Kutztown University’s Department of Counselor Education offers CACREP accredited programs in: Clinical Mental Health Counseling, Marriage, Couple, and Family Counseling, and School Counseling. Kutztown University is accredited by the Middle States Commission on Higher Education and the School Counseling program is accredited by the National Council for Accreditation of Teacher Education (NCATE). The Department's CACREP accredited programs meet the academic requirements of the PA State Licensure Board.

The department’s goal is to provide you with the curricular instruction and clinical experiences expected of professional counselors in the 21st century. As you progress through your degree program, you will gain the knowledge, skills, and experience needed for success in working with individuals across the life-span. You will have the opportunity to work with nationally recognized faculty, participate in research and service projects, experience a wide range of hands-on counseling activities, and develop life-long friendships with fellow students.

Our graduates go on to become Licensed Professional Counselors, Licensed Marriage and Family therapist, and Certified School Counselors. Additionally, a number of department graduates have chosen to further their studies by pursuing doctoral degrees.
Dr. Scott Tracy obtained his doctoral degree in Counselor Education and Supervision from Duquesne University. He also holds a Master’s degree in Counseling from California University of PA. Dr. Tracy is a Licensed Professional Counselor and has operated a private counseling practice for 16 years. He is a PA certified K-12 school counselor, a National Certified Counselor, and an Approved Clinical Supervisor. Dr. Tracy has served on the faculty at Chatham University, the University of Pittsburgh, and Waynesburg University. He also worked as a public school counselor and science teacher. In an earlier career stage, Dr. Tracy worked as a flight paramedic for the University of Pittsburgh Medical Center. His experiences in Emergency Medical Services informed his current research interests in Disaster Mental Health and First Responder Mental Health. Dr. Tracy performs sports counseling consultation services, is an avid member of Steeler Nation, and is a Pittsburgh Penguins fan. Scott, along with Judi his wife of 25 years, have two children, Tyler age 24, and Braelyn age 21.

Deborah L. Duenyas, M.Ed., LPC
Deborah L. Duenyas is currently a Ph.D. candidate in the CACREP-Accredited Counselor Education and Supervision program at Kent State University. She obtained her M.Ed. from Teachers College, Columbia University in Counseling Psychology. She is a Licensed Professional Counselor and has worked in an array of clinical settings including the Gestalt Center for Psychotherapy and Training, the Cleveland Clinic’s Chronic Pain Rehabilitation Program, and as a school-based counselor for Child Guidance and Family Solutions (CG&FS), a non-profit organization specializing in behavioral and mental health services for children. Deborah holds a Standard Teaching Certificate (K-8) and has taught children with learning, language, behavioral, and emotional disabilities as well as English language instruction in Osaka, Japan. Deborah has forged a research and scholarly agenda around the topics of professional adjustment and identity, the global profession of counseling, career navigation, and social justice/advocacy for marginalized populations.

David A. Arena, M.Ed., MA, MBA, JD, PsyD, LPC
Dr. David Arena’s career as a therapist includes 26 years of clinical experience in a variety of mental health and human services settings. He has maintained a part-time private practice, Berks Hypnosis and Counseling Services LLC, where he specializes in providing Ericksonian hypnotherapy, psychotherapy, consultation, and training services to individuals, groups, and organizations. Dr. Arena’s educational credentials include a B.S. in Biology from Ursinus College, an M.Ed. in Counseling Psychology from Rutgers University, an MBA in Healthcare Administration from California Pacific University, a Masters/Doctorate in Clinical Psychology and a Juris Doctorate in Law from Widener University. David is a Pennsylvania Licensed Professional Counselor and a National Board Fellow of Certified Clinical Hypnotherapy from the National Board of Certified Clinical Hypnotherapists.

Scott L. Tracy, Ed. D., LPC, CSC
Dr. Scott Tracy obtained his doctoral degree in Counselor Education and Supervision from Duquesne University. He also holds a Master’s degree in Counseling from California University of PA. Dr. Tracy is a Licensed Professional Counselor and has operated a private counseling practice for 16 years. He is a PA certified K-12 school counselor, a National Certified Counselor, and an Approved Clinical Supervisor. Dr. Tracy has served on the faculty at Chatham University, the University of Pittsburgh, and Waynesburg University. He also worked as a public school counselor and science teacher. In an earlier career stage, Dr. Tracy worked as a flight paramedic for the University of Pittsburgh Medical Center. His experiences in Emergency Medical Services informed his current research interests in Disaster Mental Health and First Responder Mental Health. Dr. Tracy performs sports counseling consultation services, is an avid member of Steeler Nation, and is a Pittsburgh Penguins fan. Scott, along with Judi his wife of 25 years, have two children, Tyler age 24, and Braelyn age 21.
**Alumni Recognition**

* Current Position: Behavior Specialist Consultant at Elwyn Individual and Family Services

Brittany Haddad, M.A., LBD (CMHC '16)

* Licensed Professional Counselor
* National Certified Counselor
* Current Position: Pocono Medical Center, Hope Counseling and Behavioral Services, LLC, Independent Contractor

Cherrell Gaynor, M.A., NCC, LPC (CMHC '12)

* National Certified Counselor
* Crisis Responder at IMAlive
* Current Position: SAP Counselor at Hatboro-Horsham High School
* Current Position: Mobile Therapist at Foundations Behavioral Health

Erica Titlow MS.Ed., NCC. (SC '15)

* Employed 3 months after graduation
* Current Position: Child Care Clinical Coordinator for the non-profit organization, HELP USA
* Current Position: Domestic Violence shelter
* Coordinates therapeutic services and facilitates the children's individual and group counseling and family counseling groups.

Charnell Neptune, M.A., (CMHC '16)
What is Counselor Connect?

Counselor Connect is a student organization that facilitates the collective and individual growth of counseling students. Counselor Connect provides a forum for networking with peers and professionals, offers continuing education for students, and organizes advocacy efforts.

First Fall 2016 Meeting: Icebreakers, networking, & Graduate school Survival tips
Counselor Connect Presents

**Living with Elder Caregivers** by student speaker, Khadija Salim

**Conducting Literature Reviews in Counseling** by KU Faculty Librarian, Sylvia Pham

**The misdiagnosis of trauma** by clinical mental health counselor at Concern, Inc. & KU Alumna, Marta Smith

**Family Struggles with Addiction** by Haven Behavioral Health Nurse and KU alumna, Kenda Balkiewicz, M.Ed, SC

**Clinical Hypnosis** by Faculty in Counselor Education Dr. David A. Arena
WHAT IS NAMI?

NAMI On Campus: is a student-led, student-run health organization that is an extension of the National Alliance on Mental Illness. The aim is to promote mental illness awareness both on campus and in the community. NAMI On Campus: Kutztown also strives to develop a stigma-free campus environment that empowers and supports students who have mental illness and students who have friends/family with mental illness. These goals are met through campus and community wide activities, NAMI affiliated speakers and monthly club meetings. Kutztown University was officially recognized as a national NAMI Chapter on February 29, 2016. To learn about NAMI, visit http://www.nami.org/About-NAMI. If you would like to get involved in KU NAMI, email NAMIKutztown@gmail.com

NAMI invited "Refuse to Drown" author, Tim Kreider, to present on his experience as a father who learned that his son committed a triple homicide. Tim discussed topics such as: perseverance leading to hope and healing, a father’s perspective on tragedy, reflection and accountability of parenthood, and dealing with a “struggling” child. His courageous story and book were featured on ABC 27: http://abc27.com/2014/05/29/author-spotlight-refuse-to-drown-a-fathers-unthinkable-choice/.

Promote Acceptance
Stigma Free

Take the Pledge!
“See the person; not the illness”
Department of Counselor Education: Graduate Assistants and Undergraduate Assistant

My name is Emily Dietrich. This semester had a lot of firsts for me; it was the first semester I worked for the Counselor Education Department, I had my first classroom placement in my English Teacher Education program, and it was my first semester working as an RA in one of the residence halls on campus. All of the above have been such wonderful experiences for me, and I’m so grateful I’ve had so many great opportunities this semester! I’ve met so many amazing people and learned so much from all of them, and I really feel that I’ve grown considerably throughout this fall. I also decided recently that I want to adopt a minor in Professional Writing, which I very much look forward to. Writing, literature, and teaching are three of my biggest passions, and I look forward to pursuing them one way or another in my future. This fall has brought me one step closer to achieving my goal of having my own classroom someday, and I am very excited to see what this spring will bring!

Hello, My name is Felishatee Rodriguez. I am a first semester graduate student in the Clinical mental health counseling program. I am currently employed by Mainline Rehabilitation associates as a Neurocognitive Specialist. I appreciate my current journey that is leading me to my future goal; of becoming a child psychologist. One philosophy that I hold dear is to treat everything as a blessing or a lesson; if it didn't teach me something it blessed me in some way. My hobbies include spending time with my family and friends and reading.

My name is Michael Gallagher. I am a second year graduate student in the Clinical Mental Health Counseling Program. During my free time I enjoy going to the movies and playing Ultimate Frisbee. My hobbies include reading and sleeping. Usually in that order.
Left to Right- Angela Stone, Kelly Kulp ('16), Jo Cohen, and Jessica Janze ('15) presented "Moments of Movement in Client Centered Counseling" at the 31st Annual Association for the Development of the Person-Centered Approach conference in Las Vegas, NV, July 2016. This research examines patterns of verbal and non-verbal interaction observed between expert counselors and clients during video recorded demonstration counseling sessions. Results showed, among other things, how expert counselors match client communication qualities and express explicit and implicit understanding of client experiences.

Left to Right- Kirsten Dematto, Tara Kleppiner, Michael Gallagher, and Matt Kernicky

New Student Orientation
Student Panel
Fall 2016

Dr. Fred J. Redekop reviews ethics scenarios with the incoming Fall 2016 Department of Counselor Education Students. Students were able to meet the Faculty of the Department of Education, network with their peers; and learn how to navigate online resources: taskstream, the library site for research purposes, and D2L.
Counselor Site Supervisor Workshop

On October 26, 2016, Dr. Sherri (Young) Theoharidis, Ph.D., LPC provided a presentation on challenges and counseling interventions for clients with eating disorders to field experience supervisors and students in the Academic Forum.

Sherri Discussed:
◊ The complexity of eating disorders and the importance of working with a multidisciplinary team.
◊ The need for monitoring physical health as well as mental health.
◊ Subclinical eating disorder behavior.
◊ Ongoing support for students in recovery
◊ Making connections between clients initial needs and goals for counseling and slips through the cracks.

Trauma Counseling Prevention Project

Trauma Counseling students, Rasmill Espiritu and Naomi Snyder created a video that highlights getting help from trauma counseling and resources in the community.

Video

Emotional Baggage: Trauma Counseling
https://youtu.be/EVAqts3aCko
FEATURED
COUNSELOR EDUCATION
FACULTY MEMBER
Dr. Lauren J. Moss

Fall Presentations:


Fall Publications:


Pennamon, R. Moss, L., & Springer, S. (Fall, 2016) *Scholarly Writing Groups: A Source of Support for Doctoral Students and Early Career Counseling Faculty*. 72, VISTAS.

Textbook Description:

“School Counseling Practicum and Internship: 30 Essential Lessons combines crucial counselor knowledge with the experience of experts in the field into one practical guide for addressing the real world of school counseling. Drawing on more than a decade of teaching, author Helen S. Hamlet, PhD presents a collection of lessons and techniques that includes forms, websites, activities, and current information focusing on a range of challenging issues. This unique text is a resource that practicum and internship students, counselor educators, and practicing school counselors will keep and refer to for years to come.”

Toward Human Flourishing: Building and Sustaining Global Psychological Well-

“S.M.I.L.E is a five-pillar approach that stands for: Sustainability through education, Measurements for psychological well-being, Improved advocacy and counseling, Leadership capacity building, and an Enhanced awareness to improve a sense of belongingness.”

Education's Investment in Developing Global Leaders: A Content Analysis of Program Outcomes for Doctoral Leadership Studies

“This presentation reports on a content analysis of program outcomes for doctoral programs in leadership. Preliminary findings show explicit outcomes related to leadership development, yet most coursework follows the traditional approach of focusing on research and theory as opposed to practice and application.”

Patricia Brenner, Leann Duprey, Brian Petersen, & Kimberly Thomas

2016 International Leadership Association’s Student Case Competition
The Council of Trustees at Kutztown University is comprised of eleven members that discuss board policies and a plethora of issues that arise on a local level.

PROFESSIONAL PUBLICATIONS


PROFESSIONAL PRESENTATIONS
JO COHEN, JULY 14, 2016. "Client-centered counseling for clients experiencing ambiguous loss" at the 31st Annual Association for the Development of the Person-Centered Approach conference in Las Vegas, NV.


ACTIVITIES OR ACCOMPLISHMENTS OF NOTE
JO COHEN, AUGUST 16, 2016. Completed Assistant Ombudsman training for the Lehigh County Office of Aging and Adult Services at the Lancaster County Public Training Center in Manheim, PA.

LAUREN MOSS, JUNE 13-16, 2016. By invitation, Dr. Moss attended the White House Reach Higher Convening in Colorado Springs, CO to contribute to Pennsylvania’s career and college readiness initiatives.

PROFESSIONAL CONFERENCES ATTENDED
JO COHEN, JULY 12-16, 2016. The 31st Annual Association for the Development of the Person-Centered Approach conference in Las Vegas, NV.

Raising Awareness of Alzheimer’s Disease - PA State Representative Martina White stated:

“To raise awareness of Alzheimer’s and other cognitive-related diseases, House Resolution 1066, which passed the House unanimously on Oct. 26, designates November 2016 as “Alzheimer’s Disease Awareness and Caregivers Month” in Pennsylvania. Alzheimer’s is an irreversible degenerative brain disorder affecting more than 5 million Americans, with as many as 400,000 Pennsylvanians affected by Alzheimer’s and related disorders.”

“Nationally, more than 15 million Americans provided an estimated 18.1 billion hours of unpaid care for people with Alzheimer’s disease. Various resources are available for patients, family members and caregivers at alz.org/pa or through a 24-hour, seven-day-a-week hotline at 1-800-272-3900.”

Change in Pennsylvania retirement age for Judges - Jan Murphy | Pennlive

“Recent Constitutional Amendment to raise the mandatory retirement age for Pennsylvania judges to 75 from the current 70 was narrowly ratified by voters in the 2016 Presidential election.”

“With 99 percent of the votes counted, the unofficial results showed 50.6 percent of voters supported making this change to the state constitution that affects state, county and municipal judges while 49.4 percent opposed.”

Victory! Congress Passes Mental Health Reform

“On December 6th, 2016, the Senate voted 94-5 to pass federal mental health reform, as a part of the 21st Century Cures legislation. This follows a 392-26 vote by the U.S. House of Representatives. President Obama is expected to sign this legislation into law. This new law strengthens enforcement of federal mental health parity laws, eliminates the Medicaid same day exclusion rule (which prohibits separate payment for mental health and primary care services provided to a Medicaid enrollee on the same day), improves how mental health issues are responded to in the criminal justice system, creates and reauthorizes a wide range of federal mental health and substance use treatment and prevention grant programs, and clarifies health information privacy protections for patients with mental illnesses. Special thanks to Congressman Murphy who championed this bill to the very end!”

Technology Apps Connect People to Mental Health Professionals and Help - Mike White (TrendinTech)

Mental health resources are becoming more accessible with the use of technology. White discussed mental health apps that can be used by various individuals as resources to work on strategies related to mental health and provide support and awareness to a plethora of mental health disorders. Apps such as the following were discussed in detail to “improve mental health”: Operation Reach Out, Headspace, Talkspace, MindShift, Joyable, IntelliCare, Optimism Apps, Simple Habit, and BetterHelp.

Mental Health Lawsuit on Behalf of Prisoners Moves Forward

“On November 25, 2016, A federal judge ruled that a lawsuit on behalf of prisoners denied mental health care can head to trial as a class action on behalf of all prisoners, noting that there is evidence of systemic “deliberate indifference” to the mental health needs of the prisoners.”

“They need help, but many are incapable of standing up for their rights. Prison officials have failed to prevent suicides by prisoners with mental health conditions, they have denied them counseling and simply locked them away.”

“One prisoner in the lawsuit has been in suicide watch nearly 100 times but has not been moved into a mental health unit.”