WELCOME!

The Counselor Education program is excited to welcome three new faculty members in the 2017-2018 academic year!

Annette Nelligan joins USM’s CE faculty in the summer of 2018 after teaching in the Counselor Education program for over 10 years at UMaine. She will be assisting in the implementation of the newly accredited Clinical Rehabilitation Counseling hybrid, blended/online low residency option. Annette earned her Ed.D. in counselor education from the University of Maine. She is an LCPC, a licensed marriage and family therapist (LMFT), and a licensed social worker (LSW).

Karen Suhrhoff joined the Counselor Education faculty in the fall of 2017 as a lecturer in School Counseling and Mental Health Counseling. She has over 25 years of experience in the counseling field, and her CRC and School Counselor certifications have allowed her to work in various outpatient, day treatment, residential and hospital clinical settings, as well as to provide both general and special education counseling in the public school system.

Naoko Yura Yasui, who goes by Yura, joined USM in the fall of 2017 as an Assistant Professor in the Counselor Education program. Yura says:

"Since I joined the counselor education faculty last fall, I have been applying the pedagogical approach of service-learning in my courses. I am learning how much wisdom is embedded in the community to address various challenges that it faces and how students embody the community's wisdom as they serve while also developing their understanding of the challenges in light of classroom-based learning. I am inspired to pursue my development as a community engaged scholar."

Alumni Networking Event & Pre-internship Informational Meeting

JOIN US!

Thursday, April 19 from 5:30 - 7:30 pm in 303 Payson-Smith Hall, Portland campus.

Not only will you hear critical information about next steps in arranging your internship, you can also meet and mingle with alumni who are out in the field working!

Make new contacts, get questions answered, and enjoy some social time with your USM friends and colleagues.

For more info and to RSVP, please email: bertalan@maine.edu

Karen Suhrhoff
Announcements

Class Format: GOOD NEWS!
The Counselor Ed faculty are happy to announce that moving forward, all CE classes (with the exception of HCE 605) will offer in-person sections every academic year. When planning your course sequence, speak with your faculty advisor about your preferred class format!

Ready for practicum (HCE 690/691), internship (HCE 686), or group practicum (HCE 627)?

The application deadline was April 1st for spring 2019 sections of 690/691 and 686. Please submit your application immediately if you haven't already. We will be submitting the first draft of our spring 2019 schedule soon and need to know the demand to arrange the appropriate number of sections. You must receive pre-approval to enroll in HCE 627. If you're planning to take this class in summer or fall 2018, please submit the approval form immediately! Below are links to more information about 690/691 and 686, including a list of prerequisites that can help you determine whether you're ready to take them! You can also find a link below to the 627 approval form.

PRACTICUM | INTERNSHIP | GROUP PRACTICUM

Coming soon! The CE program has created a new Blackboard site. Once our last-minute tweaks are made, it will be made available to all counseling students. You will receive an email with more information. Note: Once we have migrated to the Blackboard site, many links from the 'current resources' webpages will be removed.

Registration for Summer 2018 classes started March 1st and is ongoing. The payment due date for summer classes is May 10, 2018.

Registration for Fall 2018 started Monday, April 2nd. If you have not registered, please do so immediately. Don’t risk being closed out of courses! The payment due date for fall classes is on or before August 15, 2018.

Keep in touch with your professors!
Adele Baruch: adele.baruchrunyon@maine.edu | 207-780-5317
Charles Bernacchio: charlieb@maine.edu | 207-780-5319
Bette Katseskas: bette.katseskas@maine.edu | 207-780-5578
Melissa Rosenberg: melissa.rosenberg@maine.edu | 207-780-5079
Karen Suhrhoff: karen.suhrhoff@maine.edu | 207-780-5950
Yura Yasui: nyasui70@maine.edu | 207-780-5221
Kerry Bertalan: bertalan@maine.edu | 207-780-5316
CONVERSATIONS

We spoke with school counseling student Christa Haberstroh '18 and school counseling alum Jeffrey Cardoza '14. Here's what they had to say!

What drew you to the field of counseling?

Jeff: My passion for helping others, especially kids! I have always loved the feeling of knowing I helped someone in some way.

Christa: Being a "helper" has been part of my personality for as long as I can remember. But experiencing my own personal transformation in early adulthood really gave me confidence in the potential for individuals to change. I want to be able to offer that kind of opportunity to others.

What are your professional aspirations?

Jeff: I am happy being a school counselor right now, but someday I hope to be a licensed professional counselor and work for an agency or have my own practice (at least I think!).

Christa: In the short term, to get a job as a school counselor. But someday I'd like to get my clinical license and semi-retire to a part-time private practice. Maybe in Costa Rica...

What is a pressing issue facing schools that you hope to have an impact on during your career, and how?

Jeff: The negative impact the media, especially social media, has on kids self-esteem and how they view and compare themselves to others. I hope to help kids learn about their strengths and all the things they are capable of!

Christa: There are so many pressing issues facing schools and students. School districts seem to be increasingly recognizing the value of school counseling, but we could do so much more. So advocating for the profession would be one thing--making sure that we have counselors in every single school with appropriate counselor to student ratios. But when I think about impact, I think more of individual students. My goals, in a nutshell, are to help students achieve at their highest potential, make good choices, and feel good about themselves.

What advice would you like to give newer students?

Jeff: There is wisdom in knowing your limitations.

Christa: Counseling isn't a requirement of this program, but it should be. If you haven't had it, get it now. Also, if the required courses that aren't getting you fired up, don't sweat it. For me, the real work happened in skills, practicum and internship.

What is your superpower?

Jeff: I can read minds (and feelings).

Christa: Pretending I'm a real, competent grown up when I'm actually an anxious, sleep deprived toddler mom who's not above potty humor.
Two CE students are beginning their doctoral studies this fall. Read about their journeys!

What program have you chosen? I have chosen to attend Syracuse University’s doctoral program in counseling and counselor education. What inspired you to apply to a doctoral program in counseling? I truly love to learn! I feel like counseling is the type of profession where you never quite stop learning. At the completion of my master’s I didn’t feel that it was time to end my studies. Encouragement from a professor as well as my parents really helped me to take the leap and apply! What was one thing about the application process that surprised you? I think the biggest surprise for me in the application process was how long the on-campus interview lasted. Mine was about 8 hours. It was super draining, but definitely worth it.

What are your hopes and aspirations in the field of counseling? My aspirations seem to be ever evolving, but I think I would really love to teach. One day I hope to contribute something totally awesome to the counseling profession.

Is there anything else you’d like to share with students considering doctoral work in counseling? Don’t be afraid to stretch yourself beyond your own expectations. Completing a doctoral program will be an intense, challenging journey, but I believe you’ll come out of it forever changed, and enlightened to new and wonderful possibilities!

Gabrielle Kempton

What program have you chosen? I chose the University of Wyoming. On my interview tour, I was blown away by the program. Much of the faculty are leading experts in play therapy, yet they are supportive and open to doctoral students specializing in other areas. In addition, being the only public university in the state, there our plenty of funding opportunities for tuition, conference travel, and research.

What inspired you to apply to a doctoral program in counseling? I chose counseling over other mental health professional programs because of the counseling education structure. What interested me was that counselor education doctoral programs provide curriculum and internship opportunities designed to increase experience and knowledge in; educating students, conducting research, providing counseling, and providing supervision.

What was one thing about the application process that surprised you? What surprised me was the vast variation in each program’s application process. Schools are unique in what they are looking for, how their programs are structured, what research/funding opportunities are available, when the application deadlines are due, and even their interview process.

What are your hopes and aspirations in the counseling field? I am aspiring to gain more experience and education in regards to providing counseling to college students and supervising/teaching Master level counselors to work in college mental health settings. In addition, I would love to integrate play therapy/experiential modalities in a college mental health setting.

Is there anything else you’d like to share with students considering doctoral work in counseling? If a student is interested in considering doctoral work in counseling, I would recommend looking outside the Northeast. There are multiple programs across the United States that provide excellent education and career opportunities. Plus, certain programs provide strong financial support.

Joshua Mangin
Spotlight on Faculty

Catch up with Counselor Education faculty and hear some of the exciting things they’ve been up to!

The Clinical Rehabilitation Counseling (CLRC) faculty were recently awarded the CTEL Digital Innovation Grant for piloting the use of video conferencing technology through use of the HIPPA-compliant platform called Zoom. The faculty will use Zoom for delivering clinical supervision in counselor education practicum and internship, particularly for the CLRC hybrid program.

Dr. Bernacchio, along with CLRC students Liz Nitzel and Toni Carter and Dr. Josephine Wilson of Wright State University, presented a session at the National Council On Rehabilitation Conference in October 2017 in Arlington, VA. There session was called “VR Online in Rehabilitation Counseling Preparation: An Integrative Pilot Initiative” and you can read more here!

Adele Baruch has continued work on the Moral Courage Project this year (with the good assistance of Holly Khiel). They offered a presentation on the project, with an emphasis on stories of helping and the development of altruism in groups, at the Association of Specialists in Group Work in Savannah Georgia this past winter. This spring there will be continued work on developing a collaborative effort between USM, The Holocaust and Human Rights Center, and the Auburn Schools to develop a curriculum and book project focused on Portraits of Moral Courage (working title). Adele is also pleased to note that the Family Systems area of expertise has continued to grow in the CE program. This year our courses included a "zoomed" presentation on couple's work and A.E.D.P. with Dr. David Mars.

Bette Katsekas says: “I am currently researching and developing a theoretical paradigm that integrates process-centered, science-based (neuroscience, behavioral science, and quantum science) frameworks for a journal article. Related to this, I'm examining how different disciplines look at consciousness, and how different counseling theories operationalize consciousness. Results of this will be to develop a course elective on Counseling and Consciousness in the context of current interdisciplinary work that is being done in consciousness studies.

I recently completed a work geared toward counseling students in their clinical phase of training to have more of an in-depth understanding of the dynamics of counselor supervision. "Counselor Supervision Basics," which I will post on e-Reserves (so students do not have to purchase yet another text!), outlines a number of these critical areas of supervision. In progress and nearly completed is another work called "The Practice of Process." While we approach our work guided by theory, the energy of process is always there, in myriad ways. This work outlines and describes some of these ways.

In addition, I was recently reappointed to serve for another three years on the Licensing Board for Professional Counselors and am researching some of the ways tele-mental health is currently being practiced as this is an area our board is getting a lot of questions about.”

IN MEMORIUM

We are saddened to share the news that a beloved alumna and counseling colleague, Althea Dugliss, passed away recently. Funeral services will be held 10 AM, Saturday, April 14 at St. Luke's in Portland. We remember Althea for her steady compassion and curiosity, as well as her desire to serve clients in the best way possible.

Althea was a Huntoon Award recipient, noting her expression of the core values of an excellent counselor, including authenticity, warmth, caring and acceptance.