through, and things that have helped me!

Hi everyone! I am from Auburn, Pennsylvania. For my undergrad I had received my BA major in psychology, along with a minor in sociology, criminal justice, and civic and community engagement through Penn State Schuylkill. I am in the Clinical Mental Health program, and my career interest is in having my own private practice after graduate and getting my licensure. I have a dog named Maslow, after Abraham Maslow, because he is a part of my hierarchy of needs! I also have two cat's named Watson and Sunny, and a bearded dragon name Leanoarda. A little information about me is for my hobbies I enjoy reading, hiking, photography, and playing the piano. For fun I like to go line dancing, take my dog on walks, spend time with my friends and family, and traveling. I look forward to continuing the Graduate Assistantship this year along with continuing my education with Kutztown!



## Counselor Education and Student Affairs Undergraduate Assistant

Hi! My name is Alex Reed and I'm from Reading, Pennsylvania. I'm pursuing a bachelor's in psychology with a minor in sociology. My ultimate goal is to earn a Ph.D. in clinical psychology and open a private practice specializing in helping individuals cope with brain injuries. I enjoy playing guitar, ping pong, and rock climbing. I am an officer for three clubs including the president of Guitar Club, the treasurer for KU ABLE, and the treasurer for Psychology Club. One of my favorite experiences at Kutztown has been getting involved in research. I have found invaluable experience learning about topics like art therapy, client centered therapy, and prolonged exposure therapy on a practical level. Life can get very busy but fortunately, I am surrounded by supportive friends and family that have helped make every step I take easier. I'm excited to continue to learn and experience at Kutztown and anywhere else I go.



Alex Reed

*You Got This!*